**МИНИСТЕРСТВО ОБРАЗОВАНИЯ И НАУКИ РОССИЙСКОЙ ФЕДЕРАЦИИ**

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**English for Specialists in Adapted Physical Education**

***Учебное пособие для студентов первого курса***

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Данное учебное пособие представляет собой часть учебного комплекса, предназначенного для студентов 1 курса, обучающихся по направлениям подготовки «Физическая культура», «Физическая культура для лиц с отклонениями в состоянии здоровья (адаптивная физическая культура)».

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**Introduction.**

Учебное пособие представляет собой часть учебного комплекса, предназначенного для студентов 1 курса, обучающихся по направлениям подготовки «Физическая культура», «Физическая культура для лиц с отклонениями в состоянии здоровья (адаптивная физическая культура)». Пособие составлено в соответствии с последней программой по курсу английского языка. Задания составлены таким образом, что их использование возможно как для аудиторной работы под руководством преподавателя, так и для самостоятельной работы.

Целью данного учебного пособия является совершенствование языковых компетенций, а также формирование знаний по направлению подготовки. Отличительной особенностью данного пособия является соответствие представленной профессиональной лексики учебному плану по специальным и смежным дисциплинам, прежде всего в аспекте изучения терминологии физической культуры. Пособие ориентировано на формирование профессионально значимых знаний, умений и навыков, обеспечивающих достижение уровня языковой компетенции, необходимого и достаточного для реализации целей научной и профессиональной коммуникации.

Пособие состоит из 13 уроков (Units), каждый из которых содержит 1 аутентичный текст, а также ряд упражнений лексического и грамматического характера, способствующих выработке у студентов практических умений и навыков работы с текстом. Оригинальные тексты имеют образовательный и познавательных характер. Пособие включает 3 урока по аудированию (Listening), которые направлены на закрепление пройденного материала.

Авторы полагают, что данное учебное пособие будет интересно и полезно студентам, обучающимся по направлениям подготовки: «Физическая культура», «Физическая культура для лиц с отклонениями в состоянии здоровья (адаптивная физическая культура)» и проявляющим интерес к английскому языку.

**Unit 1.**

**BIOGRAPHY**

**Warm up**

**Exercise 1. *Match the English words on the left with their Russian equivalents on the right. Learn the words by heart. Use them in the sentences of your own.***

|  |  |
| --- | --- |
| 1. to be born  | a) знакомить, представлять; |
| 2. to name after | b) предполагать; |
| 3. to introduce | c) выигрывать; |
| 4. to recognize | d) признавать; |
| 5. to suppose  | e) соглашаться; |
| 6. salary | f) родиться; |
| 7. to earn | g) успех; |
| 8. to agree | h) зарплата; |
| 9. success | i) назвать в честь; |
| 10. to win (won, won) | j) зарабатывать. |

**READING**

**Exercise 2. *Read and translate the following text. Use the dictionary when necessary.***

**Cristiano Ronaldo**

Cristiano Ronaldo is a professional soccer player who has set records while playing for both Manchester United and Real Madrid. He was born on February 5, 1985, in Portugal. Ronaldo is the youngest of four children born to Maria and Jose Aveiro. He was named after Ronald Reagan, one of his father’s favorite actors.

Ronaldo grew up in a largely working class neighborhood. His early life was shaped by hardship; his father, a gardener, often drank too much. To help keep the children fed, and maintain some financial stability, Ronaldo’s mother worked as a cook and cleaning person.

It was through his dad’s work as an equipment manager at a boy’s club that Ronaldo was first introduced to the game of soccer. By the time he was 10 years old, he was already recognized as a phenomenon. All he wanted to do as a boy was play football. He loved the game so much he’d miss meals or escape out of his bedroom window with a ball when he was supposed to be doing his homework.

In 2001 at the age of 16, Ronaldo turned heads with a mesmerizing performance against Manchester United. He made such an impression that a number of United players asked their manager to try and sign the young player. It wasn’t long before the club paid Ronaldo’s team more than £12 million for his services – a record fee for a player of his age.

Ronaldo did not disappoint the soccer world. He showed his promise early on in the 2004 FA Cup final, scoring the team’s first three goals and helping them capture the championship. In 2008, a year after signing a five-year, £31 million contract, Ronaldo again justified his high salary when he put together one of the club’s finest seasons in history, setting a record for goals scored (42), and earning himself the FIFA World of the Year honor.

But Ronaldo’s time in England was marred by his mother’s 2007 struggle with breast cancer as well as his father’s death from alcohol-related illness. The latter was especially hard for Ronaldo as the two had been close.

In 2009, Spanish soccer club Real Madrid agreed to pay United a record $131 million for the chance to sign Ronaldo and he left United.

“I know that they are going to demand a lot of me to be successful at the club and I know that I’m going to have much more pressure than at Manchester United because I was there for many years,” Ronaldo told reporters. “But it means a new challenge and is going to help me be the best footballer.”

On July 10, 2016, Ronaldo added another emotional victory to his accolades, leading Portugal to the European Championship final against France as his national team’s captain. Although he was suffering a knee injury, Portugal went on to win the championship title 1-0, their first international trophy. Ronaldo’s teammates said that he motivated them as team captain.

“This is one of the happiest moments in my career,” Ronaldo commented. “I’ve always said I wanted to win a trophy with the national team and make history. And I did it. Thank God, things went well for us.”

In January 2017, Ronaldo won FIFA’s 2016 best player of the year for the fourth time, beating out Lionel Messi. Ronaldo’s 2016 wins included the European Championship, Champions League, and Club World Cup, plus individual awards from UEFA and France Football magazine, according to USA Today. In his acceptance speech, Ronaldo said: “2016 was the best year of my career.”

**Exercise 3. *Decide whether the following statements are true or false.***

1. Cristiano Ronaldo was named after Ronald Reagan, one of the USA presidents. 2. Ronaldo loved football very much but he never missed meals and always did his homework. 3. At first the clubs didn’t pay Ronaldo’s team much for his work**.** 4. Ronaldo’s home country, Portugal, has never won the championship title. 5. In January 2017, Ronaldo won FIFA’s 2016 best player of the year.

**Exercise 4. *Answer the following questions.***

1.Who is Cristiano Ronaldo? When and where was he born? 2. How many brothers and sister does he have? 3. Where did Ronaldo spend his childhood? 4. How was the boy introduced to the game of soccer?5. When was he recognized as a phenomenon in the world of football? 6. When did the first success come to him? 7. How did Ronaldo justify his salary? 8. What football teams has Ronaldo played for? 9. What moment did Ronaldo call the happiest in his life? 10. What were Ronaldo’s awards in 2016?

***Exercise 5. Match each definition with the correct word. Translate the words into Russian and learn them by heart.***

|  |  |
| --- | --- |
| 1. soccer | a) the execution of an action, something accomplished; |
| 2. phenomenon | b) a profession for which one trains and which is undertaken as a permanent calling; |
| 3. performance | c) a form of a football played between two teams of 11 players, in which the ball may be advanced by kicking or by bouncing it off any part of the body but the arms and hands, except in the case of the goalkeepers, who may use their hands to catch, carry, throw, or stop the ball; |
| 4. team | d) being one that is extraordinary among or surpasses others of its kind; |
| 5. record | e) a periodical containing articles, stories, poems, often illustrated; |
| 6. success | f) favorable or desired outcome, the attainment of wealth or favor; |
| 7. captain | g) an exceptional, unusual, or abnormal person, thing, or occurrence; |
| 8. career | h) a contest held to determine the winner; |
| 9. magazine | i) a number of persons associated together in work or activity; |
| 10. championship | j) a leader, a commander of a unit; one who leads and supervises. |

**Exercise 6. *Fill in the gaps using the words given below, and translate the sentences into Russian.***

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| success | named | won | mesmerized | earned |
| champion | scored | signed | phenomenal | record |

1. Pele was the greatest footballer of the century: he … 1281 goals in 1363 games. 2. Jesse Owens … four gold medals at the 1936 Berlin Olympics helping to break Hitler’s pride. 3. Jamaica, athletics Usain Bolt smashed the world … for 100 m and 200 m. 4. Lionel Messi, one of the most spectacular footballers of the modern game has led Barcelona FC to unprecedented domestic …. 5. Diego Maradona’s style of playing … the public during the 1980s. 6. Beckham’s career began when he … a professional contract with Manchester United. 7. Michael Schumacher, seven times World …, holds many Formula One records for most wins and most podium placings. 8. Muhammad Ali was … after his father, Cassius Marcellus Clay, but later he changed his name after joining the Nation of Islam. 9. Carl Lewis’s performance at the 1984 Olympics … him four gold medals in the 100 m, 200 m, Long Jump and 4 x 100 meter relay. 10. Michael Jordan is a … athlete with a unique combination of fundamental soundness, grace, speed, power, artistry, improvisational ability and a competitive desire.

**Exercise 7. *Complete the unfinished words in the following sentences. All the words are related to the Unit.***

1. Pro… sports, as opposed to amateur sports, are sports in which athletes receive payment for their performance. 2. Jefferson’s early years helped sha… his life, as he was bo… at a slave plantation in central Virginia. 3. You say I should know him quite well, but as a matter of fact, I was intr… to him only last week. 4. In his early car…, the young and unknown Pele helped inspire Brazil to vic… in the 1958 World Cup. 5. Usain Bolt is one of the world’s most celebrated spo… with a record-breaking tally of nine gold me… at three consecutive Olympics of 2008, 2012, and 2016. 6. Playing most of his career for the Chicago Bulls, Michael Jordan won six NBA Cha…. 7. Although he had little managerial experience, Diego Maradona became head coach of the Argentina national te… in November 2008. 8. Beckham is also the only Englishman to sco… in three different World Cups. 9. Monica Seles became the youngest win… of the French Open in 1990, aged 16. 10. Paula Radcliffe moved up to the marathon distance, where she gained considerable suc….

**Exercise 8. *Choose the most suitable word in each sentence.***

1. Maria Sharapova claimed her first *victory / win* at the 2003 Japan Open and also reached the fourth round at Wimbledon. 2. Theodore Roosevelt hated the fact that a bear *was named / was born* after him. 3. The International Olympic Committee *has introduced / has approved* a series of new sports, for example women’s boxing, for inclusion in the 2012 London. 4. With your qualifications you can command a high *salary / money*. 5. *Championship / Success* and recognition came to him late in his life. 6. Nearly all boys like to watch a football *game / play* of their favourite team on TV. 7. Bill Gates had his first *meeting* / *introduction* to computers at the age of 13, when he attended the private Lakeside school. 8. Charles Darwin *was born / was introduced* into a wealthy and influential family. 9. If the player *recognizes / agrees* to work with the team, it will have to be on his own terms. 10. *Career / Salary* opportunities in the sports industry aren’t limited to those with athletics.

**Exercise 9. *In the text above find English equivalents to the following Russian expressions. Then, use them in the sentences below.***

|  |  |
| --- | --- |
| a) привлекать внимание; | f) войти в историю; |
| b) получить травму; | g) установить рекорд; |
| c) производить впечатление; | h) одержать победу; |
| d) подавать надежды; | i) поддерживать стабильность; |
| e) забить гол; | j) подписать контракт. |

1. This international celebrity … wherever he goes. 2. Many young sportsmen who … in different kinds of sport are very impatient with their studies. 3. Does a new employer want you …? 4. Governmental measures are necessary … and strengthen trust and confidence in our sportsmen. 5. The crowd yelled when he… during the European Championship. 6. A new player tried … on the coach, as he didn’t want to disappoint everyone. 7. The Olympic Games is an extraordinary opportunity for all sportsmen …. 8. Physicians have found out that athletes can … when they run. 9. What are my friends and parents going to say when I …? 10. You are like some sprinter who is going … for 100-meter race.

**Exercise 10. *In the sentences below translate the Russian expressions into English.***

Dinara Safina, a Russian professional tennis player, … (родилась 27 апреля 1986 года) in Moscow. She … (выиграла серебряную медаль на Олимпийских играх) in women’s singles at the 2008 Summer Olympics in Beijing. Her mother, tennis coach Rauza Islanova, … (была ее тренером, когда) she was younger. She won … (первый титул в своей карьере) in Sopot, Poland, defeating two seeds – including World No. 24 Patty Schnyder. She … (вошла в сотню лучших спортсменов) as a result of this win. Safina … (представляла Россию на Олимпийских играх в Пекине) and defeated World No. 1 Jankovic in three sets. She became … (первой теннисисткой в истории) of the WTA Tour to defeat three different reigning World No. 1 players in the same year. However, she … (проиграла в полуфинале) to the eventual champion Serena Williams, 6-3, 6-2. … (После этого турнира), her ranking rose to a career high of World No. 5. Safina… (и ее брат) Marat Safin are the first ever … (брат и сестра Номер 1 в мире) pair.

**WRITING AND COMMUNICATION**

**Exercise 11. *Write an essay on one of the given topics.***

1. My Biography.

2. The Biography of a Famous Sportsman.

**Exercise 12. *Translate the following sentences from Russian into English.***

1. Игорь Акинфеев вратарь сборной России по футболу, мастер спорта России. 2. Игорь с детства любил футбол; когда ему было четыре года, родители начали водить его на первые тренировки. 3. Уже после второй тренировки тренер юного футболиста, понял, что Игорь – прирожденный вратарь. 4. В 2002 году Игорь окончил футбольную академию и заключил свой первый профессиональный контракт. 5. Татьяна Тарасова один из лучших специалистов в области фигурного катания. 6. Она воспитала наибольшее в мировой истории фигурного катания число олимпийских чемпионов. 7. Татьяна Тарасова занялась тренерской работой с 19-летнего возраста. 8. Мария Шарапова стала первой россиянкой, которая выиграла Уимблдонский турнир. 9. С конца лета 2008 года по весну 2009 года Мария не появлялась на кортах из-за травмы плеча. 10. Владимир Кличко никогда не планировал становиться боксером, так как он мечтал о карьере врача.

**Unit 2.**

**FAMILY LIFE**

**Warm up**

**Exercise 1. *Match the English words on the left with their Russian equivalents on the right. Learn the words by heart. Use them in the sentences of your own.***

|  |  |
| --- | --- |
| 1. an arrangement | a) развод; |
| 2. a relative | b) частично совпадать; |
| 3. a divorce | c) кормилец (семьи); |
| 4. to prevail | d) поколение; |
| 5. a breadwinner | e) устройство, порядок; |
| 6. an offspring | f) ответственность; |
| 7. to overlap | g) потомок; |
| 8. a sibling | h) преобладать; |
| 9. responsibility | i) родственник; |
| 10. a generation | j) родной брат или сестра. |

**READING**

**Exercise 2. *Read and translate the following text. Use the dictionary when necessary.***

**The Nature of a Family Life**

What is a family? How do we know who is included in the family and who is not? At first glance these questions seem easy: everybody has an idea of what a family is. Yet when we begin to survey family life across a broad spectrum of the world’s cultures, we find many different types of arrangements. In some societies, a man may have several co-wives and many children, all of whom consider themselves members of a single family. In other societies, a couple lives with the wife’s relatives. The couple and the children are seen, not as a distinct family, but as a part of this large group.

Yet one needn’t travel to other cultures to find variations in family arrangements. Our own society includes large numbers of single-parent families, unmarried couples living together, married couples with no children, second marriages and stepfamilies, and multigenerational families. According to Russian legislation a family is defined as “two or more persons living together and related by blood, marriage or adoption”.

What structure does a typical modern Russian family have? The nuclear family consisting of husband, wife, and children has prevailed. This family is headed by two parents. The man is primary a breadwinner. When the husband has the breadwinner role and concentrates on having a job, the wife can devote herself to full-time care of the house and children. This choice also gives the husband job mobility and it reflects well on a family. For their part Russian children are not usually required to share in many of their mother’s house-making duties. Instead, they are considered “dependents” until they are young adults.

In structuring their relationships, people can assign priority to either to marital ties or to blood ties. When priority is given to marital ties, the arrangement is called a nuclear family. The core family consists of the spouses and their offspring; blood relatives are functionally marginal and peripheral. This arrangement is the preferred form of family life in Russia. Normally, during the course of one’s life a person is a member of two different, overlapping nuclear families. The first consists of oneself and one’s father, mother, and siblings. The second consists of oneself and one’s spouses and children.

When the priority is given to the blood ties (those between parents and children or between brothers and sisters), the arrangement is termed an extended family. The core family in this large network consists of blood relatives, with spouses being functionally more marginal and peripheral. Family life revolves about the brother-sister relationship. Extended families have continuity across generations in a way the nuclear family does not.

Conventional wisdom holds that extended families are characteristic of traditional, agricultural societies, and nuclear families are characteristic of modern, industrial societies. In reality, the distinction is not so clear-cut.

As time passes by sons and daughters become fathers and mothers and later, when their aging parents need assistance, they become sons and daughters again, frequently taking on final responsibilities. During the transitional period prior to marriage, young adults often live in their parental households. And after they marry, it is not uncommon for young adults to continue to live for a time with their spouses in the family home. Thus life in an industrial community offers many opportunities for family interdependence and for overlap among generations within the family.

Divorce is also common. Every third marriage ends in divorce in Russia. In recent decades, the Russian family has changed in a number of ways. Many people are getting married at a later age, having children later, having fewer children, putting off having a baby or none at all.

**Exercise 3. *Decide whether the following statements are true or false.***

1. A family is defined as “two or more persons living together”. 2. In a typical Russian family a man is usually a breadwinner. 3. In Russia the priority is often given to the blood ties. 4. Children are considered part of both their mother’s and father’s kin groups. 5. Russian families seldom end in divorce.

**Exercise 4. *Answer the following questions.***

1. What do you think a family is? 2. What does a “breadwinner” mean? 3. What does a core family with marital ties consist of? 4. What does a core family with blood ties consist of? 5. Is it possible for a man in our country to have several co-wives? 6. How long are children considered to be dependent? 7. Why do parents with aging become sons and daughters again? 8. Where do young adults usually live? 9. What are extended families and nuclear families characteristic of? 10. In what way has a typical family changed recently?

***Exercise 5. Match each definition with the correct word. Translate the words into Russian and learn them by heart.***

|  |  |
| --- | --- |
| 1. society | a) two persons married, engaged, or otherwise romantically paired; |
| 2. member | b) married person; |
| 3. couple | c) a male and a woman partner in a marriage; |
| 4. relative | d) a body of living beings constituting a single step in the line of descent from an ancestor; |
| 5. husband and wife | e) the community life thought of a system within which the individuals live; |
| 6. offspring | f) the action or an instance of legally dissolving a marriage; |
| 7. spouse  | g) child / children; |
| 8. household | h) those who dwell under the same roof and compose a family; |
| 9. generation | i) a person connected with another by blood or affinity; |
| 10. divorce | j) one of the individuals or units of a group or organization. |

**Exercise 6. *Fill in the gaps using the words given below, and translate the sentences into Russian.***

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| children | family | per cent | bathroom | safe |
| workaholic | pictures | takeaway | Internet | population |

1. Anyone who thinks that the typical British ... has 2.4 children, two parents and a dog called Rover, would be wrong. 2. The findings indicate that the typical British family now in fact consists of 1.6 ..., has a family income of £24,793 per annum and an annual spend of £1,875 on family holidays. 3. Nearly half of the ... spends over 10 weeks watching TV. 4. One per cent of the population is defined as ... (working more than 61 hours a week). 5*.* Three per cent of the population spend over an hour in the ... each day. 6. Twenty seven per cent of people have never eaten a .... 7. One ... of the population eats a takeaway every day. 8. Ninety four per cent of people drink within the recommended ... limit. 9. The typical family spends 11 hours 41 minutes on the ... each month. 10. The typical family takes over 1200 digital ... a year.

**Exercise 7. *Complete the unfinished words in the following sentences. All the words are related to the Unit.***

1. The four types of family structure are nu… family, sin…-par… family, ex… family and childless family. 2. The law treats un… couples as two separate individuals. 3. A step… is a family where at least one parent has chi… that are not genetically related to the other spouse or partner. 4. In many countries, it is common to find many familieswhere three gen… live together under one roof. 5. A process whereby a person assumes the parenting of another, usually a child is called ad…. 6. My parents taught me about what a strong mar… feels like: it’s built on faith and commitment. 7. A male si… is a brother and a female si… is a sister. 8. The program is targeted predominantly at young ad… in transition between education and work. 9. In most so…, the family is the principal institution for the socialization of chi…. 10. Div… is the termination of a marriage or marital union, the canceling and/or reorganizing of the legal duties and responsibilities.

**Exercise 8. *Choose the most suitable word in each sentence.***

1. Ann and I were born in one family and we have common parents, so we are *siblings / cousins*. 2. Liz and Pete loved each other very much, so they decided *to get married / to divorce*. 3. Nowadays many young couples prefer to concentrate on *bringing up children / getting a good job*. 4. As the Smiths were not able to have their own children they made up their mind *to be born / to adopt* a little girl. 5. They are a perfect *couple / appearance*. 6. The “Easys” prefer to spend most of their *single / leisure* time in front of the television. 7. My father is a scientist. His *research / house-hold* is very important for him. 8. *Family life / appearance* means much for teenagers. 9. Who is the primary *breadwinner / offspring* in your family? 10. The problem of a *responsibility / generation* gap is much spoken about.

**Exercise 9. *In the text above find English equivalents to the following Russian expressions. Then, use them in the sentences below.***

|  |  |
| --- | --- |
| a) в соответствии с Российским законодательством; | f) сосредоточиться на хорошей работе; |
| b) закончиться разводом; | g) во главе с двумя родителями; |
| c) выйти замуж/жениться в более позднем возрасте; | h) брать на себя ответственность; |
| d) изучать семейную жизнь; | i) откладывать рождение ребенка; |
| e) хорошо отразиться на семье; | j) открывать возможности. |

1. College-educated people …, as they want to make a career before getting married. 2. Some couples refuse to play the role of parents and … of bringing up children. 3. If you have problems and cannot …, you’d better relax for a while and have a rest. 4. The primary goal of this research is … in developed and underdeveloped countries. 5. …, female labor is restricted or prohibited if conducted under severe working conditions. 6. Psychologists try to find conditions, which …**,** and contribute to its stability. 7. The new information technologies … to improve system efficiency and connectivity. 8. Among children living in families …, those living with both biological parents in a low-conflict marriage tend to do better on a host of outcomes than those living in step-parent families. 9. If the divorce rate holds steady, 52% of marriages contracted will statistically …**.** 10. Many modern couples … until they have a four-bedroom house and a stable career.

**Exercise 10. *In the sentences below translate the Russian expressions into English.***

The once … (типичная Британская семья) headed by … (двумя родителями) has undergone substantial changes during the twentieth century. By the year 2020, it is estimated that there will be more … (незамужних, чем женатых людей). Fifty years ago this would have been … (социально неприемлемо в Британии). … (Развод был сложен), expensive and took a long time. In the past, … (люди женились) before they had children, but now … (около 40% детей в Британии) are born to unmarried parents. People are generally … (женятся в более позднем возрасте) now and … (многие женщины не хотят) to have children immediately. They prefer to concentrate … (на своей работе) and put off … (рождение ребенка) until late thirties. The number of … (неполных семей) is increasing. This is mainly due to … (большее количество браков заканчиваются разводом), but some women are also choosing to have children without being married. In general the latest independent research commissioned with leading psychologist Dr Chris Steele concludes that … (не существует такого понятия) as a singular … (типичная Британская семья)**.**

**WRITING AND COMMUNICATION**

**Exercise 11. *Write an essay on one of the given topics.***

1. A Typical Russian Family.

2. A Typical British Family.

**Exercise 12. *Translate the following sentences from Russian into English.***

1. Его взгляды сильно изменились с течением времени. 2. У меня много близких и дальних родственников. 3. У знаменитой актрисы было три развода. 4. Неужели ты не слышал? Он потомок королевской семьи. 5. Очевидно, что обе теории частично совпадают. 6. Они усыновили ребенка и сделали своим наследником. 7. Его исследование было плодотворным. 8. Мне требуется много времени, чтобы добраться до университета. 9. Потише, я пытаюсь сосредоточиться на моей работе. 10. Мне еще нужно женить парочку дочек.

**Unit 3.**

**HOBBY**

**Warm up**

**Exercise 1. *Match the English words on the left with their Russian equivalents on the right. Learn the words by heart. Use them in the sentences of your own.***

|  |  |
| --- | --- |
| 1. enjoyment | a) заниматься несерьезно; |
| 2. financial reward | b) практический опыт; |
| 3. to tinker | c) существенный опыт; |
| 4. substantial skill | d) оздоровительные мероприятия; |
| 5. to acquire | e) превращать в профессию; |
| 6. determinant | f) задача; |
| 7. practical skill | g) удовольствие; |
| 8. recreation activity | h) определяющий фактор; |
| 9. challenge | i) финансовое вознаграждение; |
| 10. to turn into profession | j) овладевать (каким-либо навыком). |

**READING**

**Exercise 2. *Read and translate the following text. Use the dictionary when necessary.***

**Hobby**

A hobby is an activity or interest that is undertaken for pleasure, typically done during one’s leisure time.

A hobby horse is a wooden or wicker work toy made to be ridden just like a real horse (which was sometimes called a “Hobby”). From this came the expression “to ride one’s hobby-horse”, meaning “to follow a favorite pastime”, and in turn, hobby in the modern sense of recreation.

Hobbies are practiced for interest and enjoyment, rather than financial reward. Engaging in a hobby can lead to acquiring substantial skill, knowledge and experience. However, personal fulfillment is the aim.

What are hobbies for some people are professions for others: a chef may enjoy playing computer games as a hobby, while a professional game tester might enjoy cooking. Generally speaking, the person who does something for fun, not remuneration, is called an amateur (or hobbyist), as distinct from a professional.

An important determinant of what is considered a hobby, as distinct from a profession (beyond the lack of remuneration), is probably how easy it is to make a living at the activity.

Russian people have many hobbies. Older people prefer gardening, fishing, knitting, car repairing. Hobbies popular among young people include sport, games, outdoor recreation, performing arts, collecting different items, cooking, reading, etc.

The hobby of collecting consists of acquiring specific items based on a particular interest of the collector. These collections of things are often highly organized, carefully cataloged, and attractively displayed. Since collecting depends on the interests of the individual collector, it may deal with almost any subject. The depth and breadth of the collection may also vary. The most popular fields in collecting have specialized commercial dealers that trade in the items being collected, as well as related accessories. Many of these dealers started as collectors themselves, then turned their hobby into a profession.

A game is a structured or semi-structured recreational activity, usually undertaken for enjoyment (although sometimes for physical or vocational training). A goal that the players try to reach and a set of rules concerning what the players can or cannot do create the challenge and structure in a game, and are thus central to its definition. Age, understanding (of the game), intelligence level, and personality are factors that determine what games a person enjoys. Depending on these factors, people vary the number and complexity of objectives, rules, challenges, and participants to increase their enjoyment. Games generally involve mental and/or physical stimulation. Many games help develop practical skills and serve as exercise or perform an educational, stimulation or psychological role. Games come in many different forms such as indoors and outdoors.

Outdoor pursuits can be loosely considered to be the group of sports and activities which are dependent on the great outdoors. Outdoor sports most often include nature in the “sport”.

Many hobbies involve performing by the hobbyist, such as singing, acting, juggling, magic, dancing and other performing arts. Such type of hobby is called performing arts.

Reading, such as reading books, magazines, comics, or newspapers, along with browsing the Internet is a common hobby and one that can trace its origins back many hundreds of years. One of the great benefits of reading as a hobby is that it can be taken up and put down whenever a free moment presents itself. When reading paperback books, it is easy to take the reading material on holiday or on public transport with very little inconvenience. One great advantage is that it allows the human mind to create its own view of the world portrayed in the book.

**Exercise 3. *Decide whether the following statements are true or false.***

1. A hobby is an activity, interest, enthusiasm, or amateur pastime that is undertaken for pleasure or relaxation, typically done during one’s leisure time. 2. Hobbies are practiced for financial reward. 3. Outdoor pursuits can be loosely considered to be mental and physical stimulation. 4. Singing, acting, juggling, magic, dancing and other performing arts involve performing by the hobbyist. 5. Games are often highly organized, carefully cataloged, and attractively displayed.

**Exercise 4. *Answer the following questions.***

1. What is the origin of the word “hobby”? 2. What can a person acquire being engaged in hobby? 3. Who is an amateur (or hobbyist)? 4. What is an important determinant of hobby? 5. What does the hobby of collecting consist of? 6. What hobbies are popular among young people in Russia? 7. What do a goal and a set of rules create? 8. What are the factors that determine which games a person enjoys? 9. What do games involve and help develop? 10. What is a type of hobby which involves performing by hobbyist?

***Exercise 5. Match each definition with the correct word. Translate the words into Russian and learn them by heart.***

|  |  |
| --- | --- |
| 1. leisure time | a) something done for fun and relaxation; |
| 2. skill | b) one who engages in a pursuit, study, science, or sport as a pastime rather than as a profession; |
| 3. game | c) the ability to use one’s knowledge effectively and readily in execution or performance; |
| 4. recreation | d) a person who takes part in something; |
| 5. enjoyment | e) a type of job that requires special education, training, or skill; |
| 6. profession | f) a group of interesting or beautiful objects brought together in order to show or study them or as a hobby; |
| 7. amateur | g) activity engaged in for diversion or amusement; |
| 8. collection | h) something that produces good or helpful results or effects or that promotes well-being; |
| 9. participant | i) something that gives keen satisfaction; |
| 10. benefit | j) freedom provided by the cessation of activities, especially time free from work or duties. |

**Exercise 6. *Fill in the gaps using the words given below, and translate the sentences into Russian.***

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| employer | skills | interests section | hobbyists | collecting |
| games | travel | outdoors | team building | hobby |

1. Known to have been played as far back as prehistoric times, … are generally distinct from work. 2. An outdoor sport is also frequently used as an extremely effective medium in education and …**.** 3. Depending on the persons’ desired level of adrenaline, … can be considered a type of hobby. 4. … is movement of people between relatively distant geographical locations for any purpose and any duration. 5. The … can make it easy for the recruiter to understand you, your values and what motivates you. 6. It is already natural for an … to ask what your favorite past time is. 7. It is important to site activities or hobbies that have related … to your applied job. 8. It is advisable to choose the right … you will include in your list. 9. Whilst some hobbies strike many people as trivial or boring, … have found something compelling and entertaining about them. 10. Since … depends on the interests of the individual collector, it may deal with almost any subject.

**Exercise 7. *Complete the unfinished words in the following sentences. All the words are related to the Unit.***

1. Physical ac… helps burn up calories and kip fit. 2. Baseball has been a national pas… for many years. 3. He expressed an int… in learning more about photography. 4. She has five years’ exp… as a computer programmer. 5. If you’re looking to try something new, check out our most popular rec… activities. 6. For thousands of years people have invented in… games and sports to amuse themselves. 7. It’s never too late to learn how to play chess, i.e. to learn its ru…. 8. Since olden days book-re… is a wonderful hobby which helps in improving your language and it also helps in gaining kn…**.** 9. In addition to some of the best benefits of having and maintaining a hobby, there are even many other adv… 10. Any hobby provides you with maximum entertainment and enj… as well.

**Exercise 8. *Choose the most suitable word in each sentence.***

1. Your CV will probably be read by people who will have no other insight into your *personality / figure*, skills or potential than what is laid out before them. 2. The interests section can make it easy for the *candidate / recruiter* to understand you, your values and what motivates you. 3. It is already natural for an employer to ask what your favorite *present / past* time is. 4. What are hobbies for some people are *professions / work* for others. 5. Some *collections / sets* are capable of being completed, at least to the extent of owning one sample of each possible item in the collection. 6. Known to have been played as far back as prehistoric times, *plays / games* are generally distinct from work, which is usually carried out for remuneration. 7. *Imaginative / Creative* hobbies result in an end product of sorts. 8. *Travel / Walking* may be local, regional, national (domestic) or international. 9. A person who travels is called a *tourist / traveler* in the United Kingdom. 10. Whatever you do, do not list a *hobby / activity* just to get you a job.

**Exercise 9. *In the text above find English equivalents to the following Russian expressions. Then, use them in the sentences below.***

|  |  |
| --- | --- |
| a) развивать практические навыки, умения; | f) заниматься любимым делом; |
| b) зарабатывать на жизнь; | g) включать в себя умственное и физическое стимулирование; |
| c) зависеть от интересов; | h) просматривать Интернет страницы; |
| d) быть предпринятым / осуществляться для удовольствия; | i) создать собственное представление; |
| e) превратить хобби в профессию; | j) иметь дело с любым предметом. |

1. Many people try … whenever they are free, thus relaxing and enjoying themselves. 2. Your future profession should …, then in will be easier for you to become successful. 3. If you have read a book before watching a film you can … on the plot and the characters. 4. In addition to course work, a Masters program at the University provides the opportunity to really …**.** 5. Physical activity … so it is vital for protecting your skills. 6. Find a job you love and never work a day in your life! Here’s how you could …! 7. This radio program … as it wants to attract as much audience as possible. 8. With Philips Smart TV you can enjoy online viewing and a wealth of online apps, …, rent movies, stay connected via Facebook. 9. She hopes … from writing children’s books. 10. We decided … this project not only … but for professional benefits.

**Exercise 10. *In the sentences below translate the Russian expressions into English.***

In this stressful world, you hardly find time … (чтобы заниматься каким-нибудь хобби). After a stressful and strenuous day at work place, most of you feel like having a relax after getting back to home either by watching … (свое любимое шоу по телевизору или просматривая страницы Интернета) or engaged with chats on smartphones. Some even feel that having a hobby is … (просто потеря времени). In fact, having a hobby is not just a pass time activity but it (имеет много преимуществ). Hobby acts as an outlet for … (снятия стресса). Once you let out your entire day’s stress, you feel relieved and … (можешь сконцентрироваться на своем любимом деле). Hobies like … (чтение книг, коллекционирование монет и т.д.), help in gaining knowledge. When you have a hobby of your interest, you get naturally relieved from … (ежедневной рутины нашей напряженной жизни) and it makes a good companion for you where you can … (выпустить все свои эмоции) and thus get relief. Apart from recharging your mind and body, a hobby keeps you engaged for some period of time every day and thus it … (дает вам максимум развлечений) and enjoyment as well. As you can see that starting a hobby and thereby developing and maintaining it … (имеет много преимуществ). Hobbies have a great impact on the overall health conditions of the body and this in turn helps in making … (нашу жизнь здоровой и счастливой)**.**

**WRITING AND COMMUNICATION**

**Exercise 11. *Write an essay on one of the given topics.***

1. Your hobby.

2. The most popular hobbies in Russia.

3. The most popular hobbies in the UK.

**Exercise 12. *Translate the following sentences from Russian into English.***

1. Хобби может быть хорошим способом борьбы со стрессом, кроме того хобби зачастую помогают развить кругозор, расширить круг друзей и может помочь самореализоваться. 2. Хобби – это какое-либо увлечение человека, которое приносит ему удовольствие и удовлетворение.3. Любое хобби вносит в жизнь элемент игры, усиливает творческую активность, позволяет скорректировать взгляды на жизнь и профессиональные подходы. 4. Человек становится более творческим и эффективным как в работе, так и в личных отношениях.5. Существуют еще так называемые статусные, модные и элитные хобби. 6. Консультанты призывают больше времени уделять своему увлечению и отдыху. 7. Британия известна своими садами и большинство британцев обожают садоводство. 8. Обычно хобби заставляет отвлечься, позволяет снять усталость, переключить внимание с ежедневных проблем и получить удовольствие даже от перекладывания и пересмотра своей коллекции. 9. Среднестатистический британец проводит 75 часов в неделю перед телевизором, либо читая газеты или книгу. 10. Не останавливайте свой выбор на чем-то одном, позвольте себе разнообразие: вяжите, путешествуйте по горам и изучайте китайский язык, коллекционируйте проездные билеты и занимайтесь спортом.

# Unit 4.

# HEALTHY LIFESTYLE

**Warm up**

**Exercise 1. *Match the English words on the left with their Russian equivalents on the right. Learn the words by heart. Use them in the sentences of your own.***

|  |  |
| --- | --- |
| 1. to comprise  | a) вредить; |
| 2. core | b) переплетаться; |
| 3. to manage  | c) взгляд; |
| 4. to harm | d) предотвращать; |
| 5. outlook  | e) туловище; |
| 6. to endanger | f) питательные вещества; |
| 7. to interwine | g) компенсировать; |
| 8. nutrients | h) включать в себя; |
| 9. to prevent | i) подвергать опасности; |
| 10. to make up | j) cправляться. |

**READING**

**Exercise 2. *Read and translate the following text. Use the dictionary when necessary.***

**Healthy Lifestyle**

What does a healthy lifestyle mean? According to the dictionary, lifestyle is a way of life or style of living that reflects the attitudes and value of a person or group. A healthy lifestyle would be a way of living that would result in a healthy mind, body and spirit.

A healthy lifestyle comprises of many components.

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

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

A change to healthier eating also includes learning about balance, variety, and moderation. Most days you should eat from each food group – vegetables and fruit, grain products, milk and alternatives, meat and alternatives. Listen to your body. Eat when you’re hungry. Stop when you feel satisfied. Be adventurous. Choose different foods in each food group. For example, don’t reach for an apple every time you choose a fruit. Eating a variety of foods each day will help you get all the nutrients you need. Don’t have too much or too little of one thing. All foods, if eaten in moderation, can be part of healthy eating. Even sweets can be okay.

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

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

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

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

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

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

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

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

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

**Exercise 3. *Decide whether the following statements are true or false.***

1. A healthy lifestyle is a way of living that would result in a healthy mind, body and spirit. 2. Healthy eating starts with adding more foods that have a lot of fat, salt and sugar. 3. It is important to incorporate aerobics in to your daily life to get all the nutrients you need. 4. Failure to manage stress effectively can lead to alcohol or drug addiction. 5. Sleeping right can endanger your health and reduce your overall performance.

**Exercise 4. *Answer the following questions.***

1. What does a healthy lifestyle mean? 2. What does a healthy lifestyle comprise of? 3. What does healthy eating start with? 4. What are the main principles of healthy eating? 5. What can healthy eating prevent? 6. What’s the difference between healthy eating and being on a diet? 7. What kind of exercises should you incorporate in your daily life? 8. What can failure to manage stress lead to? 9. What will be affected if you go without sleep for a period of time? 10. What does living a healthy lifestyle involve?

**Exercise 5. *Match each definition with the correct word. Translate the words into Russian and learn them by heart.***

|  |  |
| --- | --- |
| 1. exercise | a) the amount or quantity of heaviness or mass; |
| 2. diet | b) any of a group of organic substances essential in small quantities to normal metabolism, found in minute amounts in natural foodstuffs or sometimes produced synthetically: deficiencies of vitamins produce specific disorders; |
| 3. weight | c) to take the rest afforded by a suspension of voluntary bodily functions and the natural suspension, complete or partial, of consciousness; cease being awake; |
| 4. energy  | d) any plant whose fruit, seeds, roots, tubers, bulbs, stems, leaves, or flower parts are used as food, as the tomato, bean, beet, potato, onion, asparagus, spinach, or cauliflower; |
| 5. vegetable | e) a disordered or incorrectly functioning organ, part, structure, or system of the body resulting from the effect of genetic or developmental errors, infection, poisons, nutritional deficiency or imbalance, toxicity, or unfavorable environmental factors; illness; sickness; ailment; |
| 6. vitamin | f) food and drink considered in terms of its qualities, composition, and its effects on health; |
| 7. mineral | g) to consume too much food; |
| 8. disease | h) bodily or mental exertion, especially for the sake of training or improvement of health; |
| 9. to sleep | i) any of a class of substances occurring in nature, usually comprising inorganic substances, as quartz or feldspar, of definite chemical composition and usually of definite crystal structure, but sometimes also including rocks formed by these substances as well as certain natural products of organic origin, as asphalt or coal; |
| 10. to overeat | j) the capacity for vigorous activity; available power. |

**Exercise 6. *Fill in the gaps using the words given below, and translate the sentences into Russian.***

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| improvements | physical activity | processed | fad dieting | saturated |
| heart disease | carbohydrates | healthy | nutrients | organic |

1. Being … involves more than eating an occasional salad or going for a short walk once every few weeks, but while you’ll need to put in some effort, your health is well worth it. 2. To live a healthy lifestyle, consistently choose healthy foods, fit more exercise and … into your daily routine, and practice good hygiene. 3. You’ll also need to avoid unhealthy habits, like … and neglecting sleep. 4. Making lifestyle … may require some gradual adjustment, but improved health is readily accessible once you commit to it. 5. Choose food that contain minimal amounts of unhealthy fats which include both trans fats and … fats. 6. Poly-unsaturated, mono-unsaturated and omega-3 fats lower your LDL cholesterol and raise your HDL cholesterol, which correlates with decreased risk for …. 7. … foods are not more nutritious for you, but they don’t contain as much pesticide residue or food additives. 8. Eat a variety of different whole foods instead of eating … foods. 9. Select foods that are low in both sugar and highly refined …. 10. A good diet filled with the right … is an essential part of any exercise routine, but it’s especially important for endurance events like marathons or triathlons.

**Exercise 7. *Complete the unfinished words in the following sentences. All the words are related to the Unit.***

1. A healthy lifestyle leaves you fit, ene… and at reduced risk for disease, based on the choices you make about your daily habits. 2. Good nutrition, daily exercise and adequate sl… are the foundations for continuing good health. 3. Man… stress in positive ways, instead of through smoking or drinking alcohol, reduces wear and tear on your body at the hormonal level. 4. Limit your portion sizes at meals to control your we… and your risk for cardiovascular and other diseases through your lifestyle. 5. The guidelines suggest working toward completing 150 hours of ex… a week, but inactive adults should build to this gradually under the supervision of their doctor. 6. Daily met… perpetuates the decline and rejuvenation of cellular tissue, and the body’s self-repair takes place when you are asleep. 7. Practice positive self-talk, eliminate unnecessary stress, take time to do things you find pleasure in and devote time each day to rel… or meditation to keep stress levels at bay. 8. The healthy lifestyle choices of stopping sm…, reducing alcohol intake and eating a well-balanced diet that is high in fruits and vegetables and low in processed foods and fats will help to maintain a healthy weight. 9. Men… health also depends upon your healthy lifestyle choices. 10. Omega-3 fatty acids, which are found in healthful foods such as salmon and walnuts, help improve learning and memory and help fight against depression and mood dis….

**Exercise 8. *Choose the most suitable word in each sentence.***

1. Stress occurs when you perceive that demands placed on you – such as work, school or relationships – exceed your ability to *cope / solve*. 2. Some stress can be beneficial at times, producing a *failure / boost* that provides the drive and energy to help people get through situations like exams or work deadlines. 3. However, an extreme amount of stress can have health *levels / consequences*, affecting the immune, cardiovascular and neuroendocrine and central nervous systems, and take a severe emotional toll. 4. Untreated chronic stress can result in serious health conditions including anxiety, insomnia, muscle pain, high blood pressure and a *weakened* */strengthened* immune system. 5. Research shows that stress can *depend / contribute* to the development of major illnesses, such as heart disease, depression and obesity. 6. But by finding positive, healthy ways to manage stress as it occurs, many of these negative health consequences can be *reduced / maintained*. 7. Everyone is *same / different*, and so are the ways they choose to manage their stress. 8. When you give yourself permission to step away from stress, you let yourself have time to do something else, which can help you have a new perspective or practice techniques to feel less *overwhelmed / healthy.* 9. Exercise *reduces / benefits* your mind just as well as your body. 10. When people are stressed, they often hold a lot of the stress in their face, so laughs or smiles can help *avoid / relieve* some of that tension and improve the situation*.*

**Exercise 9. *In the text above find English equivalents to the following Russian expressions. Then, use them in the sentences below.***

|  |  |
| --- | --- |
| a) отражать отношения; | f) предотвратить проблемы со здоровьем; |
| b) включать в себя компоненты; | g) прекратить диету; |
| c) сокращать количество еды; | h) поддерживать форму; |
| d) получать питательные вещества; | i) поддерживать вес; |
| e) управлять стрессом; | j) алкогольная зависимость. |

1. There are simpler ways … portions such as using a smaller plate and dividing your meal in half. 2. Therapeutic massage not only rejuvenates the body – it also can … a lotof…. 3. Reaching and … a healthy … is important for overall health and can help you prevent and control many diseases and conditions. 4. Behaviors usually, but not always, … established … and beliefs. 5. For most people, … involves an established exercise routine built around a regular weekly schedule. 6. Binge drinking greatly increases the risk for developing an …. 7. Here are 10 ideas … without causing more strain and hassle. 8. Health … several … – physical, mental, social and spiritual – which are affected by many determiners. 9. If you want to lose weight and keep it off for good, you must …. 10. Supplements may be helpful for people who are unable … from the food.

**Exercise 10. *In the sentences below translate the Russian expressions into English.***

We all know that eating right can help you maintain a healthy weight and … (избежать проблем со здоровьем), but your diet can also have a profound effect on your mood and sense of wellbeing. Studies have linked eating a typical Western diet – filled with processed meats, packaged meals, takeout food, and sugary snacks – with … (высоким уровнем депрессии, стресса), bipolar disorder, and anxiety. Eating an unhealthy diet may even play a role in the development of … (душевных / психических расстройств) such as ADHD, Alzheimer’s disease, and schizophrenia, or in the increased risk of suicide in young people.

Eating more fresh fruits and vegetables, cooking meals at home, and reducing your intake of sugar and refined carbohydrates, on the other hand, may help to … (улучшить расположение духа) and lower your risk for mental health problems.

Changing everything at once … (обычно приводит к) cheating or giving up on your new eating plan. To set yourself up for success, think about … (планировании здоровой диеты) as a number of small, manageable steps – like adding a salad to your diet once a day – rather than one big drastic change. As your small changes … (станут привычкой), you can continue to add more healthy choices.

Perhaps the single biggest problem with the modern Western diet is … (количество добавляемого сахара) in our food. As well as … (создание проблем с весом), too much sugar causes energy spikes and has been linked to diabetes, depression, and even an increase in suicidal behaviors in young people. … (Сокращение количества) of candy and desserts you eat is only part of the solution as sugar is also hidden in foods such as bread, cereals, canned soups and vegetables, pasta sauce, margarine, instant mashed potatoes, frozen dinners, low-fat meals, fast and ketchup. Your body … (получает все необходимое) from sugar naturally occurring in food so all this added sugar just means a lot of empty calories.

**WRITING AND COMMUNICATION**

**Exercise 11. *Write an essay on one of the given topics.***

1. Healthy lifestyle.

2. Healthy eating.

**Exercise 12. *Translate the following sentences from Russian into English.***

1. Здоровый образ жизни – это способ жизнедеятельности, направленный на полное изменение прежних привычек, касающихся еды, режима физической активности и отдыха. 2. Рациональный режим труда и отдыха предполагает чередование периодов физического и умственного напряжения с периодами полного расслабления. 3. Пища должна быть исключительно натуральной и содержать все необходимые макро- и микроэлементы, витамины. 4. Движение является основным условием обеспечения жизни. 5. Достаточная двигательная активность обеспечивает поддержание на высоком уровне иммунитета, что позволяет человеку успешно противостоять инфекционным заболеваниям. 6. Спорт способствует развитию мускулатуры тела, в том числе и укреплению сердечной мышцы. 7. Рацион должен быть полноценным и разнообразным, тогда организм будет получать все необходимые питательные вещества. 8. Курение, спиртные напитки, вредные пищевые пристрастия (солёная пища, чипсы, сладости, газировка) – всё это факторы, разрушающие здоровье. 9. Волнение, стрессы, напряжение, раздражительность – прямые причины раннего старения. 10. Сон должен быть полноценным (7-8 часовым для взрослого человека) и таким же полноценным должен быть отдых в выходные дни.

# Unit 5.

# PHYSICAL FITNESS

**Warm up**

**Exercise 1. *Match the English words on the left with their Russian equivalents on the right. Learn the words by heart. Use them in the sentences of your own.***

|  |  |
| --- | --- |
| 1. fatigued  | a) выносливость; |
| 2. recreational | b) запыхавшийся; |
| 3. endurance | c) физический, ручной; |
| 4. agility | d) оздоровительный, развлекательный; |
| 5. manual  | e) тренировка, собрание; |
| 6. muscle-strengthening | f) сопротивление, выносливость; |
| 7. out of breath | g) укрепление мышц; |
| 8. brisk  | h) утомленный; |
| 9. resistance  | i) энергичный; |
| 10. session | j) ловкость. |

**READING**

**Exercise 2. *Read and translate the following text. Use the dictionary when necessary.***

**Physical Fitness and its Benefits**

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

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

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

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

Muscle-strengthening activities can include climbing stairs, walking uphill, lifting or carrying shopping, digging the garden, weight training, pilates, yoga or similar resistance exercises that use the major muscle groups. Ideally, the activities and exercises should not only aim to improve or maintain your muscle strength, but also aim to maintain or improve your flexibility and balance. A session at a gym is possibly ideal, but activities at home may be equally as good. For example, stair climbing, stretching and resistance exercises can be done at home without any special clothing or equipment.

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

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

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

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

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

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

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

**Exercise 3. *Decide whether the following statements are true or false.***

1. There are two types of physical fitness. 2. Physical activity includes everyday activities, food, sleep, sport. 3. 30 minutes of moderate intensity physical activity isn’t enough to gain health benefits. 4. Activities at home may be equally as good as a session at a gym. 5. Weight training brings together physical and mental disciplines to achieve peacefulness of body and mind, helping you relax and manage stress and anxiety.

**Exercise 4. *Answer the following questions.***

1. Who can be called a physically fit individual? 2. What components does health-related fitness have? 3. What should adults aim to do? 4. What activity makes the heart and lungs work harder? 5. What does moderate intensity mean? 6. What can muscle-strengthening activities include? 7. What are the most common workouts nowadays? 8. How can weight training be performed? 9. What is yoga? 10. What parts of the body are worked out in pilates?

**Exercise 5. *Match each definition with the correct word. Translate the words into Russian and learn them by heart.***

|  |  |
| --- | --- |
| 1. leisure  | a) to increase; raise; |
| 2. wellness | b) a structured regime of physical exercise; |
| 3. to gain | c) relating to life; |
| 4. to boost | d) distress or uneasiness of mind caused by fear of danger or misfortune; |
| 5. self-esteem | e) the quality or state of being healthy in body and mind, especially as the result of deliberate effort; |
| 6. workout | f) an apparatus used in weight-lifting, consisting of a [bar](http://www.dictionary.com/browse/bar) with replaceable, disk-shaped weights fastened to the ends; |
| 7. barbell | g) a realistic respect for or favorable impression of oneself; self-respect; |
| 8. posture | h) time free from the demands of work or duty, when one can rest, enjoy hobbies or sports, etc.; |
| 9. vital | i) the position of the limbs or the carriage of the body as a whole; |
| 10. anxiety | j) to acquire as an increase or addition. |

**Exercise 6. *Fill in the gaps using the words given below, and translate the sentences into Russian.***

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| nutrients | strengthens | physical fitness | muscles | performance |
| energy | aerobic exercise | athletes | endurance | moderate intensity |

1. Our ability to carry out daily tasks and routine physical activities without undue fatigue is called …. 2. While too much reliance on technology could make us less fit, we see that we can improve physical fitness through the … of different exercises. 3. In the most general terms, a fit person is able to perform tasks with more sustainable … and for longer periods than an unfit person. 4. But, fitness is more than just the ability to work longer; in fact, it includes a number of components, one of which is cardiorespiratory…. 5. This is a measure of the circulatory and respiratory systems’ ability to deliver oxygen and … to and eliminate waste products from cells. 6. Your cells need oxygen and nutrients in order to fuel your … during periods of physical activity. 7. You can build your cardiorespiratory endurance through …, which is a type of exercise that uses oxygen to meet energy demands. 8. This is the type of exercise that we might consider with activities performed over time at low to …, such as taking a comfortable jog around the neighborhood, riding your bicycle or rowing a boat. 9. Aerobic exercise is important because it … your heart and lungs by making them work harder. 10. Fit … have very low resting heart rates because a high level of fitness leads to a strong heart, which is able to pump a lot of blood with fewer heartbeats.

**Exercise 7. *Complete the unfinished words in the following sentences. All the words are related to the Unit.***

1. Physical fitness is defined as being in a general state of hea… and well-being or specifically the ability to perform aspects of sports or occupations. 2. Being at a high level of physical fitness can be achieved through a combination of daily physical activity, ex…, and a healthy diet. 3. The 11 components of physical fitness play an important role in one’s daily act…. 4. Improving upon all areas of physical fitness will help you to improve daily activities and mai… a healthy lifestyle. 5. Children, teens, adults, and the elderly will see improvements in all aspects of physical fitness if the proper exercises and training techniques are implemented into daily exercise rou…. 6. The 11 components of physical fitness are comprised of 5 components that are considered the “most important” for being healthy and phy… fit and 6 components that are more skill-related. 7. The **5 components of physical fitness** that are most important, directly related to one’s health, and can be directly measured are: cardiovascular endurance, muscular strength, muscular endurance, fle…, and body composition*.* 8. Then there are **6 components of physical fitness** that are more sk… and/or sports-related. 9. Skill-related components of physical fitness include: ag…, balance, coordination, power, reaction time, and speed*.* 10. These components can be measured and improved using very specific training tec….

**Exercise 8. *Choose the most suitable word in each sentence.***

1. Flexibility, the ability for joints to move through their normal range of motion, may be improved through *stretching / running*, exercises designed to allow for the lengthening of a muscle. 2. In static stretching, you may hold a certain *place / position* for about 10-30 seconds. 3. To produce energy for *movement / resistance* during running, your muscles need lots of oxygen. 4. The frequency, *intensity / quality*, and duration should be gradually increased to avoid risk of injury. 5. While aerobic exercise relies on oxygen, anaerobic exercise is fueled by energy *boosted / stored* in your muscles through a process called glycolysis. 6. Glycolysis is a method by which glycogen is *stored up / broken down* into glucose, also known as “sugar” and is converted into energy. 7. Glycolysis occurs in muscle cells during anaerobic exercise without the use of oxygen in order to produce energy quickly, thus producing lactic acid, which causes your muscles to *fatigue / improve*. 8. In addition to helping your body handle lactic acid effectively, anaerobic exercise has great *postures / benefits* for your overall health. 9. *Health / Session* is defined as the overall state of your body and mind, and even light-intensity physical activity that comes with taking a stroll, gardening, washing dishes and dancing around your kitchen while preparing dinner will add to your overall state of health. 10. Studies have shown that exercising at a higher intensity has increased cardiac benefits for humans, compared to when exercising at a low or *vital / moderate* level.

**Exercise 9. *In the text above find English equivalents to the following Russian expressions. Then, use them in the sentences below.***

|  |  |
| --- | --- |
| a) вид умеренной нагрузки (физической активности); | f) чрезмерный набор веса; |
| b) улучшить гибкость; | g) улучшить самооценку; |
| c) заниматься спортом; | h) улучшить выносливость; |
| d) походы в спортивный зал; | i) повысить липопротеид высокой плотности; |
| e) сжигать лишние калории; | j) подготовить тело. |

1. Regular exercise will maintain the performance of your lungs and heart to most efficiently … and keep your weight under control. 2. Exercise will also improve muscle strength, increase joint flexibility and …. 3. Any … like walking, swimming, biking or organized sports can contribute to your physical fitness. 4. To get the most benefit, you should begin by warming up for 5 to 10 minutes to increase your blood flow and … for activity. 5. Follow the warm up with several minutes of stretches to … and lower your risk for injury. 6. Exercise can help prevent … or help maintain weight loss. 7. When you …, you burn calories. 8. Regular … are great, but don’t worry if you can't find a large chunk of time to exercise every day. 9. No matter what your current weight, activity … (HDL), or “good”, cholesterol and decreases unhealthy triglycerides. 10. You may also feel better about your appearance and yourself when you exercise regularly, which can boost your confidence and ….

**Exercise 10. *In the sentences below translate the Russian expressions into English.***

Exercise is physical activity that is planned, structured, and repetitive … (с целью тренировки любой части тела). Exercise is used to improve health, maintain fitness and is important … (в качестве средств физической реабилитации).

Exercises are … (полезны для предотвращения и лечения) coronary heart disease, osteoporosis, weakness, diabetes, obesity, and depression. … (Набор движений) is one aspect of exercise important for increasing or maintaining joint function. … (Укрепляющие упражнения) provide appropriate resistance to the muscles to increase endurance and strength. … (Реабилитационные упражнения при болезнях сердца) are developed and individualized to improve the cardiovascular system for prevention and rehabilitation of cardiac disorders and diseases. A … (сбалансированная программа упражнений) can improve general health, build endurance, and slow many of the effects of aging. The … (преимущества упражнений) not only improve physical health, but also enhance emotional well-being.

Significant health benefits are obtained by including a … (умеренную физическую нагрузку) in the form of an exercise prescription. Regular exercise also provides significant psychological benefits and … (улучшают качество жизни).

**WRITING AND COMMUNICATION**

**Exercise 11. *Write an essay on one of the given topics.***

1. Physical fitness

2. Aerobics.

**Exercise 12. *Translate the following sentences from Russian into English.***

1. Физическая рекреация – это двигательный активный отдых и развлечения с использованием физических упражнений, подвижных игр, различных видов спорта, а также естественных сил природы, в результате которых получается удовольствие и достигается хорошее самочувствие и настроение, восстанавливается умственная и физическая сила. 2. Физкультура направлена на укрепление здоровья, а спорт направлен на получение максимального результата и спортивных наград. 3. Каждый из компонентов физической культуры имеет известную самостоятельность, свою собственную целевую установку, материально-техническое обеспечение, различный уровень развития и объем личностных ценностей. 4. Физическая культура образует лечебную физическую культуру, использующую специально подбираемые физические упражнения и некоторые спортивные средства для лечения и восстановления функций организма, нарушенных в результате заболеваний, травм, переутомления и других причин. 5. Целью физического воспитания является формирование физической культуры личности, то есть той стороны общей культуры человека, которая помогает реализовать его биологический и духовный потенциал. 6. Физическое воспитание в единстве с умственным, нравственным, эстетическим и трудовым воспитанием обеспечивает всестороннее развитие личности. 7. Физкультура удовлетворяет социальные потребности в общении, игре, развлечении, в некоторых формах самовыражения личности через социально активную полезную деятельность. 8. Физическая культура оказывает благотворное влияние на нервно-эмоциональную систему, продлевает жизнь, омолаживает организм, делает человека красивее. 9. Физические упражнения – это движения или действия, используемые для физического развития человека. 10. Физический труд и любительский спорт – прекрасные средства физической культуры для профилактики и укрепления здоровья.

**Listening 1**

**Biography. Napoleon.**

**I. Prelistening**

**A. Listening Preparation**

You are going to listen to a story about Napoleon Bonaparte, the French conqueror. Think about the man for a minute. Do you have a picture of him in your mind? What did he look like? Was he a tall man? No, he was really quite short, but he was a very powerful man. Some people think he was a great man - a hero. Other people think he was a villain - a very bad person. But most people agree that he was one of the most important men in European history.

**B. Preview of Vocabulary and Sentences**

**Emperor** - the ruler of an empire

Napoleon was a French soldier who became emperor of the French empire.

**Military school** - a school that trains young people to be soldiers or officers

Napoleon’s father sent him to military school in France.

**To excel** - to do better than others.

Napoleon excelled in mathematics and in military science.

**Career** - an occupation followed as one’s lifework.

**Fame** - recognition, distinction, great honor.

Napoleon began the military career that brought him fame, power, riches, and finally defeat.

**Victories** - consequences, successes

Napoleon won many, many military victories.

**To control** - to have power over, to govern by domination

At one time Napoleon controlled most of Europe.

**To lose** - to fail to keep, to be unable to save

In military campaign into Russia, Napoleon lost most of his army.

**To be deserted** - to be left by people who do not plan to return, to be abandoned

The great French conqueror died alone - deserted by his family and his friend.

**C. Rhetorical Listening Cues**

In this talk the speaker tells you about the life of Napoleon. The story is told in chronological order; that is, the events are related in the order in which they happened. The story begins with Napoleon’s birth in 1769 and ends with his death in 1821. Listen for what happened when Napoleon was 10 years old, 16 years old, and 24 years old. Another time expression you will hear that shows chronology is “several years later”.

**II. Listening**

**A. Initial Listening**

Now let’s listen to a talk about the Emperor Napoleon. It may help you to concentrate on the talk if you close your eyes while you listen. Just relax and listen carefully.

**B. Mental Rehearsal and Review of the Talk**

All right. Let’s listen to the talk once again. This time, the talk will be given in message units. Please repeat each unit to yourself silently after you hear it. Remember, don’t say the units out loud.

**C. Consolidation.**

You will hear the talk given once again. This time as you listen, take notes on what you hear.

**III. Postlistening**

**A. The Comprehension Check**

1. Recognizing the Information and Checking Accuracy

For questions 1-4 you will hear multiple-choice questions about the information presented in the talk. Listen to each questions about the information presented in the talk. Listen to each question and decide whether (a), (b), (c), or (d) is the best answer to the question.

1. (a) in 1769; (b) in 1821; (c) in France; (d) on Corsica.

2. (a) outstanding; (b) excellent; (c) good; (d) poor.

3. (a) power; (b) wealth (c) defeat; (d) all of the above.

4. (a) when he was 51 years old;

(b) just before he defeated England;

(c) after his military campaign into Russia ;

(d) several years after he became a general.

For questions 5-8 you will hear statements about the life of Napoleon. It the statement is true, put a T on the line next to the number of the statement. If the statement you hear is false, put an F on the line, and explain why the statement is false.

5. \_\_\_\_\_ 6. \_\_\_\_\_ 7. \_\_\_\_\_ 8. \_\_\_\_\_

2. Using and Expanding on the Information in the Talk.

A. Recapping the Information from Your Notes. Use your notes to recap the information you learned about the life of Napoleon. Present the information to the class or to one of your classmates.

B. Expanding on the Information in the Talk. Discuss with a classmate why you agree (do not agree) with the following statements:

1. Napoleon was a great man.

2. It would be impossible today for a person like Napoleon to become powerful enough to conquer and rule so many countries.

3. The only way a country can be safe is to have a powerful military to protect itself.

4. Every young man and woman should be required to do at least two years of military service for his or her country.

**SCRIPTS**

**Napoleon: From Schoolboy to Emperor**

**A. Initial Listening**

Napoleon was a French soldier who became emperor of France. He was born in 1769 on the island of Corsica. When he was only ten years old, his father sent him to military school in France. Napoleon was not a very good student in most of his classes, but he excelled in mathematics and in military science. When he was sixteen years old, he joined the French army. In that year he began the military career that brought him fame, power, riches, and, finally, defeat. Napoleon became a general in the French army at the young age of 24. Several years later he became emperor of the French Empire.

Napoleon was many things. He was, first of all, a brilliant military leader. His soldiers were ready to die for him. As a result, Napoleon won many, many military victories. At one time he controlled most of Europe, but many countries, including England, Russia, and Austria fought fiercely against Napoleon. His defeat - his end - came when he decided to attack Russia. In this military campaign against Russia, he lost most of his army.

The great French conqueror died alone - deserted by his family and his friends - in 1821. He died in 1821, alone and deserted. Napoleon was only 51 years old when he died.

**B. Mental Rehearsal and Review of the Talk.**

Napoleon was a French soldier.

He became emperor of France.

He was born in 1769 in Corsica.

When he was only ten, his father sent him to military school.

Napoleon was not a very good student.

He excelled in mathematics and in military science.

When he was 16, he joined the French army.

When he was 16, he began the military career.

His career brought him fame, power, riches, and, finally, defeat.

Napoleon became a general when he was 24.

Several years later he became emperor.

Napoleon was a great military leader.

His soldiers were ready to die for him.

Napoleon won many military victories.

He controlled most of Europe.

Many countries fought against him.

Many countries, including England, Russia, and Austria, fought him.

His defeat came when he attacked Russia.

He lost most of his army.

Napoleon died alone in 1821.

He was deserted by his family and friends.

He was 51 years old when he died.