**МИНИСТЕРСТВО ОБРАЗОВАНИЯ И НАУКИ РОССИЙСКОЙ ФЕДЕРАЦИИ**

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**English for Specialists in Adapted Physical Education**

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

***ИМЭиФК***

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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 10.**

**OLYMPIC GAMES**

**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 originate | a) участник; |
| 2. competition | b) спортсмен; |
| 3. participant | c) древний; |
| 4. event | d) продвижение; |
| 5. ancient | e) зародиться; |
| 6. influence / to influence | f) включать; |
| 7. athlete | g) влияние / влиять; |
| 8. location | h) событие; |
| 9. promotion | i) местоположение; |
| 10. to include | j) соревнование. |

**READING**

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

**Olympic Games**

The Olympic Games, which originated in ancient Greece as many as 3,000 years ago, were revived in the late 19th century and have become the world’s preeminent sporting competition. From the 8th century B.C. to the 4th century A.D., the Games were held every four years between August 6 and September 19 in Olympia, located in the western Peloponnese peninsula, during a religious festival honoring in honor of the god Zeus.

The first written records of the ancient Olympic Games date to 776 B.C., when a cook named Coroebus won the only event – a 192-meter footrace called the stade (the origin of the modern “stadium”) – to become the first Olympic champion. However, it is generally believed that the Games had been going on for many years by that time. Legend has it that Heracles (the Roman Hercules), a son of Zeus and the mortal woman Alcmene, founded the Games, which by the end of the 6th century B.C. had become the most famous of all Greek sporting festivals. The Games were named for their location at Olympia, a sacred site located near the western coast of the Peloponnese peninsula in southern Greece. Their influence was so great that ancient historians began to measure time by the four-year increments in between Olympic Games, which were known as Olympiads.

After the Roman Empire conquered Greece in the mid-2nd century B.C., the Games continued, but their standards and quality declined. In one notorious example from A.D. 67, the decadent Emperor Nero entered an Olympic chariot race, only to disgrace himself by declaring himself the winner even after he fell off his chariot during the event. In A.D. 393, Emperor Theodosius I, a Christian, called for a ban on all “pagan” festivals, ending the ancient Olympic tradition after nearly 12 centuries.

It would be another 1,500 years before the Games would rise again, largely thanks to the efforts of Baron Pierre de Coubertin (1863-1937) of France. Dedicated to the promotion of physical education, the young baron became inspired by the idea of creating a modern Olympic Games after visiting the ancient Olympic site. In November 1892, at a meeting of the Union des Sports Athlétiques in Paris, Coubertin proposed the idea of reviving the Olympics as an international athletic competition held every four years. Two years later, he got the approval he needed to found the International Olympic Committee (IOC), which would become the governing body of the modern Olympic Games.

The first modern Olympics were held in Athens, Greece, in 1896. In the opening ceremony, King Georgios I and a crowd of 60,000 spectators welcomed 280 participants from 13 nations (all male), who would compete in 43 events, including track and field, gymnastics, swimming, wrestling, cycling, tennis, weightlifting, shooting and fencing. All subsequent Olympiads have been numbered even when no Games take place (as in 1916, during World War I, and in 1940 and 1944, during World War II). The official symbol of the modern Games is five interlocking colored rings, representing the continents of North and South America, Asia, Africa, Europe and Australia. The Olympic flag, featuring this symbol on a white background, flew for the first time at the Antwerp Games in 1920.

The Olympics truly took off as an international sporting event after 1924, when the VIII Games were held in Paris. Some 3,000 athletes (with more than 100 women among them) from 44 nations competed that year, and for the first time the Games featured a closing ceremony. The Winter Olympics debuted that year, including such events as figure skating, ice hockey, bobsledding and the biathlon. Eighty years later, when the 2004 Summer Olympics returned to Athens for the first time in more than a century, nearly 11,000 athletes from a record 201 countries competed. In a gesture that joined both ancient and modern Olympic traditions, the shotput competition that year was held at the site of the classical Games in Olympia.

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

1. The Olympic Games originated in ancient Greece and since then have been held there once every four years. 2. The ancient Olympics were held in honour of the God Zeus. 3. The Olympic Games revived again, largely thanks to the effort of a group of the most progressive sportsmen. 4. Participants from 13 nations both men and women took part in the first modern Olympic Games. 5. The first Winter Olympic Games were held in 1924.

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

1. When and where were the ancient Olympic Games held? 2. Who was the first Olympic champion and why? 3. What did the word “stadium” originate from? 4. Who founded the Olympic Games according to an ancient legend? 5. Why were the Games called Olympics? 6. When were the Olympic Games banned? Who initiated the ending of these games? 7. When were the modern Olympic Games revived? 8. What does the official symbol of the modern Olympic Games mean? 9. What can you say about the VIII Games, held in Paris? 10. What kinds of Olympic Games are held nowadays?

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

|  |  |
| --- | --- |
| 1. tradition | a) a race run by humans on foot; |
| 2. legend | b) a formal act or series of acts prescribed by ritual, protocol, or convention; |
| 3. sign | c) a victor especially in games and sports; |
| 4. footrace | d) a story coming down from the past; especially one popularly regarded as historical although not verifiable; |
| 5. festival | e) a not-for-profit independent international organization made up of volunteers, the supreme authority of the worldwide Olympic movement; |
| 6. winner | f) instruction in the development and care of the body ranging from simple exercises to a course of study providing training in hygiene, gymnastics; |
| 7. physical education | g) a person who watches or looks on, usually at sport events; |
| 8. ceremony | h) an inherited, established, or customary pattern of thought, action, or behavior; |
| 9. spectator | i) a time of celebration marked by special observances; |
| 10. International Olympic Committee | j) a mark, sign, or word that indicates, signifies, or is understood as representing an idea, object, or relationship. |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| athletes | Paralympic | events | mass media | IOC |
| doping | ancient | professional | Winter games | participants |

1. The modern Olympic Games are leading international sporting … featuring summer and winter competitions. 2. Thousands of … from around the world participate in a variety of competitions. 3. The Olympic Games are considered the world’s foremost sport competitions with … from more than 200 nations. 4. The Olympic Games are held every four years with the Summer and … alternating by occurring every four years but two years apart. 5. Their creation was inspired by the … Olympic Games, which were held in Olympia, Greece. 6. The governing body of the Olympic movement is the …, with the Olympic charter defining its structure and authority. 7. Modern adjustments of the Games include the creation of the Winter Olympic Games for ice and winter sports, the … Games for athletes with a disability, and the Young Olympic Games for teenage atheletes. 8. The Olympics have shifted away from amateurism to allowing participation of … athletes. 9. The growing importance of … created the issue of corporate sponsorship and commercialization of the Games. 10. The growth of the Games created numerous challenges, including boycotts, … , bribery and a terrorist attack.

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

1. The ancient Olympic Games were religious and athletic fes… held every four years at the sanctuary of Zeus in Olympia, Greece. 2. According to le…, it was Heracles who first called the Games “Olympic” and established the custom of holding them every four years. 3. The first Games held under the IOC brought together 14 na… and 241 athletes who competed in 43 ev… events. 4. The Games in Paris did not have a sta…, but were notable because women took part in them for the first time. 5. The Games attracted a broad international field of par… and generated great public interest. 6. The Wi… Olympics were created to feature snow and ice sp… that were logistically impossible to hold during the Summer Games. 7. During the Games most ath… and officials are housed in the Olympic Village. 8. The Olympic Movement uses sy… to represent the ideals embodied in the Olympic Charter, such as rings, a flag and a motto. 9. As mandated by the Olympic Charter, various elements frame the opening cer… of the Olympic Games. 10. The wi… receive gold medals, which were solid gold until 1912, then made of gilded silver and now gold-plated silver.

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

1. London 2012, was a major international multi-sport *tournament / event* celebrated in the tradition of the Olympic Games, as governed by the International Olympic Committee (IOC). 2. London is the first and only city thus far to *host / participate* the modern Olympic Games three times, having previously done so in 1908 and in 1948. 3. The opening *festival / ceremony* received widespread acclaim throughout the world, particular praise from the British public and a minority of widely ranging criticisms from some social media sites. 4. Several world and Olympic *winners / records* were set at the Games. 5. During the Games, 20 million *spectator / athlete* journeys were made in London, including three million on the busiest day of the Games. 6. During the celebration of the *modern / ancient* games, an Olympic Truce was enacted so that athletes could travel from their cities to the games in safety. 7. The statue of Zeus at Olympia was counted as one of the seven *wonders / events* of the ancient world. 8. The ancient Olympics had fewer events than the modern Games, and only freeborn Greek *women / men* were allowed to participate. 9. During the time of the ancient games their origins were attributed to the *emperors / gods*, and competing legends persisted as to who actually was responsible for the genesis of the games. 10. Sculptors, poets and other artisans would come to the games to display their works in what became an artistic *competition / tradition*.

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

|  |  |
| --- | --- |
| a) возродиться в 19 веке; | f) вдохновиться идеей; |
| b) проводиться каждые четыре года; | g) получить одобрение; |
| c) в честь бога; | h) руководящий орган; |
| d) провозгласить победителя; | i) приветствовать участников; |
| e) содействие физическому образованию; | j) участвовать в скачках. |

1. It is now perfectly legal to … contest … in a Facebook post. 2. This project will be continued only if it … of the government. 3. The successful campaign … the Olympics was started in France …. 4. All the competitors … to win prize and money. 5. Schools, colleges, universities and many other educational establishments take part in …. 6. The main purpose of the Olympics opening ceremony is …. 7. How do you call the event which …? 8. A … is an organization of people that administers something. 9. If a person …, it is very important for him to bring it into life. 10. The Games were held … Zeus, and a sacrifice of 100 oxen was made to the god on the middle day of the festival.

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

At international or major national … (соревнованиях по фигурному катанию), skaters in the same event are divided into groups for practice sessions … (до соревнования). Because of safety concerns, there are usually … (не более шести) singles skaters, 4 pair skating teams, or 5 ice dancing couples … (на льду одновременно). After a warm-up period, … (музыкальная программа каждого спортсмена) is played in turn. All the skaters … (остаются на льду), but the skater whose music is being played is supposed … (имеют право прохода). Skaters are usually given … (по крайней мере одну официальную репетицию) on the actual competition ice surface for each competition segment before the event. … (Она позволяет им сориентироваться) in the arena and check for any problems with the timing or … (качество музыки). Coaches are not permitted … (на лед с фигуристами) at competition practices, and instead stand or sit behind the rink boards. At international competitions … (за исключением Олимпийских игр), skaters are not permitted to skate except on the officially designated practice sessions once they have been credentialed at the competition.

The start order for the initial phase, … (короткая программа или обязательный танец), of the competition has traditionally been determined by random draw. … (Во время соревнования каждая группа фигуристов) takes the ice together for few minutes of warm-up, then each skater performs their program alone on the ice. … (Фигуристы затем ждут) the ice in the kiss and cry area for their marks to be read, while volunteers (usually children) … (собирают цветы и другие подарки) from the ice.

**WRITING AND COMMUNICATION**

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

1. The History of the Olympic Games.

2. The Summer Olympic Games.

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

1. Древние Олимпийские игры были серией спортивных соревнований среди представителей городов-государств Древней Греции. 2. Они проводились в честь Зевса, и Греки приписывали им мифологическое происхождение. 3. Первые Олимпийские игры традиционно датируются 776 годом до нашей эры. 4. Игры проводились каждые четыре года, или олимпиады, которые стали периодом времени в исторических хрониках. 5. Награды за победу были оливковые венки или короны. 6. Во время Олимпийских игр заключалось Олимпийское перемирие, чтобы спортсмены могли безопасно путешествовать из города в город. 7. Игры стали политическим инструментом, используемым городами-государствами для установления господства над их соперниками. 8. Игры также помогали распространять Эллинистическую культуру по всему Средиземноморью. 9. Статуя Зевса в Олимпии считалась одной из семи чудес света в древнем мире. 10. Во время древних Олимпийских игр было меньше соревнований, чем в современных играх, и только свободные Греки мужчины могли участвовать в играх.

**Unit 11.**

**PARALYMPIC GAMES**

**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. disability | a) участник состязания; |
| 2. counterpart | b) раненый; |
| 3. injured | c) нарушение зрения; |
| 4. wounded | d) спортсмен, перенесший ампутацию; |
| 5. wheelchair athletes | e) повреждение спинного мозга; |
| 6. visual impairments | f) нарушение здоровья; |
| 7. physical disability | g) выступать в роли хозяина; |
| 8. amputee athletes | h) спортсмены колясочники; |
| 9. spinal cord injury | i) пострадавший, травмированный; |
| 10. to host | j) физическая неспособность. |

**READING**

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

**The Paralympic Games**

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

The general philosophy of the Paralympic Games is to concur with the rules of the Olympic sports as much as possible. This philosophy is implied in the name of the event. The term “Paralympic” is taken from the word “Olympic” and the prefix “para”, a Greek word that means “close to”. The Paralympic Games is an elite sports event in terms of both the organization and the actual competition.

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

The earliest beginnings of the creation of athletic Games for people with disabilities can be traced back to World War II and the efforts of one man, a doctor from England named Ludwig Guttmann. Known as the “Father of Sport for People with Disabilities”, Dr. Guttmann was a strong advocate of using sports therapy to enhance the quality of life for people who were injured or wounded during World War II.

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

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

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

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

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

1. The Paralympic Games are the first largest sporting event in the world today. 2. The term “Paralympic” is taken from the word “Olympic” and the prefix “para”, a Greek word that means “close to”. 3. In fact, many Paralympic athletes and their able-bodied counterparts compete at the different levels. 4. The first Paralympic Games were held in Greece and athletes with different disabilities were invited to compete. 5. The Paralympics are held in two seasons: summer and winter.

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

1. When were the first Paralympic Games held? 2. What is the general philosophy of the Paralympic games? 3. What does sport allow people to understand? 4. Who began to promote sports for disabilities and when? 5. What was Dr. Guttmann’s dream? 6. What are the six major classifications of athletes included in the Paralympic Games? 7. Are the Paralympics held in two seasons? 8. How were the Paralympic Games modified in 1992? 9. What opportunities can a society provide for people with disabilities? 10. What are the main benefits of the Paralympics?

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

|  |  |
| --- | --- |
| 1. Paralympic Games | a) a set of data often in graphic form portraying the significant features of something; |
| 2. rule | b) corresponding to something else in number, value, or meaning; identical especially in effect or function; |
| 3. profile | c) systematic arrangement in groups or categories according to established criteria; |
| 4. advocate | d) a major international multi-sport event involving athletes with a range of disabilities; |
| 5. equivalent | e) extended throughout or involving the entire world; |
| 6. benefit | f) relative worth, utility, or importance; |
| 7. worldwide | g) one who supports or promotes the interests of a person or group; |
| 8. dream | h) a strongly desired goal or purpose; |
| 9. classification | i) a prescribed guide for conduct or action; |
| 10. value | j) something that produces good or helpful results or effects or that promotes well-being. |

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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| train | opening | honour | podium | compete | speed |
| gold | determined | events | represent | parade | judges |
| bronze | national anthems | fastest | four | silver | figure |

1. Every … years, athletes from around the world gather to … in the Winter Games of the Olympics. 2. The athletes, who … extremely hard, are chosen to … their countries. 3. The games begin with the … ceremony, where the athletes … in front of an audience. 4. The Winter Games are comprised of many different …. 5. The dream of every athlete is to make it to the …, which is where the medals are handed out. 6. The first place winners receive the … medal and have the … of hearing the countries’ … played. 7. The second place winners receive the … medal and third place winners receive the … medal. 8. Often, the winners are … by who has the … time. 9. Events such as the … skating are decided this way. 10. Other events such as … skating are determined by a panel of …, who give marks to artistic and technical ability.

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

1. The Pa… is the largest sporting event for dis… athletes in the world. 2. Ath… from six disability groups take part during the eleven days of com…. 3. However, both the organizers and the athletes stress that the sporting per… is what’s important, rather than the part… disabilities. 4. The Paralympics have gone a long way since 1948, when a sports competition was first arranged in England for World War II vet… with spinal inj…. 5. Competitors from Holland joined a few years later, and in Rome in 1960 the Olympic-style Paralympics were first org…. 6. The Paralympics include Su… and Winter Games and now take pl… alongside the Olympics at the same venue in the same year. 7. Events such as whe… rugby are very popular with spectators and require great skill. 8. Another favourite is three-track sk…: here the disabled competitors ski on one leg while holding themselves on two crutches which also have small skis attached to them. 9. In recent years the Paralympics have grown dramatically, both in popularity and in the nu… of athletes taking part. 10. This growth will continue in the future as more and more co… send representatives to the Games.

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

1. The Paralympic Games is a major international multi-sport event involving *athletes / skaters* with a range of disabilities. 2. Winter and Summer Paralympic Games are *held / taken place* almost immediately following the respective Olympic Games. 3. All Paralympic Games are governed by the International Paralympic *Organisation / Committee.* 4. The Paralympics has grown from a small gathering of British World War II *soldiers / veterans* in 1948 to become one of the largest international sporting events by the early 21st century. 5. Paralympians strive for equal treatment with *non-disabled /disabled* Olympic athletes. 6. Given the wide variety of disabilities that Paralympic athletes have, there are several *categories / games* in which the athletes compete. 7. The Paralympic games were designed to emphasize the participants’ athletic *achievements / disability*. 8. The number of athletes *playing / participating* in the Summer Paralympic games has increased from 400 athletes in Rome in 1960 to over 3,900 athletes from 164 countries in London in 2012. 9. Both the Paralympic Summer and Winter Games are recognized on the *world / country* stage. 10. The Paralympics is no longer held solely for British war veterans or just for athletes in *rocking chairs / wheelchairs*, but for elite athletes with a wide variety of disabilities from all over the world.

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

|  |  |
| --- | --- |
| a) предоставить возможность; | f) совпадать с Олимпийскими играми; |
| b) спортивно-оздоровительные мероприятия; | g) участвовать в соревнованиях по лыжному спорту; |
| c) брать начало, восходить; | h) проводиться каждые четыре года; |
| d) улучшить качество жизни; | i) категории, упомянутые выше; |
| e) стать реальностью; | j) выйти далеко за рамки. |

1. … offer voluntary participation in team and individual sports and games. 2. The full achievement of the goals can … only through better information, coordination and cooperation. 3. The … are all part of the process and they are all needed in order to make the process successful. 4. Many sportsmen announced their intention of … cross-country … at the Winter Games in South Korea in 2018. 5. Summer camps … students … to learn new skills. 6. The Olympic Games are … in tribute to their ancient origins. 7. In order …, we must first determine what our goals and desires are and then put a plan. 8. If the negotiations fail, however, it will … the region. 9. The practice of giving eggs at Easter can … festivals in ancient China. 10. There is a possibility that the 2020 election in Japan will ….

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

A multi-sport event is an … (организованное спортивное событие), often held over multiple days. It features competition … (во многих различных видах спорта) between organized teams of athletes from nation states. The first major, modern, multi-sport … (событие международного значения) is the modern Olympic Games. Many regional multi-sport events have since been founded and modeled after the Olympics and most … (имеют схожую структуру). Games … (проводятся на протяжении нескольких дней) in and around a “host city”, which changes … (каждое соревнование). … (Страны посылают национальные команды) to each competition, consisting of individual … (атлетов и команд) that compete in a wide variety of sports.Athletes or teams are awarded … (злотыми, серебряными или бронзовыми медалями) for first, second and third place respectively.The games … (обычно проводятся каждые четыре года), though some are annual competitions. In the late 19th and early 20th century, athletes at multi-sport events … (были только мужчины). As (международный женский спорт начал развиваться), events such as the Women’s World Games and Olympics of Grace were held to allow women to engage in sport on the international stage.

**WRITING AND COMMUNICATION**

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

1. Paralympic Games.

2. Sports for Disabled.

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

1. Летние Паралимпийские игры 2016 проходили с 7 по 18 сентября 2016 года в бразильском Рио-де-Жанейро. 2. Впервые Латинская Америка принимала такое значительное международное спортивное мероприятие. 3. Спортсмены соревновались в 22 видах спорта за золотые, серебряные и бронзовые медали. 4. Впервые были проведены соревнования по гребле на каноэ и по триатлону. 5. Церемония открытия летних Паралимпийских игр 2016 прошла вечером 7 сентября 2016 года, в день независимости Бразилии, на стадионе Маракана (the Maracanã Stadium). 6. 4342 атлета, представляющих 159 Национальных паралимпийских комитетов соревновались в Рио. 7. Международный паралимпийский комитет (МПК) проголосовал за отстранение от Паралимпийских игр 2016 всех Российских спортсменов. 8. В четвертый раз подряд на летних паралимпийских играх Китай занял первое место в турнирной таблице, выиграв 107 золотых медалей. 9. Эмблема игр представляет собой сердце и знак бесконечности, символизируя бьющееся сердце и бесконечную энергию для преодоления преград. 10. В первый раз в истории Паралимпийских или Олимпийских игр с 1960 года спортсмен, Иранский велосипедист, умер во время соревнований.

**Unit 12.**

**SPECIAL OLYMPICS**

**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. non-profit | a) взрослый; |
| 2. headquarters | b) образ, представление; |
| 3. vision | c) развиваться; |
| 4. camp | d) некоммерческая; |
| 5. adult | e) исключительное право; |
| 6. explore | f) усиливать; |
| 7. privilege | g) лагерь; |
| 8. evolve | h) предоставление полномочий; |
| 9. reinforce | i) штаб квартира; |
| 10. empowerment | j) изучать. |

**READING**

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

**A Brave Attempt**

Special Olympics is the world’s largest sports organization for children and adults with intellectual disabilities, providing year-round training and competitions to more than 5.3 million athletes and Unified Sports partners in nearly 170 countries. Special Olympics competitions are held every day, all around the world – including local, national and regional competitions, adding up to more than 108,000 events a year. Like the International Paralympic Committee, the Special Olympics organization is recognized by the International Olympic Committee; however, unlike the Paralympic Games, Special Olympics World Games are not held in the same year or in conjunction with the Olympic Games.

Special Olympics and Paralympics are two separate organizations recognized by the International Olympic Committee (IOC). They are similar in that they both focus on sport for athletes with a disability and are run by international non-profit organizations. Apart from that, Special Olympics and the Paralympics differ in three main areas: the disability categories of the athletes that they work with; the criteria and philosophy under which athletes participate; the structure of their respective organizations. With a Headquarters in Washington D.C. Special Olympics happen year-round in seven regions of the world, 170 countries and have 228 Programs operating on a daily basis to provide empowerment through 30 Olympics-type sports. There is an International Governing Board of Directors.

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

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

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

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

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

Coaches are a critical component of Special Olympics’ work. A coach is a key figure in an athlete’s life, providing the sports skills and spirit that define a true athlete. Coaches serve as role models and character builders, giving Special Olympics athletes awareness of their worth, ability, courage and capacity to grow and improve.

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

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

1. Special Olympics is the world’s largest sports organization for children and adults with physical disabilities. 2. Special Olympics and Paralympics both focus on sport for athletes with a disability and are run by international non-profit organizations. 3. First International Special Olympics Summer Games united 1,000 participating athletes with intellectual disabilities from 26 countries of the world. 4. Like the Olympic Games and the Paralympic Games, the Special Olympics World Games include summer and winter versions. 5. There are no coaches in Special Olympics.

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

1. How many countries do Special Olympics unite? 2. In what way do Special Olympics and Paralympics differ? 3. When was Special Olympics founded? 4. Who was the founder of Special Olympics? 5. How often are Special Olympics held? 6. When did the sporting event for disabled people get the right to use the title “Olympics”? 7. What is the mission of Special Olympics? 8. Do Special Olympics include winter version? 9. What is the role of a coach in Special Olympics? 10. What is the aim of Special Olympic College?

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

|  |  |
| --- | --- |
| 1. courage | a) someone or something that belongs to or is a part of a group or an organization; |
| 2. ability | b) knowing that something (such as a situation, condition, or problem) exists; |
| 3. member | c) a confidence and satisfaction in oneself; |
| 4. headquarter | d) power to do something, a natural talent or acquired skill; |
| 5. self-esteem | e) a place of more than usual interest, activity, or popularity; |
| 6. society | f) the people of a particular country, area, time, etc., thought of especially as an organized community; |
| 7. opportunity | g) a physical, mental, cognitive, or developmental condition that impairs, interferes with, or limits a person’s ability; |
| 8. awareness | h) the ability to meet danger and difficulties with firmness; |
| 9. disability | i) a favorable combination of circumstances, time, and place; |
| 10. hotspot | j) the administrative center of an enterprise. |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| year-round | Young Athletes | engage | athletic skills | training |
| development | playground | free of charge | social | intellectual |
| competitions | health benefits | cardiovascular | support | volunteering |

1. Special Olympics programs are available for athletes …: more than 5.3 million athletes and Unified Sports partners are involved in Special Olympics sports … and competition in approximately 170 countries. 2. The organization offers … training and competition in 32 Olympic-style summer and winter sports. 3. People with … disabilities are encouraged to join Special Olympics for the physical activity, which helps lower the rate of … disease and obesity, among other …. 4. Also, they gain many emotional and psychological benefits, including self-confidence, social competence, building greater … and higher self-esteem. 5. Special Olympics … are open to athletes ages 8 and up: for young people with and without intellectual disabilities ages 2–7, Special Olympics have a … program – an inclusive sport and play program with a focus on fun activities that are important to mental and physical growth. 6. Children … in games and activities that develop motor skills and hand-eye coordination. 7. Parents say their children in Young Athletes also develop better … skills. 8. The confidence boost makes it easier for them to play and talk with other children on the … and elsewhere. 9. A study by the Center for Social … and Education found that the activities also had the effect of helping children with intellectual disabilities learn routines and approaches to learning, along with how to follow rules and directions. 10. Families can also get involved with the Special Olympics experience: family members … their athletes to the best of their ability, which may involve attending or … at the events.

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

1. In 1968, track and field, swi… and floor hockey were the first three official sp… offered by Special Olympics. 2. As in the Olympics, events are introduced in tra… and then added to the competitive schedule, and from there the list of sports and ev… continued to grow. 3. Special Olympics has more than 30 Olympic-type individual and team sports that provide meaningful training and competition opportunities for people with int… dis…. 4. A key difference between Special Olympics com… and those of other sports organizations is that athletes of all ability levels are encouraged to participate. 5. Competitions are structured so that athletes compete with other athletes of similar ab… in equitable divisions. 6. The ability of an athlete or te… is determined by an entry score from a prior competition or the re… of a seeding round or preliminary event at the competition itself. 7. Avai… of sports can depend on location and season. 8. At competitions, me… are awarded to the first, second and third-place winners in each event, and ribbons are awarded to athletes who finish in fourth through eighth place. 9. In the Yo… At… program, children ages 2–7 play simple sports and games. 10. The focus is on fun activities that are important to men… and physical growth.

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

1. Volunteers and *supporters / opponents* are an integral part of Special Olympics – and millions of people around the world are committed to its programs. 2. Some of these people are sponsors or donors, many others are coaches, event *members / volunteers* and fans. 3. Coaches help the athletes be the best they can be regardless of ability – or *inability / disability*. 4. Special Olympics train coaches through the Coaching Excellence program, which includes partnering with *sports / charity* organizations. 5. There are many events that families and volunteers can get involved with, but the biggest event is the Law Enforcement Torch *Jump / Run*. 6. The Torch Run involves police chiefs, police *officers / soldiers*, secret service, FBI agents, military police, sheriffs, state troopers, prison guards, and other law enforcement personnel. 7. They all get together to raise awareness and funds for *Special Olympics / Paralympics.*8. Ahead of a Special Olympics competition, law enforcement officers carry the torch in intervals along a planned route covering most of the state or country to the site of the opening ceremonies of the chapter or Special Olympics World *Summer / Spring* or *Autumn / Winter* Games. 9.Then they pass the torch to a Special Olympics athlete and together they run up to the cauldron and light it, signifying the *beginning / ending* of the games. 10. The Special Olympics athlete’s *rhyme / oath*, which was first introduced by Eunice Kennedy Shriver at the inaugural Special Olympics *multinational / international* games in Chicago in 1968, is “Let me win. But if I cannot win, let me be brave in the attempt.”

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

|  |  |
| --- | --- |
| a) круглогодичная физическая тренировка; | f) усиливать самооценку; |
| b) по всему миру; | g) иметь право; |
| c) международная некоммерческая организация; | h) предоставлять возможности; |
| d) раскрыть возможности; | i) ключевая фигура в жизни спортсмена; |
| e) летний лагерь; | j) болеть за общее дело. |

1. The International Sports Federations are … recognized by the International Olympic Committee as administering one or more sports at world level. 2. Parents and family members do their best to find the best … for their children. 3. A new educational program … for the staff members to acquire varied and diverse experience learning. 4. … your … do things you are good at and develop your talents. 5. When creating a … plan, coaches should train each athlete with unique plans, progressions, and contingencies in mind. 6. Who is a …? 7. The coaches help young sportsmen …. 8. Do you know any sports competitions which are held …? 9. Women … to practice their professions as men.10. It is very important to the team members … if they want to achieve good results.

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

When Dave and Karen Bailey, … (родители спортсмена участника Специальной Олимпиады) Mike Bailey, were given the official news that Mike had Down syndrome, they were crushed. However, after … (вступления в группу поддержки детей с синдромом Дауна), they were encouragedto enroll Mike in an early intervention program. … (В возрасте семи лет) Mike attendedgrammar school at Garden Gate Elementary … (где его учитель), Sylvia Machamer, suggested he get involved in Special Olympics. Karen and Dave decided … (прислушаться к ее совету). According to Dave and Karen, … (спорт дал Майку возможность) for lifelongphysical conditioning and socialization, as well as helped him build great friendships.

Today, Mike … (круглогодично участвует в различных спортивных мероприятиях) from bocce ball to powerlifting. One of the many highlightsof his life came when … (Майк получил письмо) notifyinghim that he was selected as the San Jose Sports Authority 2007 Special Olympics of the Year. Mike’s latest thrill was an invitation to run one legof the … (Эстафета Олимпийского Огня) in San Francisco to celebrate the 2008 Beijing Olympic Games. He was selected … (бежать вместе с бывшим Золотым медалистом) Swimming Olympian Mark Henderson. After the run was over Mark Henderson reported that “Mike’s constantlaughter and proclamations that “… (мы герои)” kept everyone smiling. We think … (большинство людей согласятся) that Mike embodiedthe true excitementof what the torch represents”.

**WRITING AND COMMUNICATION**

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

1. Special Olympics.

2. Special Olympics Athletes.

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

1. Special Olympics International – международная организация, занимающаяся вопросами организации спортивных мероприятий для лиц с умственными отклонениями. 2. Она занимается организацией Всемирной Специальной Олимпиады, проводящейся каждые 4 года. 3. Организация была основана в 1968 году в Чикаго учителем физкультуры Анной Макглоун Бюрке. 4. Люди с задержкой умственного развития оказались намного способнее в различных видах спорта и физической культуры, чем предполагали специалисты ранее. 5. До 1989 года игры проводились исключительно в США под названием Международные специальные Олимпийские игры. 6. Затем игры стали принимать другие страны, и их переименовали в Мировые специальные Олимпийские игры. 7. Специальные олимпиады проводятся исключительно с целью адаптации людей с нарушениями интеллектуального развития. 8. На соревнованиях нет цели выявить сильнейшего и зафиксировать спортивные рекорды. 9. Все участники делятся на дивизионы в зависимости от их спортивной подготовки, таким образом, для участия в соревнованиях Специальных олимпиад не требуется показывать каких-либо спортивных достижений. 10. В каждом дивизионе соревнуется не более 8 участников, при этом на пьедестале также 8 мест.

**Unit 13.**

**CAREERS IN SPORT**

**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. coach | a) подчиняться; |
| 2. umpire | b) ушиб; |
| 3. obey | c) штраф, пенальти; |
| 4. stamina | d) нанимать; |
| 5. dismissal | e) тренер; |
| 6. fine | f) увольнять; |
| 7. bruise | g) выносливость; |
| 8. schedule | h) арбитр; |
| 9. hire | i) составлять график; |
| 10. fire | j) удаление. |

**READING**

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

**Sports Related Careers**

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

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

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

Coaching is fundamentally a didactic and educational activity associated with social and physical development of fitness and health. Hence, the coach operates first in the pedagogical and recreational fields and moves the sanitary and functional values as and when the higher sports objectives are kept in mind. The society having needs in healthy population, the first task of sporting is striving for health and activity.

Life coaching is all the rage. Harvard Business Review reports that coaching is a $1 billion a year industry. But first, what is a professional coach? The International Coach Federation (ICF) – the leading global coaching organization and professional association for coaches – defines coaching as “partnering with clients in a thought-provoking and creative process that inspires them to maximize their personal and professional potential.”

Second, who is using coaches? In a study of the professional coaching industry by the Chartered Institute of Personnel Development (CIPD), they found that coaching was used by 90% of organizations surveyed and that even in the economic downturn, 70% report that they are increasing or maintaining their commitment to coaching. Coaching is clearly popular, but what does a professional coach do? Some, but certainly not all coaches are professionals who can help you reach your goals. One of the problems in the coaching industry is that anyone can call themselves a professional coach, life coach, personal coach, etc. Jennifer Corbin, the president of Coach U, one of the largest and oldest coach training organizations in the world, has said, “Technically, anyone can hang up a shingle as coaching is not regulated. Many people “coaching” have no idea what coaching is as they haven’t been trained or haven’t been coached by a professionally trained and credentialed coach. There are “schools” that will offer a credential after three hours of training and people read a book or watch a TV program and decide “I’m a coach!” As a result, the quality of coaches varies dramatically. Professionals strongly suggest working with a coach that has been accredited by the International Coach Federation (ICF). The ICF provides independent certification that is the benchmark for the professional coaching industry.

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

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

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

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

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

1. The tasks of the professionals in sports related careers are the same. 2. The coaches train and teach the players various tactics and techniques to win. 3. Anyone can call themselves a professional coach, life coach, personal coach, etc. 4. Umpires (referees) are never present on the ground along with the competing teams. 5. Doctors provide immediate help to the players in case of injuries, bruises, cramps, muscle-pulls, etc.

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

1. Can only sports persons or players make a career in sport? 2. What is the main task of a coach? 3. What is coaching always associated with? 4. What is a professional coach? 5. Who can be called a professional coach? 6. Why does the quality of coaches vary dramatically? 7. Who keeps the players in discipline and ensures a fair play? 8. What is the main task of a medical team? 9. Which issues does a team manager deal with? 10. What are the duties of commentators?

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

|  |  |
| --- | --- |
| 1. coach | a) a totality of related parts: an entity that is a complex or systematic whole; |
| 2. referee | b) something that gives a title to credit or confidence; qualification; |
| 3. tactics | c) something important or notable that happens; any one of the contests in a sports program; |
| 4. unity | d) a sports official usually having final authority in administering a game; |
| 5. federation | e) a sportscaster who provides reports during live events; |
| 6. credential | f) something that can be used as a way to judge the quality or level of other, similar things; |
| 7. benchmark | g) a private tutor, one who instructs or trains; |
| 8. penalty | h) an encompassing political or societal entity formed by uniting smaller or more localized entities; |
| 9. event | i) a punishment or disadvantage given to a team or player for breaking a rule in a game; |
| 10. commentator | j) a system or method for reaching a goal. |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| fine | key aspect | obey | commentators | hiring |
| schedule | firing | enhance | degrees | experienced |
| language | certificates | stamina | dismissal | aspired |

1. Sports related careers are … by a huge number of people who are skilled and talented in some type of sport. 2. Team managers organize and … various events and leagues. 3. Umpires keep a keen observation on the players and declare decisions like …, winning point, faults, … penalties etc. 4. The coaches make them practice and help them to … their physical …. 5. Team managers handle the department of … and … the players. 6. The athletes are the … of sports careers. 7. The athletes are supposed to … their coaches and trainers for better results. 8. Physiotherapists possess …, diplomas and … in medicine and other specializations. 9. Coaches are expected to be highly … and successful in their past sports career. 10. … must be fluent in multiple … with pleasant voice and accent.

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

1. The first use of the term “coach” in connection with an instructor or tra… arose around 1830 in Oxford University slang for a tutor who “carried” a student through an exam. 2. Pro… coaching uses a range of communication skills to help clients shift their perspectives and thereby discover different approaches to achieve their goals. 3. In sports, a coach is an individual that provides supervision and training to the sports te… or individual pla…. 4. Since the mid-1990s, professional coaching associations such as the Association for Coaching, the International Association of Coaching, the International Coach Fed…, and the European Coaching and Mentoring Council have worked towards developing training standards. 5. A sport psychologist understands that individuals who play sports must be hea… in both their bodies and minds in order to succeed. 6. If you’re working as a clinical exercise phy…, you’ll usually be based in hospitals, medical centres and private healthcare organizations. 7. Sports journalists report sporting ev... to the public, working for a newspaper or magazine, radio, television or online. 8. A certified per... trainer can accurately assess your current physical condition and based on that information plan an effective training program in the areas of fitness such as sta…, strength, speed, endurance and power. 9. Once you have your qua… and cer…, apply for a personal trainer job at a gym or start your own personal training business. 10. Medical teams treat athletes’ inj… and bruises.

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

1. Many young athletes – those who play soccer, basketball, football, baseball and other sports – dream of having *professional / amateur* careers someday. 2. Careers of sportsmen are often short-lived due to *wounds / injuries* or other career-ending problems. 3. *Coaches / Commentators* need experience in the sport they want to coach and an exhaustive knowledge of the game is also necessary. 4. If you want to work in a school you may have to get *certified / qualified*. 5. Because doctors provide emergency treatment, they must *take part in / attend* sporting events. 6. A fitness trainer is able to work with *persons / individuals* or groups, providing both instruction and motivation. 7. *A sports* *reporter / An umpire* has to watch sporting events and interview professional athletes and coaches. 8. Being involved into the sport, a person communicates with a coach in many ways – as a *teacher / pupil*, as an athlete, as a psychologist and so on. 9. Having devoted a definite part of life to sports activity, a coach becomes a *monofunctional* */ multifunctional* specialist in this field. 10. The society having needs in *healthy / strong* population, the first task of sporting is striving for health and activity.

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

|  |  |
| --- | --- |
| a) карьеры, связанные со спортом; | f) оказывать помощь; |
| b) индустрия развлечений; | g) играть ключевую роль; |
| c) иметь в виду; | h) быть аккредитованным международной федерацией; |
| d) достичь цели; | i) дипломированный тренер |
| e) соревнующиеся команды; | j) снижение темпов экономического роста |

1. Before the Championship the coach declared the players the main points that they should …. 2. The 1960 Tournament, one of the first, held in France, had 4 … in the finals. 3. Only coaches who … can meet the requirements for ICF Membership. 4. According to the latest research vitamins … in balanced nutrition. 5. Where can people working in … do their best? 6. … suggests that the rate of economic growth is slowing down and possibly entering into recession. 7. Many athletes want to … high … in sports but few of them are willing to work each day to achieve success. 8. Medical personnel should always be present at any sports event in order … to injured sportsmen. 9. The team was able to win the game because it had a very good …. 10. The media and … in any country consists of many different segments under its folds such as television, print, and films.

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

Selecting a career can be one of the most … (сложных решений в вашей жизни). … (Чтобы правильно выбрать карьеру), you will have to find the balance between financial gain and personal fulfillment. Before you can make a career choice, you will also have to … (узнать о себе). Your … (интересы и навыки) will make some careers for you particularly inappropriate. You can use self-assessment tests to gather this information and to generate a … (список занятий) that are considered appropriate. A test like this could help you narrow down your choice and possibly … (направить вас в правильном) direction. Even though it is important to choose a career early on, many people have switched career late in the game and still … (стали чрезвычайно успешными). For example, … (многие тренеры и комментаторы были) rather successful athletes themselves. And now they … (помогают детям развить здоровые привычки), improve their ability, balance and coordination. Studies show that … (люди, которые занимаются спортом) work harder, learn problem-solving skills and time-management skills.

**WRITING AND COMMUNICATION**

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

1. Coaching.

2. Sports Related Careers.

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

1. Судья просвистел и начался самый важный футбольный матч в моей жизни. 2. К дополнительным обязанностям тренера может относиться подбор игроков и разработка стратегий игры. 3. Тренеру необходимо обладать хорошими навыками в сфере планирования и организации. 4. Тренером может стать любой человек, бывший спортсмен, родитель, учитель и даже фанат, интересующийся спортом. 5. Для получения опыта вам необходимо закончить тренерские курсы. 6. Будучи помощниками других тренеров многие известные тренеры смогли сформировать свои профессиональные навыки. 7. Спортивный психолог работает со спортсменами, чтобы они смогли достигнуть оптимального психического здоровья и улучшить спортивные показатели. 8. Они могут работать со спортсменами, которые восстанавливаются от травм, или которым необходимо повысить мотивацию. 9. Спортивный психолог должен интересоваться людьми и человеческим поведением, быть терпеливым и иметь хорошие коммуникативные навыки. 10. Учитель физкультуры работает в школе и учит детей здоровью, фитнесу, питанию и спорту.

**listening 3**

**Language**

**How Children Acquire Theirs**

**I. Prelistening**

**A. Listening Preparation**

How do babies communicate before they know how to speak any language? When do they begin to make language-like sounds? Are these first language-like sounds the same for all babies, or do babies from different language backgrounds make different sounds? At what age do they begin to say their first words? What does it mean that children’s first sentences are “telegraphic”? What kinds of grammar mistakes do children make when learning their language? You will learn the answers to these questions when you listen to the talk on how children acquire their language.

**B. Preview of Vocabulary and Sentences**

**Cooing noises** - soft and gentle sounds like the sounds a pigeon makes.

The first stage begins in a few weeks when they start to make cooing noises when they are happy.

**To babble** - to make and play with meaningless sounds like “goo-goo-goo? And “da-da-da”.

Around four months of age babies begin to babble.

**To invent words** - to create their own special words.

These first words are words that they invent for themselves; for example, a baby may say “baba” for the word “bottle”, or “kiki” for “cat”.

**To acquire words** - to learn words.

In the next few months, the baby will acquire quite a few words and begin to use them to communicate with others.

**Telegraphic** - in the style of a telegram, that is, expressed in as short a way as possible.

**Essential** - basic, necessary, required.

This language is often called telegraphic speech because the baby omits all except the most essential words.

**To overgeneralize** - to use a rule too freely; to use a rule where it doesn’t fit.

They also begin to obergeneralize these grammar rules and make a lot of grammar mistakes.

**C. Rhetorical Listening Cues.**

In this talk the speaker discusses how children acquire language. The speaker uses certain words and phrases to show the order, or the sequence, of the process. These are words and phrases such as the following:

As soon as …

At first, …

The first stage …

The next stage …

**II. Listening**

**A. Initial Listening**

Now let’s listen to a talk about how children acquire language. 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.**

Let’s listen to the talk one more. This time the description of how children acquire language will be given in message units. Please repeat each of the sentences or phrases to yourself silently as you hear it spoken. Remember, do not repeat 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 Information and Checking Accuracy.

For questions 1-3 you will hear multiple-choice 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. at \_\_\_

(a) birth; (b) 4 months; (c) 10 months; (d) 18 months.

2. (a) “kiki”; (b) “Daddy up”; (c) I went home”; (d) “I goed sleep”.

3. (a) 10-12 months; (b) 18-24 months;

(c) 2-3 years; (d) 7-8 years.

For questions 4-7 you will hear statements about how children acquire language. If 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.

4. \_\_\_\_\_ 5. \_\_\_\_\_ 6. \_\_\_\_\_ 7. \_\_\_\_\_

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

a. Recapping Information form You Notes. Use your notes to recap the information you learned about how children acquire language. 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 (or do not agree) with the following statements:

1. It is very confusing for a baby to learn two languages at the same time, so parents who speak two different languages should agree to speak only one language to a child.

2. It’s important for parents to talk to their babies a lot to help them learn their language.

3. Some languages are more difficult for babies to learn than other languages.

4. It’s easy for a bay to learn his or her language, but it’s hard work for an adult to learn a second language.

5. Babies would not learn to talk if nobody spoke to them.

6. All people who live in a country should be able to speak at least one common language.

7. It would be better if everybody in the world spoke the same language.

8. Some languages are better for science, some for poetry, and others for romance and love.

**Language: How Children Acquire Theirs**

**II. Listening**

**A. Initial Listening**

What I’d like to talk to you about today is the topic of child language development. I know that you all are trying to develop a second language, but for a moment, let’s think about a related topic: How children develop their first language. What do we know about how babies develop their language and communicate ability? Well, we know babies are able to communicate as they are born - even before they learn to speak their first language. At first, they communicate by crying. This crying lets their parents know when they are hungry, or unhappy, or uncomfortable. However, they soon begin the process of acquiring their language. The first stage of language acquisition begins a few weeks after birth. At this stage, babies start to make cooing noises when they are happy. Then, around four months of age they begin to babble. Babies all over the world begin to babble around the same age, and they all begin to make the same kinds of babbling noises. By the time they are ten months old, however, the babbling of babies from different language backgrounds sounds different. For example, the babbling of a baby in a Chinese speaking home sounds different from the babbling of a baby in an English-speaking home. Babies begin a new stage of language development when they begin to speak their first words. At first, they invent their own words for things. For example, a baby in an English-speaking home may say “baba” for the word “bottle”, or “kiki” for “cat”. In the next few months, the baby will acquire a lot of words. These words are usually the names of things that are in the baby’s environment, words for food oк toys, for example. They will begin to use these words to communicate with others. For example, if a baby holds up an empty juice cup and says “juice”, to his father, the baby seems to be saying, “I want more juice, Daddy” or “May I have more juice, Daddy?” This word “juice’ is really a one-word sentence.

The next stage of language acquisition begins around the age of 18 months, when the babies begin to say two-word sentences. They begin to use a kind of grammar to put these words together. The speech they produce is called “telegraphic” speech because the babies omit all but the most essential words. An English-speaking child might say something like “Daddy, up” which usually could mean “Daddy, pick me up, please.” Then, between two and three years of age, young children begin to learn more and more grammar. For example, they begin to use the past tense of the verbs. In other words, they begin to learn the rule for making the past tense of many verbs. The children begin to say thing such as “I walked home” And “I kissed Mommy.” They also begin to overgeneralize this new grammar rule and make a lot of grammar mistakes. For example, children often say such things as “I goes to bed” instead of “I went to bed”, or “I eated ice-cream” instead of “I ate ice cream.” In other words, the children have learned the past tense rule for regular verbs such as “walk” and “kiss”, but they haven’t learned that they cannot use this rule for all verbs. Some verbs like “eat” are irregular, and the past tense forms for irregular verbs must be learned individually. Anyhow, these mistakes are normal;, and the children will soon learn to use the past tense for regular and irregular verbs correctly. The children then continue to learn other grammatical structures in the same way.

If we stop to think about it, actually it’s quite amazing how quickly babies and children all over the world learn their language and how similar the process is for babies all over the world.

Do you remember anything about how you learned your first language during the early years of your life? Think about the process for a minute. What was your first word? Was it “mama” or maybe “papa”? Now think also about the process of learning English as a second language. Can you remember the first word you learned in English? I doubt it was “mama”. Now, think about some of the similarities and differences involved in the processes of child and adult language learning. We’ll talk about some similarities and differences in the first and second learning processes tomorrow. See you then.

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

Today I’d like to talk about the topic of child language development.

How do children develop their first language?

What do we know about how babies develop their language and communicate ability?

We know babies are able to communicate as they are born.

We know they can communicate even before they learn to speak their first language.

Babies are learn to communicate as soon as they are born.

At first, they communicate by crying.

This crying lets their parents know how they feel.

Their parents know if they are hungry, or unhappy, or uncomfortable.

Babies soon begin to acquire language.

The first stage begins a few weeks after birth.

They start to make cooing noises.

Around four months babies begin to babble.

All babies begin to babble at the same age.

They all make the same babbling noises.

By ten months the babbling of babies sounds different.

At this time a new stage of language learning begins.

Now babies begin to make their first words.

They invent their own words.

These words are the babies’ own words for things, like “kiki” for “cat”.

Soon after, the babies begin to learn the names of many things.

They learn the words for toys and food, for example.

They begin to use these words to communicate.

They begin to make one-word sentences.

For example, they hold up their cup and say “juice”.

The next stage begins at about 18 months of age.

At 18 months they begin to make two-word sentences.

They use a kind of grammar to put these two words together.

This language is called “telegraphic” speech.

Telegraphic language has only the most essential words.

Between two and three years of age children learn more grammar rules.

For example, they begin to use the past tense rule for regular verbs.

They overgeneralize the past tense rules to irregular verbs.

They make lots of mistakes.

For example, they say “I goed sleep” instead of “I went to sleep”.

Their mistakes are natural at this age.

They continue to learn more grammatical structures in the same way.

This process is similar for babies all over the world.

Do you remember how you learned your first language in the early years of your life?

Think about the process for a minute. What was your first word? Was it “mama”, or maybe “papa”?

Think also about the process of learning English as a second language.

Can you remember the first word you learned? I doubt it was “mama”.

Now think about some of the similarities and differences involved in the process of child and adult language development.

We’ll talk about some similarities and differences in the first and second language learning process tomorrow. See you then.

**III. Postlistening**

**A. The Comprehension Check**

1. Recognizing Information and Checking Accuracy.

1. At what age do babies begin to communicate? (a)

2. Which of the following is an example of “telegraphic” speech? (b)

3. At what age do children begin to use the past tense? (c)

4. At four months of age the babbling of babies sounds the same all over the world. (T)

5. A baby’s first words are usually words that he or she invents. (T)

6. A child uses only vocabulary and no grammar before about two years of age. (А He/she actually uses a kind of grammar in making two-word sentences at about 18 months of age.)

7. Children probably say “I goed” instead of “I went” because they hear their parents say this. (F Children say “I goed” instead of “I went” because they are overgeneralizing the grammar rule for the regular past tense verbs to the irregular verb “go”.