

**Міністерство освіти і науки України**

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МОВНОЇ ПІДГОТОВКИ

(кафедра)

**МЕТОДИЧНІ РЕКОМЕНДАЦІЇ ДЛЯ САМОСТІЙНОЇ РОБОТИ  
СТУДЕНТІВ**

освітньо-кваліфікаційний рівень – бакалавр

спеціальність 017 Фізична культура і спорт

Розробник: к.ф.н. доцент Лазуткіна Ю.А.

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## PHYSICAL EDUCATION AND SPORT

**Read the text and make a summary.**

### PHYSICAL FITNESS AND ITS BENEFITS

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

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

Adults should aim to do a mixture of aerobic activities and muscle-strengthening activities. Aerobic activities are any activity that makes your heart and lungs work harder. To gain health benefits, it is suggested that you should do at least 30 minutes of moderate intensity physical activity on most days of the week. 30 minutes is probably the minimum to gain health benefits. However, you do not have to do this all at once. For example, cycling to work and back for 15 minutes each way adds up to 30 minutes. Moderate intensity physical activity means that you get warm, mildly out of breath, and mildly sweaty. For example, brisk walking, jogging, swimming, cycling, dancing, badminton, tennis, etc. In addition to the above aerobic activities, adults should also aim to do a minimum of two sessions of muscle-strengthening activities per week, although these should not be on consecutive days. Muscle-strengthening activities can include climbing stairs, walking uphill, lifting or carrying shopping, digging the garden, weight training, Pilates, yoga or similar resistance exercises that use the major muscle groups. Ideally, the activities and exercises should not only aim to improve or maintain your

muscle strength, but also aim to maintain or improve your flexibility and balance. A session at a gym is possibly ideal, but activities at home may be equally as good. For example, stair climbing, stretching and resistance exercises can be done at home without any special clothing or equipment.

A session should be a minimum of 8–10 exercises using the major muscle groups. Ideally, to help build up your muscle strength, use some sort of resistance (such as

a weight for arm exercises) and do 8–12 repetitions of each exercise. The level (weight) of each exercise should be so that you can do 8–12 repetitions before the muscle group gets tired. So, for example, for the upper arm muscles, hold a weight in your hand and bend your arm up and down 8–12 times. This should make your arm muscles tire.

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

### **Exercise:**

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

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

#### **2. Answer the questions.**

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

#### **3. Complete the sentences.**

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

#### **4. Grammar test**

1. The weather is awful, it \_\_\_\_ all day.  
A) rains B) is raining C) rained  
D) has rained E) has been raining
2. It is 2 o'clock. I \_\_\_\_ afraid I \_\_\_\_ late.

- A) was/am B) shall be/am C) am/am  
D) was/was E) am/wasn't
3. Who usually answers these letters in your office?  
A) My friend can. B) That man will. C) I do, of course.  
D) Mary is. E) Those engineers did.
4. The milk is hot I \_\_\_\_\_ on it to make it cold.  
A) am blowing B) blow C) is blowing  
D) blew E) had blown
5. - You don't like horror films, do you?  
- \_\_\_\_\_. They are so terrifying.  
A) Yes, I can. B) No, I can't. C) No, I don't.  
D) Yes, I do. E) No, we didn't.
6. \_\_\_\_\_ this engineer work at the Ministry of Foreign Affairs.  
A) do B) does C) has  
D) had E) shall
7. He \_\_\_\_\_ never \_\_\_\_\_ him sing.  
A) had \_\_\_\_\_ heard B) has \_\_\_\_\_ heard C) have \_\_\_\_\_ heard  
D) was \_\_\_\_\_ hearing E) is \_\_\_\_\_ hearing
8. I think \_\_\_\_\_.  
A) if he is about fifty B) he is about fifty C) her about fifty  
D) him about fifty E) be about fifty
9. I miss her very much, almost every minute of the day I think of her, or I think I \_\_\_\_\_ her.  
A) am hearing B) hear C) heard  
D) have heard E) will hear
10. Look! There \_\_\_\_\_ a man sitting at the first table near the door. He \_\_\_\_\_ at us.  
A) was/looks B) had been/looked  
C) were/had looked D) is/is looking  
E) is/was looking
11. These engineers always \_\_\_\_\_ in the office and \_\_\_\_\_.  
A) stayed/learn B) stay/learn C) stays/learns  
D) have stayed/learned E) stay/learned
12. It's the happiest evening I ever \_\_\_\_\_.  
A) had B) have had C) has  
D) has had E) had had
13. Let me show the picture that I \_\_\_\_\_ this week.  
A) am drawing B) shall be drawing C) have drawn  
D) drew E) will be drawing
14. This is the 7th year Ann and Mary \_\_\_\_\_ this school.  
A) has attended B) have been attending  
C) had been attending D) are attending  
E) were attending
15. The sun \_\_\_\_\_ in the East and \_\_\_\_\_ in the West.  
A) sets/rises B) sets/goes C) rises/sets

D) goes/rises E) set/rise

## Unit 2

### Physical Education as a discipline

**Read the text and make a summary.**

#### **INTERRELATEDNESS OF ALL AREAS WITHIN THE DISCIPLINES**

The growth of specialized areas of study has led to the development of related career opportunities. One consequence of this specialization is that practitioners in these areas may describe their occupation in terms of their specialty, such as exercise physiologist, sport psychologist, or biomechanist. Physical education students in an effort to fully prepare themselves for a career in a particular area may become too narrowly focused and fail to learn about the other areas within the discipline.

It is important for professionals to be knowledgeable about the specialized areas within the discipline and to have an appreciation and an understanding for interrelatedness of these areas. For example, a professional who is working in the area of corporate fitness certainly needs expertise in exercise physiology to be able to evaluate the fitness levels of program participants and to design exercise prescriptions for them.

The professional philosophy will also guide the manner in which the program is conducted. Additionally, the practitioner may find knowledge from the realm of sport psychology helpful in motivating individuals to adhere to their exercise programs and to work at their fullest potential. Teaching skills (pedagogy) will assist the practitioner in clearly explaining exercises and activities to the program's participants and in educating them about the values to be delivered from participation.

If as part of corporate fitness program one teaches participants sports skills, for example, how to play tennis, one needs to be knowledgeable about the principles of motor learning. Application of motor learning theory enables the practitioner to teach the participants the skills most efficiently and effectively and in such a way that they experience success. Success in performing skills is an important factor in motivating participants to continue to participate in activity throughout their lifetime. Knowledge gleaned from the area of motor development will help the practitioner design experiences appropriate for the age of the participants.

Perhaps one of the program's participants complains of pain while jogging. An understanding of biomechanics will be useful in evaluating the participant's jogging technique, and knowledge from the area of sports medicine will be helpful in the prevention of injuries. As a future practitioner, it is important to learn about the entire discipline of physical education and the relationship among the specialized areas.

### **Exercise:**

1. Retell the text "Interrelatedness of All areas within the Disciplines".
2. Read and translate the text with help of dictionary in writing.
3. Put all types of the questions (general, alternative, disjunctive, special) on the text.
4. Make the sentence below Negative and Interrogative (and also in Past and Future Indefinite).

The sport psychologist helps individuals achieve their optimal level of performance.

5. Play out the conversation.

- I've never supposed that the discipline of physical education comprises so many various subdisciplines.
- No wonder. With increase of knowledge in that field there have appeared specialized areas of study.
- And what are the most common of them?
- They are sport sociology, biomechanics, sport medicine, exercise physiology, sport philosophy, sport management, adapted physical education, etc.
- Are they all interrelated?
- It goes without saying. Understanding each of them is necessary.
- You have said it.

6. Retell the topic.

## **DISCIPLINE OF PHYSICAL EDUCATION AND SPORT**

As an academic discipline Physical Education and Sport is concerned with the study of human movement. With the increase of knowledge in that field there

were emerged new subdisciplines or specialized areas of study. For example, the most common of them are the following.

*Sport sociology* studies the role of sport in society.

*Biomechanics* is the study of the various forces that act on the human body

while exercising. It identifies specific aspects of athlete technique and makes suggestions for its improvement.

*Sports medicine* is the medical relationship between physical activity and human body. It is concerned with prevention of injury, therapy, rehabilitation and studies the influence of environment and drugs on human physical activity.

*Exercise physiology* is applied physiology which deals with functional capabilities of the human body while exercising including aerobic capacity, fatigue, etc.

*Sport philosophy* analyzes and examines various beliefs and offers logic, problem solving as an aid to decision-making .

*History* analyzes past events explaining their significance in relationship to the present and future. *Sport pedagogy* is the study about teaching in the field of physical education and sport.

*Sport psychology* utilizes various principles, concepts, and facts from the field of psychology to study behavior in sport and physical education.

*Motor learning* is the study that deals with different aspects of learning sport technique and motor skills for long periods of time.

*Adapted physical education* is concerned with programs for persons with special needs or disabilities.

*Sport management* covers managerial aspects of sport, including organized sport and sport enterprises or business.

All these specialized areas are interrelated and make their contribution to the discipline of Physical Education and Sport.

### **Grammar test**

1. He \_\_\_\_\_ some new shoes last month.

A) bought B) buying C) buy D) buys

2. Where \_\_\_\_\_ you \_\_\_\_\_ on holiday last year?

A) did / went B) go / did C) did / go D) do / go

3. A: \_\_\_\_\_ you \_\_\_\_\_ Jane last month?

B: No, I \_\_\_\_\_.

A) \* / saw / didn't B) Did / see / didn't

C) Did / saw / didn't D) Did / see / did

4. A: \_\_\_\_\_ did she \_\_\_\_\_ a job?

B: In the car factory.

- A) When / get B) Where / got  
 C) Who / get D) Where / get
5. Max didn't \_\_\_\_\_ yesterday afternoon; he \_\_\_\_\_ at home.  
 A) go out / stayed B) go out / stay  
 C) went out / stayed D) went out / stay
6. Geoffrey \_\_\_\_\_ French before, but he \_\_\_\_\_ at university now.  
 A) study didn't / studies B) didn't study / study  
 C) did not study / studies D) didn't studied / studies
7. A: \_\_\_\_\_ did they have \_\_\_\_\_ lunch?  
 B: Soup & fish.  
 A) What / on B) What / for C) Where / in D) Who / for
8. A: Where \_\_\_\_\_ you last week?  
 B: I \_\_\_\_\_ in Alabama.  
 A) were / were B) was / is C) were / was D) was / were
9. I usually \_\_\_\_\_ for 6 hours a day, but I \_\_\_\_\_ for 8 hours yesterday.  
 A) work / worked B) works / worked  
 C) worked / worked D) work / work
10. Rosemary often \_\_\_\_\_ to work by bus, but she \_\_\_\_\_ to work by taxi yesterday.  
 A) got / get B) gets / got C) get / got D) got / got
11. Bonny and Nick \_\_\_\_\_ tennis last weekend, but they rarely \_\_\_\_\_ tennis.  
 A) played / play B) play / play  
 C) play / plays D) play / played
12. It \_\_\_\_\_ a lot in winter here, but it \_\_\_\_\_ last year.  
 A) snows / rains B) snowed / rained  
 C) snow / rain D) snows / rained
13. Last year it \_\_\_\_\_ for three months, but it \_\_\_\_\_ just for two weeks.  
 A) snows / rains B) snowed / rained  
 C) snowing / raining D) snow / raining
14. A: \_\_\_\_\_ it snow a little in winter in Holland?  
 B: Yes, it \_\_\_\_\_. But last winter it \_\_\_\_\_ snow at all.  
 A) Do / do / didn't B) Does / do / doesn't  
 C) Does / does / didn't D) Do / does / don't
15. A: \_\_\_\_\_ you usually work for 8 hours a day?  
 B: Yes, I \_\_\_\_\_. But last week I \_\_\_\_\_ for 8 hours a day.  
 A) Do / do / didn't work B) Do / did / didn't worked  
 C) Did / did / don't work D) Do / did / don't work



## Unite 3

### Human movement and phenomena

**Read the text and make a summary.**

#### **HEALTHY LIFESTYLE**

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

A healthy lifestyle comprises of many components.

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

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

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

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

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

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

## **Exercise:**

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

- a) the importance of sleeping well;
- b) the definition of a healthy lifestyle;
- c) different physical activities

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### **2. Answer the questions.**

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

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

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

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

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

1. The physical, mental and spiritual aspects of your life ... .
2. A healthy lifestyle would be a way of living that would ... in a healthy mind,
3. Sleeping right, having a positive ... about life and having a balanced life are also the necessary components of a healthy lifestyle.
4. Yoga has a therapeutic affect and also helps to ... your stress level.
5. Living a healthy lifestyle involves ... of your physical, mental and spiritual health.
6. Managing stress ... is a critical part of a healthy lifestyle.
7. It is essential that you ... any kind of exercises in to your daily

- life to help keep you fit and ... your weight at a healthy level.
8. You need to ... yourself with appropriate knowledge that will ... that you get the result you want.
9. A healthy lifestyle ... of many components.
10. You must ... and choose things that are good for you and your loved ones.

## Grammar test

1. Next August, while you \_\_\_\_\_ for your exams, I \_\_\_\_\_ on a Mediterranean beach.  
 A) are preparing / will be B) were preparing / would be  
 C) prepare / will be D) were preparing / was
2. He \_\_\_\_\_ my name, so I reminded him.  
 A) forgets B) has forgotten  
 C) had forgotten D) forgot
3. By 5.30 this afternoon, Tom \_\_\_\_\_ at work for eight hours.  
 A) had been B) would have been  
 C) will have been D) has been
4. She \_\_\_\_\_ unwell for several days when she was taken to hospital.  
 A) had been feeling B) has been feeling  
 C) was feeling D) had felt
5. During this year we \_\_\_\_\_ many advances in computer science.  
 A) had seen B) have seen  
 C) saw D) are seeing
6. Our maths teacher \_\_\_\_\_ us a lot of homework last week but he \_\_\_\_\_ us very much so far this week.  
 A) would give / didn't give B) had given / didn't give  
 C) gave / didn't given D) gave / hasn't given
7. It is expected that man \_\_\_\_\_ on several planets by the end of this century.  
 A) would have landed B) will be landing  
 C) will have been landed D) will have landed
8. A: I'm going to the pop concert. \_\_\_\_\_ with me?  
 B: Thank you very much. I'd love to.  
 A) Are you going to come B) Do you come  
 C) Will you come D) Were you coming
9. It rained! I didn't think it \_\_\_\_\_.  
 A) is going to rain B) was going to rain  
 C) was raining D) had rained
10. I \_\_\_\_\_ to see you tomorrow, but now I find I can't.  
 A) will come B) come  
 C) was coming D) am coming

11. He found everything rather strange as he \_\_\_\_\_ never \_\_\_\_\_ abroad before.

- A) has / been B) will / be
- C) hasn't / been D) had / been

12. I \_\_\_\_\_ you know as soon as the telegram \_\_\_\_\_.

- A) will let / arrives B) would let / arrives
- C) will let / arrived D) let / had arrived

13. Please \_\_\_\_\_ until after the plane \_\_\_\_\_.

- A) not smoke / takes off B) don't smoke / has taken off
- C) don't smoke / took off D) not smoke / has taken off

14. It is the first time I \_\_\_\_\_ of anything like that.

- A) had heard B) have heard
- C) hear D) am hearing

15. You're always late. This is the third time you \_\_\_\_\_ late this week.

- A) had been B) were
- C) have been D) will be

16. It was the first time she \_\_\_\_\_ ever \_\_\_\_\_ a prize.

- A) has / won B) had / won
- C) is / won D) would / win

17. He \_\_\_\_\_ about to give up his job when they offered him a rise.

- A) was B) is
- C) has been D) had been

18. Yesterday while I \_\_\_\_\_ in class I \_\_\_\_\_ the hiccups. The boy next to me told me \_\_\_\_\_ my breath.

- A) was sitting / had got / to hold
- B) sat / got / to hold
- C) was sitting / got / to hold
- D) am sitting / got / hold

19. A: I've planned my future for the next five years.

B: That is very clever of you. What \_\_\_\_\_ when you retire?

- A) will you do B) are you going to do
- C) have done D) do you do

20. You'll feel a lot better after you \_\_\_\_\_ a rest.

- A) had B) have had
- C) will have D) had had

## UNIT 4

### TERMINOLOGY FOR PHYSICAL EDUCATION AND SPORT AS A DISCIPLINE

**Retell the oral topic.**

#### HEALTH AND WELLNESS

Health comprises several dimensions: physical health, mental health, social health, spiritual health, and emotional health. Traditionally, the good health was considered as the absence of disease. If you were not sick, you were healthy.

Today the emphasis is on wellness. Wellness is a state of optimal well-being.

According to wellness philosophy, the achievement of a healthy lifestyle is the responsibility of the individual. Attainment of a healthy lifestyle is achieved through proper nutrition, regular and appropriate exercise, adequate rest and relaxation, effective stress management, adherence to sound safety practices, and elimination of controllable risk factors as smoking or drug use.

Physical, psychological, emotional, spiritual, environmental, genetic, and social factors all interact to influence an individual's state of health. Thus, all of these factors must be considered when helping an individual achieve a state of optimal health.

Health promotion programs have grown within the past decade. These programs focus on helping individuals make changes in behaviors and alterations in their lifestyle that will encourage and support an optimal state of health. Self-responsibility is central to any health promotion efforts; individuals must assume the responsibility for making choices that contribute to the attainment and maintenance of health.

**Read the text and make a summary.**

#### ATHLETICS

Athletics are organized, competitive games or sports engaged in by skilled individuals. Within educational institutions, athletics have prospered and grown rapidly. In recent years the interest in athletic participation has expanded to other segments of the population. Competitive youth sport programs have become very popular. The International Senior Games for older adults and the Paralympics for individuals with disabilities are two examples of this expanded interest.

Many lay persons frequently think of athletics and physical education as synonymous. However, athletics is only one aspect of a broad physical education program.

## **Answer the questions.**

1. What athletics is? 2. Is it very popular with educational institutions now? 3. Are the other segments of population interest in them? 4. What are the examples of this interest? 5. How do many lay persons think about athletics and physical education? 6. Is athletics only one aspect of a broad physical education program?

## **2. Read the text about the prominent athlete.**

Born in Maryland on June 30, 1985, Michael Phelps started swimming when he was seven years old. At the age of 15, he placed fifth in the 200-meter butterfly at the 2000 Olympics, where he was the youngest male to compete in the games since 1932. At the 2001 Spring Nationals in the United States, Phelps became the youngest man ever to break a world record in swimming, at the age of 15 years and 9 months. Phelps also became the first swimmer in history to break five individual world records at one meet, at the 2003 World Championships in Barcelona. At the age of 18, in 2003, Phelps won the Sullivan Award as the top amateur athlete in the United States. He has been World Swimmer of the Year in 2003, 2004, 2006, 2007 and 2008; and has been American Swimmer of the Year for 2001, 2002, 2003, 2004, 2006, 2007 and 2008. At the 2008 Summer Olympics in Beijing, Phelps won eight gold medals, breaking the record of seven golds in one Olympics set by Mark Spitz in 1972. He holds a total of 16 Olympic medals of which two are bronze and the rest gold.

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

He won eight gold medals in Beijing.

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

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

## **3. Find information on a sport celebrity. Speak on your favorite sport celebrity.**

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

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

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

better results.

#### 4. Play out the conversation below.

- I wonder what wellness is?
- Wellness is the integration of all parts of health and fitness. I mean mental, social, emotional, spiritual, and physical conditions.
- Oh, I see it expands one's potential to live and work effectively, doesn't it?
- Right you are. It makes a significant contribution to society.
- Does wellness reflect how one feels (a sense of well-being) about life?
- Of course and as well as one's ability to function effectively.
- Really?
- Yes, wellness as opposed to illness (a negative), is sometimes described as the positive component of good health.
- Thank you for explanation.
- My pleasure.

#### Grammar test

1. "Don't play in the street!"  
A) My mother told me don't play in the street.  
B) My mother said to play in the street.  
C) She asked me to play in the street.  
D) My mother told me not to play in the street.  
E) My mother said I should play in the street.
2. Ann: "Is your sister good at English?"  
Ann asked me \_\_\_\_\_.  
A) that my sister is good at English  
B) if my sister was good at English  
C) whether my sister is good at English  
D) my sister is good at English  
E) her sister was good at English
3. Tom: "Don't forget to bring my book, Ann".  
Tom asked Ann: \_\_\_\_\_.  
A) that she didn't forget to bring his book  
B) that she doesn't bring his book  
C) not to forget to bring his book  
D) not to forget to bring her book  
E) if she didn't forget to bring the book
4. Mother: "We are going to have supper".  
Mother says \_\_\_\_\_.  
A) they are going to have supper  
B) they were going to have supper  
C) that they would have supper

- D) they won't have supper  
E) they haven't had supper yet
5. Jack said: "I was at home yesterday."  
Jack said \_\_\_\_.
- A) he was at home.  
B) Jack said he was at home the day before  
C) he will be at home.  
D) he had been at home a week ago.  
E) he had been at home the day before.
6. "Do you go in for sports?", he asked.  
He asked \_\_\_\_.
- A) he went in for sports.  
B) if I went in for sports.  
C) if I'll go in for sports.  
D) I should go in for sports.  
E) if I had gone in for sports.
7. "Will Tom help me?" she said.  
She asked \_\_\_\_.
- A) will Tom help her  
B) if Tom would help her  
C) whether he will help her  
D) whether would he help her  
E) that Tom would be helping her
8. Peter said, "Alice, are you busy now?"  
Peter asked Alice \_\_\_\_.
- A) she was busy.  
B) if she was busy then.  
C) she would be busy.  
D) if she wasn't busy then.  
E) if she is busy.
9. My sister said: "I hope we shall go on an excursion to the lake".  
My sister said that \_\_\_\_ on an excursion to the lake".
- A) she hopes we will go  
B) she didn't hope that we shall go  
C) she hoped they would go  
D) she hoped we were going  
E) she hoped we can go
10. The director wondered \_\_\_\_.
- A) if I know English.  
B) If I knew English.  
C) he knows English.  
D) how I know English.  
E) who has known English.



**Unite 5**

**PHYSICAL EDUCATION AND PHILOSOPHY**

**1. Read the text and make a summary.**

Physical education is an educational process. Its main aim is the improvement of human performance by means of physical activities. Physical education is concerned with acquisition of motor skills, maintenance of fitness and knowledge of positive attitudes towards physical activity.

There are a lot of specialized areas of this study, such as sport psychology, sport pedagogy, sport sociology, exercise sociology, exercise physiology, and motor learning. Each practitioner should be knowledgeable about them.

Philosophy is critical to our endeavors. Philosophy can aid practitioners by guiding their efforts and assisting them in resolving problems that may confront them. Various philosophies influence the nature and practice of education and physical education and sports programs.

Within the last 25 years there is a shift from the traditional philosophy of physical education and sport to a more modern, humanistic philosophy.

Each practitioner/professional should develop his/her own philosophy because it influences the objectives and outcomes of the programs.

**2. Read the text and tell your opinion**

The importance of physical education and sport is now stressed for all segments of the population, including industrial employees, the elderly, youths, and the public in general. Physical educators who serve as leaders, administrators, and instructors for these groups should also be concerned with developing a sound philosophy of physical education and sport. Most of the concepts of a philosophy for programs in schools and colleges are applicable to programs that exist outside the educational realm. A philosophy of physical education and sport for both school and nonschool programs should be humanistic in its approach, meet the needs of the participants, have a sound scientific basis, understand the role of physical activity in human performance, and enhance the quality of life for its participants.

**Answer the question**

1. Only a small part of the population is aware of importance of physical education and sport, isn't it? 2. Are physical educators concerned with developing a sound

philosophy of physical education and sport? 3. Is it possible to apply the concepts of a philosophy outside the educational realm? 4. Should a philosophy of physical education be humanistic in its approach? 5. A philosophy should meet the needs of the participants, shouldn't it? 6. Should a philosophy have a sound scientific basis or not?

**3. Match the terms with its true meaning.**

CENTRAL BELIEFS UNDERLYING TRADITIONAL PHILOSOPHIES			
1	Idealism	A	The physical world is the real world and it is governed by nature; science reveals the truth.
2	Realism	B	Reality and life are governed by the laws of nature; the individual is more important than society.
3	Pragmatism	C	Reality is based on human existence: individual experiences determine what is true.
4	Naturalism	D	The mind interprets events and creates reality; truth and values are absolute and universally shared.
5	Existentialism	E	Reality is determined by an individual's life experiences; the individual learns the truth through experiences.

**Grammar test**

- The teacher promised\_\_\_\_.
  - that we can learn three English songs.
  - if we learn three English songs.
  - we would learn three English songs.
  - whether we would learn three English songs.
  - who will learn three English songs.
- Bill: "Have you seen any interesting comedy lately, Nancy?"  
Bill asked Nancy\_\_\_\_.
  - if he will see an interesting film
  - if he saw an interesting comedy lately
  - what comedy Nancy saw lately
  - if she had seen any interesting comedy lately
  - if she would see an interesting comedy
- Nick: "Did you see a bird in the tree?"  
Nick wonders\_\_\_\_in the tree.
  - if I saw a bird.
  - that I saw a bird.
  - if I had seen a bird.

- D) whether I see a bird.  
E) if I have seen a bird.
4. Dick to Lucy: Have you received my telegram ?  
Dick asked if \_\_\_\_.
- A) Lucy had received his telegram.  
B) Lucy has received his telegram  
C) Lucy would receive his telegram  
D) Lucy will receive his telegram  
E) Lucy received his telegram
5. Ann: Write down my address.  
Ann asked me \_\_\_\_.
- A) he wrote down my address  
B) to write down her address  
C) he had written her address  
D) she writes down her address  
E) she wrote down his address
6. He said, "I'm very busy today."  
He said \_\_\_\_.
- A) he had been very busy that day  
B) he is very busy today  
C) he was very busy that day  
D) I'm very busy today  
E) I had been very busy that day
7. Lena said, "Where have you been yesterday?"  
Lena asked \_\_\_\_.
- A) where she had been the day before.  
B) where she had been yesterday.  
C) where she was the day before.  
D) where she could be the day before.  
E) where she hasn't been before.
8. He thought: "What am I going to do?"  
He thought \_\_\_\_.
- A) what was he going to do  
B) what he was going to do  
C) what he is going to do  
D) it he was going to do  
E) what is he going to do
9. Mother asked me \_\_\_\_.
- A) why I have spent all the money  
B) that I had spent all the money  
C) if I had spent all the money  
D) when I spend all the money  
E) if I will spend all the money
10. Peter said, "Alice, are you busy now?"  
Peter asked Alice \_\_\_\_.

- A) she was busy.
- B) if she was busy then.
- C) she would be busy.
- D) if she wasn't busy then.
- E) if she is busy.

11. My sister said: "I hope we shall go on an excursion to the lake".

My sister said that \_\_\_\_\_ on an excursion to the lake".

- A) she hopes we will go
- B) she didn't hope that we shall go
- C) she hoped they would go
- D) she hoped we were going
- E) she hoped we can go

12. Mary says "I clean my room every day."

Mary says that \_\_\_\_\_.

- A) I clean her room every day.
- B) she cleans my room every day.
- C) she cleaned her room every day.
- D) she cleans her room every day.
- E) her room was cleaned every day.

13. - "Have you seen my daughter?" a woman is asking her neighbor.

A woman is asking her neighbor \_\_\_\_\_ her daughter.

- A) has she seen
- B) have I seen
- C) if she has seen
- D) if they have seen
- E) have you seen

14. He \_\_\_\_\_ me if I \_\_\_\_\_ a taxi yesterday.

- A) will ask / takes
- B) ask / take
- C) is asking / shall take
- D) asked / had taken
- E) will ask / take

15. She asked in surprise \_\_\_\_\_.

- A) if he had really read all the books
- B) if this is what her mother buys her
- C) if the cafe is still open
- D) whether I have already read his article
- E) did she caused much trouble

16. The doctor asked his nurse \_\_\_\_\_.

- A) when is she going to give the medicine to the
- B) if she would come in time the following day
- C) if the patient prepared for the operation

## OBJECTIVES FOR PHYSICAL EDUCATION AND SPORT

**Read the text and give its main idea.**

### WHY ARE THE OBJECTIVES NEEDED IN PHYSICAL EDUCATION AND SPORT?

Physical educators must have goals for their programs. Once the program's goals have been identified, objectives that will lead to the attainment of the goals should be delineated and clearly defined. Whether a physical educator is working as an elementary school teacher, an intercollegiate coach, an athletic trainer in a sports medicine clinic, an exercise leader in a corporate or cardiac fitness program, or a practitioner in any setting, relevant objectives are needed. Some reasons for their necessity follow:

1. Objectives will provide a guide for physical educators' efforts.
2. Objectives will help physical educators better understand the worth of their field.
3. Objectives will help physical educators make more meaningful decisions when issues and problems arise.
4. Objectives will help physical educators better interpret their endeavors to the public.
5. Objectives will help physical educators to know and to appreciate the outcomes participants will achieve through involvement in a sound program under their direction.

#### **Exersice:**

##### **1. Find in the text the English equivalents for:**

досягнення мети; чіткий/точний; сукупно; забезпечувати керівництво; встановлювати/змальовувати; причина; призвести до; мати вимірюване вираження; прямувати; засіб; необхідність; бажаний результат; добре сформульований, оцінювати, доцільний.

##### **2. Open the brackets and put the verbs into right tense form.**

1. Objectives (provide) a guide for physical educators' efforts.
2. Attainment of desired goals (require) that efforts be focused on their achievement.
3. Objectives (must, define) clearly what (must, be achieved) if the sought-after goals (be) to be accomplished.
4. The goals and associated objectives (must, be) at the forefront of the teacher's mind when instructing students in physical education class and on the leader's mind when conducting a class at a community center or corporate fitness center.
5. If the objectives (be) clearly understood, this (influence) the activities that (be) included in the program and the manner in which they are presented.
6. The

objectives (serve) as a guide for the physical educator” actions so that the interests and needs of the participants (be) served.

### 3. Complete each sentence with a word from a box.

objectives, contributes, education, understand, optimal, importance

1. Objectives will help physical educators better ...the worth of their field.  
2. Physical ... and sport ... to the welfare of each individual and our society as a whole. 3. Those professionals who understand the ... of this field and the relationship of physical education to the goals of society and to the ... development of the individual realize the ... and worth of our endeavors.

### 4. Have a dictation.

Physical education and sport provides unique opportunities to enhance social and emotional development and to enrich th4 lives of program participants. Carefully designed programs help participants develop personally rewarding and socially acceptable behaviors through settings that allow them to learn how to cooperate and work together to achieve common goals. Such programs also challenge individuals to exhibit sportsmanship and to adhere to the principles of fair play, which promotes self-discipline, self-responsibility, and self-confidence.

### 5. Translate the following into English.

Фахівці у галузі фізичного виховання та спорту часто ставлять такі запитання:

- Яка першочергова мета фізичного виховання та спорту?
- Чи є одна задача фізичного виховання та спорту важливішою, ніж інша?
- На що потрібно робити акцент у програмі з фізичного виховання та спорту?
- Фахівці з фізичного виховання та спорту не можуть робити всього, але що потрібно вважати першочерговим?
- Чи підлягають задачі будь-якій ієрархії?

Такі питання та інші, що подібні їм, служать приводом для гарячих дискусій фахівців у цій галузі.

### Grammar test

1. In winter he spends much time in the mountains, he is fond of \_\_\_\_.

- A) to skate B) skated C) skating  
D) to be skated E) having skated

2. The street was full of people \_\_\_\_ and \_\_\_\_ home.

- A) laughed / gone B) laughing / going  
C) having laughed / go D) to laugh / to go  
E) to be laughed / going

3. \_\_\_\_ a foreign language you can \_\_\_\_ great opportunities in your life.
- A) know / have B) knowing / to have  
C) knowing / have D) knows / having  
E) knowing / having
4. On \_\_\_\_ the classroom the teacher asked to the pupil on duty, "Who is absent?"
- A) entering B) entered C) to enter  
D) be entering E) being entered
5. Working in the garden it is pleasant \_\_\_\_ to music.
- A) listening B) listened C) to listen  
D) after listening E) having listened
6. You are lucky you have not got a child \_\_\_\_.
- A) to look after B) should look after  
C) looking after D) having looked after  
E) is looking after
7. She saw the girl \_\_\_\_ in the yard.
- A) playing B) on playing C) played  
D) to play E) was playing
8. He usually left us without \_\_\_\_ a word.
- A) to say B) saying C) said  
D) say E) having been said
9. I'm fond of \_\_\_\_ in the river.
- A) have swum B) swam C) swim  
D) swimming E) having swum
10. The aim of the exhibition is \_\_\_\_ experience.
- A) to be exchanged B) exchanged  
C) to have exchanged D) to exchange  
E) being exchanged

## UNIT 7

### Sport and society

**Read the text and give its main idea.**

#### WHAT IS SPORT

A UNESCO Committee defines sport as: "Any physical activity which has the character of play and which involves a struggle with oneself or with others, or a confrontation with natural elements". They added: "If this activity involves competition, it must then always be performed in a spirit of sportsmanship. There

can be no true sports without the idea of fair play. Sport is governed by a set of rules or customs. In sports, the key factors are physical capabilities and skills of the competitor when determining the outcome (winning or losing).

Activities such as card games and board games, are classified as «mind sports» and some are recognized as Olympic sports, requiring primarily mental skills. Non-competitive activities, for example jogging or playing catch are usually classified as forms of recreation.

Physical activity such as scoring goals or crossing a line first often defines the result of a sport. However, the degree of skill and performance in some sports is judged according to well-defined criteria. This is in contrast with other judged activities such as beauty pageants and body building, where skill does not have to be shown and the criteria are not as well defined.

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

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

### **Exercise:**

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

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

#### **2. Answer the questions.**

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

#### **3. Complete the sentences with the words from the box.**

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

1. ..., are classified as «mind sports» and some are recognized as Olympic sports.
2. In sports, the key factors are the physical capabilities and skills of the competitor when determining ... .
3. The degree of skill and performance in some sports ... according to well-defined criteria.
4. Sports participants are expected to display good sportsmanship, and to be ... of ... and officials.
5. Sport is any physical activity which has the character of play



and which ... a struggle with oneself or with others.

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

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

#### **4. Match the event with the article.**

**Write down the words or phrases which helped you make your decision.**

1

“Today’s course was one of the biggest grand prix tracks I’ve seen for a long while, and it played to my horse’s *advantage* because that is the way he likes it,” said Maher.

“The horse was never *lame* last year, but he wasn’t happy and the vets decided he needed two months’ break mentally”.

2

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

3

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

ribbon twice and finishing in a disappointing eighth place.

4

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

5

The 17-year-old took part in the one metre springboard and the three metre synchro along with Jack Laugher. Dingley told BBC Radio York: “It was an *amazing* experience.

It’s one step on the *Ladder* to the Olympics”.

6

“I can’t remember the last time I was that low in a race. I was last off in the first run, and the ice had really *slowed down* in the 45 minutes since the first person went. It was really sticky. It takes a while to get fully back into the race routine”.

## 5. Read the statements again and circle the right answer.

### *Statement 1*

The ball final was won by:

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

### *Statement 2*

Cambridge University Boat Club has appointed Australian Mark Beer as:

- 1) assistant coach;
- 2) manager.

### *Statement 3*

Sprinters have every day:

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

### *Statement 4*

The vets decided the horse needed:

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

### *Statement 5*

The 17-year-old took part in the:

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

### *Statement 6*

The athlete was last off in the first run:

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

## **Grammar test**

1. She asked me if \_\_\_\_\_ her.

- A) I had seen B) had I seen C) I have seen D) did I see

2. I asked him \_\_\_\_\_ close the door.

- A) do not B) don't to C) not to D) don't

3. Jack asked me if \_\_\_\_\_ swimming.

- A) did I like B) I liked C) do I like D) I was liked

4. When \_\_\_\_\_ to you?

- A) did that letter send B) does that letter send  
C) is that letter sending D) was that letter sent

5. Where do you want \_\_\_\_\_?

- A) me go B) to me go C) to me to go D) me to go

6. He said he \_\_\_\_\_ her before.  
A) meets B) has met C) had met D) was met
7. I always enjoyed \_\_\_\_\_ in that lake in summer.  
A) to have swum B) been swimming  
C) to swimming D) swimming
8. Having worked hard for three months, he succeeded \_\_\_\_\_ his exam.  
A) to pass B) in to pass C) in passing D) passing
9. They accused him \_\_\_\_\_ a thief.  
A) for being B) as being C) of being D) to be
10. I have to go to a dentist tomorrow. I wish \_\_\_\_\_.  
A) I have gone there B) I had gone there  
C) I wouldn't have to D) I wouldn't have gone there

## Unite 8

### MOVING IS LIVING

**Read the text and give its main idea.**

#### **GENERAL FACTORS THAT AFFECT MOVEMENT**

Human movement involves most of the systems of the body, such as the skeletal system (e.g., skeletal levers), the nervous system (e.g., nervous impulses to the muscles), and the muscular system (e.g., muscular contractions for force). Human movement is concerned with mechanical principles or the forces that act on the human body (e.g., gravity) and the effects that these forces produce.

All movement is governed by certain mechanical principles. An understanding of the forces that act on the body as it moves is essential if people are to engage in creative and meaningful movement. Understanding of the biomechanical principles of movement is important for physical educators if they are to teach movement skills effectively.

Physiological factors affect movement as well. Physical fitness and body build are two factors among the many that affect the way humans move. Poor muscular development is deterring factor in generating force, and the mechanical advantage of levers might be reduced in a person who is small in stature. Furthermore, physical fitness qualities, such as flexibility, endurance, and strength are basic to and will greatly influence motor performance.

Movement is also affected by psychological factors. Phenomena such as fear, anxiety, and self-concept might affect human movement in a positive or negative

way. Fear or anxiety, for example, may prevent a performer from relaxing, thus impeding effective performance.

Sociological factors influence human movement. The persons with whom one is competing or performing, the relationship of the performer to the group, and the desire for social mobility are examples of sociological factors that may leave their impact on the quality of movement.

### **Answer the question**

1. What body's systems does human movement involve? 2. What is human movement concerned with? 3. What principals all movement governed by? 4. Do physiological factors affect movement? 5. Which are two factors that affect the way humans move? 6. What else is the basic to influence motor performance? 7. What psychological factors is movement also affected? 8. Do social factors influence human movement?

### **Exercise:**

#### **1. Find the English equivalent for the words and phrases below:**

страх; хвилювання; загальні принципи; зарозумілість; позитивно; негативно; перешкоджати/заважати; результативність; змагатися; виступати; бажання; соціальна мобільність; залишити свій слід/вплинути; важіль; м'язові скорочення; механічні принципи; сила тяжіння; ефект/вплив; впливати на тіло; весь рух підпорядковується певним механічним принципам; творчий; уміння/навички; будова тіла; поряд з; обмежувальний чинник; перевага; зменшувати/скорочувати; невисокий на зріст; тоді як; запобігати.

#### **2. Put the verbs in the sentence below in Present, Past and Future Perfect A.V. (Negative and Interrogative).**

An understanding of movement concepts aids in the performance of sport skills.

#### **3. Complete the sentences using the words from the box.**

orders, provides (2), enables, eliminates, fosters
--

## **THE HIERARCHY OF MOVEMENT**

1. ... the content of physical skills.

2. ... a progression in the acquisition of physical skills with fundamentals the easiest and specialized skills the most difficult.
3. ... the repeated teaching and reviewing of the same movement in one sport after another as one movement is often the basis for many specialized skills.
4. ... the transfer of movements and movement knowledge from activity to activity. The performer is no longer asked to learn a skill such as throwing before learning every sport in which it is included.
5. ... the learner to be aware of how and when skills transfer to new activities that they may wish to pursue at a later date.
6. ... a system for “learning to learn” or “learning to teach oneself” physical skills. It is as system to be used in teaching oneself new movements.

#### **4. Retell the topic**

Movement education strives to make the individual aware of the movement of the entire body and to become intellectually as well as physically involved. The challenge set by a problem in movement is first perceived by the intellect and then solved by the body moving through space, reacting to any obstacles within that space and to the limitations and existing restrictions. Learning accrues as the individual accepts and attempts to solve increasingly difficult problems. Inherent in this process is the concept of individual differences. Numerous ways to solve a stated problem may exist, and one’s abilities and capacities.

#### **5. Translate the following into English.**

Рух може виконуватися як самостійно, так і з партнером. Існують різні варіанти. Відсутність іншого об’єкту, який рухається (mover), створює ситуацію, що призводить до незалежності у рухах. При роботі з партнером один може ініціювати рух іншого, виконувати рух разом, протистояти рухам іншого.

#### **6. Give a talk on “General Factors that Effect Movement” and answer the questions.**

#### **Grammar test**

1. A: What are they doing to that old house?  
B: It\_\_\_\_\_.
- A) pulled down B) being pulled down  
C) is pull down D) is being pulled down

2. Although \_\_\_\_\_ named until 1782, aluminum was used as early as 5300 B.C.

- A) it was not B) could not be
- C) there must not have been D) which was never

3. My friend said, "I can't believe it." He said \_\_\_\_\_ it.

- A) he can't believe B) I couldn't believe
- C) he couldn't believe D) he didn't believe

4. "May I use your telephone?" He asked me if \_\_\_\_\_.

- A) I might use his telephone B) he may use his telephone
- C) he might use my telephone D) he might use his telephone

5. "Can you help me?" She wondered if \_\_\_\_\_.

- A) I can help her B) she could help me
- C) I could help her D) she can help me

6. I don't know where \_\_\_\_\_.

- A) the lavatory is B) is the lavatory
- C) was the lavatory D) the lavatory was

7. She asked me if \_\_\_\_\_ to the meeting.

- A) I was going B) I am going
- C) she is going D) would she go

8. The surgeon says, "You may have some pain for a few days." He says that \_\_\_\_\_ some pain for a few days.

- A) I might have B) he may have
- C) he might D) I may have

9. She asked me, "Can you help us?" She wanted to know if \_\_\_\_\_.

- A) could we help her B) I could help them
- C) we could help her D) I can help them

10. "Don't walk on the bridge." He warned us \_\_\_\_\_ on that bridge.

- A) didn't walk B) to walk C) don't walk D) not to walk

11. "Please be quiet." I asked them \_\_\_\_\_ quiet.

- A) be B) not to be C) to be D) are

12. "Shall I call a taxi?" He asked me if \_\_\_\_\_ a taxi.

- A) he should call B) I should call
- C) should he call D) he will call

13. The teacher told me \_\_\_\_\_ the board.

- A) he is cleaning B) I clean
- C) cleaning D) to clean

14. "Open your mouth." The dentist told me \_\_\_\_\_.

- A) to open his mouth B) opened my mouth
- C) open your mouth D) to open my mouth

15. "Don't be late." The teacher told us \_\_\_\_\_.

- A) not to be late B) not being late
- C) to be late D) we don't be late

## HISTORICAL FOUNDATIONS OF PHYSICAL EDUCATION AND SPORT

### 1. Retell the oral topic.

#### PHYSICAL EDUCATION AND SPORT IN ANCIENT GREECE

A “golden age” of physical education and sport refers to ancient Greece. The Greeks strove for physical perfection and this objective affected all their life. No country in history has been held physical education and sport in such high esteem as did ancient Greece.

There are different evidences about physical activity being popular: both artifacts and literature. Physical education and sport was a vital part of every Greek man and began in childhood. “Exercise for the body and music for the soul” they said. The boys began with a general physical training program. It was believed that exercising contributed to courage, discipline and wellbeing. Besides it stressed a sense of fair play, developed aesthetic values and amateurism. They ran, wrestled, jumped, danced etc., not for reward but to make the body beautiful. They were against professionalism. An ideal of education in ancient Greece was to achieve a balance in moral, mental, physical and aesthetic development.

The national festivals were held in honour of some heroes or deities and involved physical prowess events. The most famous Olympia festival in honour of Zeus, the supreme god gave the name to the modern Olympic Games. Athletic contests were the main attraction and drawing force there. A truce was declared during the games. To be crowned a victor in an Olympic event was to receive the highest honour in Greece.

Physical education and sport in ancient Greece will always be viewed with pride by members of this profession.

### 2. Read the advertisement for a summer camp.

Since 1978, when Professor of Physical Education Tasos Karavoulis founded the first sport camp in Greece, our main goal has been to prop children’s physical and mental growth. Professor Karavoulis has inspired us all with his commitment to create a high quality camp and since then, we have all been devoted in operating and constantly improving the sport camp.

Our commitment all these years helped in developing SPORTCAMP into one of the leading sport, and recreation centers, comprising a camp that operates during summer. We employ a group of standard staff, and have created fully equipped Olympic size sport facilities and state-of-the-art lodgings and restaurant.

However, we do not let this progress overwhelm us. We guard our reputation and do all our best to preserve the high quality of our services. SPORTCAMP is



recognized as a distinguished camp with loyal friends all over Greece, where campers have tons of fun and are educated at the same time.

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

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

**4. Find interesting facts and speak on the history of sport.**

**5. Choose the right answer**

1. The game similar to tennis, played by hitting a small object with feathers on it over a net is \_\_\_\_\_.  
A) table-tennis B) badminton C) basketball D) volleyball
2. The game in which two or four people use rackets to hit a ball to each other over a net is \_\_\_\_\_.  
A) badminton B) tennis C) football D) cricket
3. \_\_\_\_\_ is a game in which two teams try to kick a ball between two posts at either end of a field.  
A) volleyball B) swimming C) football D) basketball
4. The game played on a table with a green cover and holes round the edge, in which you use cue to hit balls into holes is \_\_\_\_\_.  
A) snooker B) bowling C) boxing D) darts
5. Hakan \_\_\_\_\_ the earliest goal in the World Cup history.  
A) scored B) served C) threw D) hit
6. In baseball the man who tries to hit the ball is the \_\_\_\_\_.  
A) batter B) catcher C) goal keeper D) server
7. In football the player who can touch the ball with his hands is the \_\_\_\_\_.  
A) referee B) catcher C) defender D) goalkeeper
8. In horse-racing the man who rides the horse is the \_\_\_\_\_.  
A) race driver B) racehorse C) race course D) jockey
9. It was his first fight on the \_\_\_\_\_.  
A) ring B) lane C) pitch D) field
10. The game which is played by rocket is \_\_\_\_\_.  
A) table-tennis B) basketball C) volleyball D) football
11. \_\_\_\_\_ showed red card to the player.  
A) goalkeeper B) referee C) coach D) spectators
12. \_\_\_\_\_ is a kind of race where cars compete among each other.  
A) auto-racing B) horse-racing C) biathlon D) cycling
13. The seat which is put on the horse's back is the \_\_\_\_\_.  
A) saddle B) stirrup C) reins D) jockey

14. The person who gives directions during a match is a\_\_\_\_\_.
- A) coach B) player C) referee D) stadium
15. The sport which is done in the sea is\_\_\_\_\_.
- A) squash B) skiing C) baseball D) swimming

## **SELF-ASSESSMENT TEST**

These tasks are designed to assist you in determining if you have mastered the materials and competencies presented in the above studied information.

1. Conduct an evaluation of Athenian Greek physical education and sport. As a result of this evaluation identify the contributions that can be directly traced to the Athenian Greeks. Be specific in your answers.
2. Discuss the influence of the various schools of philosophy on the growth of physical education and sport. Additionally, describe events and philosophies that served as catalysts for the growth of physical education and sport and events and philosophies that served as deterrents to the growth of physical education and sport.
3. Your professor has requested that you supply evidence to show substantial interest in sport, health, and fitness among various segments of the population. Cite evidence of this interest and the implications of such interest for individuals seeking careers in physical education and sport.
4. Project future developments for physical education and sport based on historical events, including events from both early and recent times.

## **Grammar test**

1. "You must do what you are told".  
She said\_\_\_\_\_.
- A) that must do what I was told  
B) what have to do what I was told  
C) what had to do what I was told  
D) that she must do what she was told  
E) she had to do what she was told
2. The sergeant said that nothing\_\_\_\_\_from the two boys since they  
\_\_\_\_\_at the Victoria Station.
- A) was heard / saw  
B) will be heard / were seen  
C) had been heard / were seen

D) had heard / saw

E) would have heard / were seen

3. Nick whispered: "I know that the boys were angry with me".

Nick whispered that\_\_\_\_\_.

A) he knows that the boys were angry with me

B) he knew that the boys were angry with him

C) he knows that the boys were angry with him

D) I know that the boys were angry with me

E) he knew that the boys had been angry with him

4 Alice is told: "Clean your teeth twice a day!"

Alice is told \_\_\_\_\_

A) clean her teeth twice a day

B) if she cleans her teeth twice a day

C) clean your teeth twice a day

D) to clean her teeth twice a day

E) cleaned her teeth twice a day

5. "When will you be there, Tom?" asked Dan.

Dan asked Tom \_\_\_\_\_ .

A) when you will be there

B) when he will be there

C) when he would be there

D) when his friend would be there

E) when you would be there

6. He said to me: "I'll come as soon as I can".

He told me that\_\_\_\_\_.

A) he came as soon as he would be able

B) he would come as soon as I could

C) he comes as soon as he can

D) he would come as soon as he could

E) I would come as soon as I could

7. She told him that she\_\_\_\_\_ to see him the following DAY.

A) will come B) come

C) came D) would come

E) comes

8. "Did you sleep well?" I asked him.

I asked him if\_\_\_\_\_ well.

A) he sleeps B) he slept

C) he had slept D) you slept

E) you did sleep

9. "I will come to the meeting", Tom said to me.

Tom promised me that\_\_\_\_\_.

A) he will come to the meeting.

B) I will come to the meeting.

- C) I would come to the meeting.
  - D) he would come to the meeting.
10. "I will help you", Bob said to me.
- A) Bob told me he would help me.
  - B) Bob told me that I will help you.
  - C) Bob said that he would help you.
  - D) Bob told me that he would help you.

## UNIT 10

### EXERCISE PHYSIOLOGY AND FITNESS

#### 1. SELF-ASSESSMENT TEST

These tasks are designed to assist you in determining if you have mastered the materials and competencies presented in the above studied information.

1. Define exercise physiology and discuss the importance of exercise physiology to the practitioner. Investigate one of the areas of study in exercise physiology and write a short paper on a selected topic of interest to you.
2. Assess your own fitness level or that of your parents. The, keeping in mind the guidelines for designing an exercise or training program, construct a fitness program to achieve or maintain the desired level of fitness.
3. In a short paper discuss how an individual's lifestyle and habits may be a deterrent to a state of fitness and health.
4. What rationale would you use to persuade a friend who was tired all the time, feeling overwhelmed by stress, and overweight to start a physical fitness program.
5. Prepare an essay in which you assess the physical fitness statues of the nation's youth and adults. Conclude your paper with recommendations for improving the physical fitness status of each group.

#### 2. Read the text and give its main idea.

##### PHYSICAL ACTIVITY IN TEENAGERS

A negative health consequence of not engaging in adequate amounts of physical activity is obesity. It is important in today's society to continue to be physically active in order to maintain a healthy body.

Several studies have found a positive association between the times spent viewing television and increased prevalence of obesity in children. In order to maintain a healthy body children and teenagers need an hour of physical activity a day. However, the recommended hour of physical activity does not have to be all at one

time. Doing smaller tasks throughout the day also count as physical activity. To be more active in their lives teens need to find fun and easy ways to become more active: walk to school, ride a bike, play a sport, etc.

The most important thing is to start developing healthy behaviors now that they can maintain throughout their lives. Teens need more physical activity to avoid health problems in the future. Teens that are obese are extremely likely to become obese adults. This leads to many health problems such as: diabetes, cancers, and many cardiovascular diseases.

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

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

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

### **Exersice:**

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

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

#### **2. Answer the questions.**

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

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

1. It is important in today's society to be physically active in order to maintain a healthy body.
2. Children and teenagers need four hours of physical activity a day.

3. Doing smaller tasks throughout the day doesn't count as physical activity.
4. Teens that are obese are extremely likely to become obese adults.
5. High levels of electronic media can lead to school problems, attention difficulties, sleep disorders, eating disorders among teens.
6. Physical activity builds strength and endurance.
7. We don't want to play a sport because of time commitments.

### Grammar test

1. If I \_\_\_ you I \_\_\_ never her.
  - A) am / shall forgive
  - B) was / don't forgive
  - C) were / would forgive
  - D) had been / forgave
  - E) shall be / would have forgiven
2. If you \_\_\_ in their talk they \_\_\_\_.
  - A) don't interfere / will quarrel
  - B) didn't interfere / have quarreled
  - C) doesn't interfere / will quarrel
  - D) interfere / should have quarreled
  - E) interfere / are quarrelling
3. I \_\_\_ them some money if they \_\_\_ me for.
  - A) send / ask B) sent / asked
  - C) will send / will ask D) would send / ask
  - E) shall send / ask
4. If I \_\_\_ shopping I \_\_\_ some food tomorrow.
  - A) went / shall buy B) go / buy
  - C) am going / would buy D) go / shall buy
  - E) had gone / would buy
5. We \_\_\_ for a walk if the weather \_\_\_ fine.
  - A) shall go / will be B) go / is
  - C) shall go / is D) go / will be
  - E) goes / will be
6. If you \_\_\_ after two hares you \_\_\_ none.
  - A) run / catch B) run / will catch
  - C) will run / will catch D) will run / catch
  - E) ran / catch
7. If we \_\_\_ English four times a week we'll learn it.
  - A) are having B) had
  - C) have D) will have
  - E) shall have
8. If you \_\_\_ wisely you \_\_\_ cheerfully.
  - A) command / will be obeyed
  - B) commanded / would have been obeyed
  - C) had commanded / would be obeyed

- D) command / will obey  
E) will command / are obeyed
9. If it \_\_\_\_ this winter, we \_\_\_\_ skiing.  
A) snow / go B) snows / shall go  
C) snowed / went D) snowed / had gone  
E) had snowed / had gone
10. I wonder whether he \_\_\_\_ if nothing unexpected \_\_\_\_  
A) comes / detains B) will come / detain  
C) comes / will detain D) will come / will detain  
E) will come / detains

## UNIT 11

### SPORT AND CAREER

#### Read the text and make a summary.

#### SPORTS RELATED CAREERS

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

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

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

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

They play a crucial role in keeping the players in discipline and ensuring a fair play.

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

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

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

### **Exersice:**

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

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

#### **2. Answer the questions.**

1. Are only sports persons or players can make a career in sport?
2. What is the main task of a coach?
3. Can you name any famous coach?
4. Who keeps the players in discipline and ensure a fair play?
5. What is the main task of the medical team?
6. Which issues a team manager deals with?

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

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

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

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

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

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

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



physical ...

5. Team managers handle the department of ... and ... the players.

6. The athletes are the ... of sports careers.

7. The athletes are supposed to ... their coaches and trainers for better results.

### Grammar test

1. Suppose! If it \_\_\_\_\_ last weekend, we \_\_\_\_\_ to play tennis.

A) rained - wouldn't be able B) rains - won't be able

C) rain - would be able D) had rained - could

2. Give me Peter's letter. If I \_\_\_\_\_ him, I \_\_\_\_\_ it to him.

A) see-will give B) saw-would give

C) meet-would visit D) had seen- would give

3. I have to work about 80 hours a week, so I'm very busy. But if I \_\_\_\_\_ any spare time, I \_\_\_\_\_ a sport like golf.

A) will have / will take up B) had / will take up

C) will have / had D) had / would take up

4. If I \_\_\_\_\_ taller, I \_\_\_\_\_ be a policeman, but I'm too short.

A) was / can B) had / could

C) were / could D) am / will

5. Please, start your meal. If you \_\_\_\_\_ your soup now, it \_\_\_\_\_ cold.

A) didn't have / would go B) had / got

C) can eat / doesn't go D) don't have / will go

6. What noisy neighbors you've got! If my neighbors \_\_\_\_\_ as bad as yours, I \_\_\_\_\_ crazy.

A) were / would go B) are / will go

C) are / would go D) had been / would have gone

7. If you \_\_\_\_\_ any problems, let me know and I \_\_\_\_\_ and help you straight away

A) had / would come B) have / will come

C) had had / would come D) have / would go

8. You're a brilliant cook! If I \_\_\_\_\_ cook as well as you, I \_\_\_\_\_ a restaurant.

A) could / would open B) can / will open

C) could / will open D) can / would open

9. If there \_\_\_\_\_ some nice fish in the supermarket, \_\_\_\_\_ you \_\_\_\_\_ some for supper tonight?

A) had been / would / buy B) were / would / buy

C) is / will / buy D) are / will / buy

10. I'm small. I wish I \_\_\_\_\_ small.

A) am not B) was C) were D) weren't

11. I'm small. If only I \_\_\_\_\_ taller.

A) were B) wasn't C) am D) have

12. "We have mice in the kitchen."

“If you \_\_\_\_\_ a cat, the mice \_\_\_\_\_ soon \_\_\_\_\_.”

A) had / would / disappear B) have / will / disappear

C) are / will / disappear D) had / will / disappear

13. We live in the city. We wish we \_\_\_\_\_ in the country.

A) have lived B) living C) lived D) live

14. We live in the city. If only we \_\_\_\_\_ in the city!

A) lived B) didn't live C) haven't lived D) living

15. I'm not having a holiday this year. I wish I \_\_\_\_\_ a holiday.

A) was having B) is having C) will have D) have

## UNIT 12

### COACHING CAREERS IN SPORT

#### INCREASING YOUR PROFESSIONAL MARKETABILITY

In coaching realm one's previous experience as an athlete in the sport is an asset. Many former athletes have capitalized on their experience to secure coaching positions. Previous work as an assistant or head coach certainly is in one's favor. Professional contacts, officials ratings in sport, and membership in a professional organization are helpful in getting hired or advancing. Many states require that coaches hold teaching certification; holding such certification gives one more flexibility in selecting from job opportunities.

Finally, one can enhance one's credentials by gaining as much practical experience as possible, working with people of all ages and abilities. This holds true whether you are seeking work in a school or nonschool setting or in coaching. This experience can be gained through volunteer work, part-time employment, summer employment, or through supervised field experiences sponsored by your college or university. Being able to cite such practical experiences on your resume may prove invaluable when you are seeking to gain employment. Membership in professional organizations and professional contacts may also be helpful in securing employment.

Prospective coaches can enhance their marketability. Building on your skills, taking additional courses, and gaining as much practical experience as possible will increase your options and enhance your opportunities for employment.

#### **Read and translate the text. Answer the questions.**

1. What is an asset in coaching realm?
2. How do may former athletes use their experience?
3. What else is in one's favor?
4. Does a coach need to hold a teaching certification?
5. What can enhance one's credentials?
6. What may prove invaluable on your resume while seeking to gain

employment? 7. How can prospective coaches enhance their marketability?

**Exercise:**

**1. Match the words from the columns:**

1 realm	A вміння
2 asset	B працевлаштування
3 marketability	C вибір
4 to be in one's favor	D рейтинг
5 credentials	E це справедливо/вірно
6 to cite	F просування на службі/кар'єра
7 rating	G резюме
8 part-time employment	H безцінний
9 this holds true	J характеристика/рекомендація/право
10 employment	K на чийсь користь
11 additional	L практика/практичні заняття
12 option	M товарність
13 volunteer work	N погодинна робота
14 resume	O додатковий
15 field experience	P вагомий внесок
16 invaluable	Q робота волонтером
17 advancing	R згадувати/посилатися/цитувати
18 skills	S галузь

**2. Complete the sentences with the words/phrases from the box.**

assist; a responsibility; to develop; marketability; the credentials;  
courses

1. Physical educators who are interested in fitness-, health-, or therapy-related careers can do much to increase their professional ... . 2. Taking additional course work, pursuing certification, building on one's talents and interests, and gaining practical experience will enhance ... of physical educators seeking a position in these areas. 3. Additional in health will increase one's marketability. 4. Conducting health-promotion programs – nutritional counseling, weight management, substance abuse, smoking cessation, and stress management – is often ... associated with positions in this area. 5. Physical educators need ... the skills necessary to help individuals change their fitness and health habits. 6. Understanding various decision-making approaches, motivational techniques, and behavior-modification strategies will ... physical educators in helping their clients achieve their goals, whether these goals are increased fitness, weight loss, or learning to manage stress.

3. Give a talk on “Increasing Your Professional Marketability”.
4. Have a dictation.

### MOVEMENT THERAPY

Movement therapists use movement to provide individuals an opportunity for expression, as well as to develop movement skills. Movement therapists work with individuals of all ages. In a preschool program a movement therapist may work with children to develop perceptual-motor skills. Another avenue for employment is the hospital setting or clinic where individuals who have suffered impairments can be helped to learn essential movement skills. Developmental centers or special schools for persons with disabilities may also employ movement therapists.

5. Read the text and answer the question. Retell the text

### PERSONAL TRAINERS

A number of physical educators have pursued careers as personal fitness trainers. They meet with clients individually in their homes on a regular basis, sometimes as often as 5 or 6 days per week.

For each client, the personal trainer conducts a fitness assessment, develops specific goals and designs a program leading to their attainment, coaches the individual through the workout, and monitors progress. Additional services often include nutritional counseling.

Some fitness programs and health clubs are also offering members the services of a personal trainer at an additional cost. Members like the one-on-one attention offered by a personal trainer, believing it enhances their motivation and their effort in performing their program.

1. Where does a personal trainer meet with a client? 2. How often does a personal trainer meet with a client? 3. What does the personal trainer conduct and develop for each client? 4. What do additional services often include? 5. Is it possible to have a personal trainer at additional cost being on some fitness programs and health clubs? 6. Do members like the one-to-one attention offered by a personal trainer?

6. Retell the text.

### DANCE THERAPY

The use of dance has proved very helpful in alleviating physical, emotional, and social problems. It has received wide acceptance as a psychotherapeutic means of physical and emotional expression. Through dance the patient or client has freedom of movement and gains a sense of identity. Dance encourages individuals to recognize their emotions and express them. Through dance, by varying movement qualities, individuals can convey their feelings and ideas to others and perhaps portray emotions that they cannot verbally express. Dance provides a

means not only to express one's feelings and emotions to others but also a means of gaining insight into oneself. Dance, by its very nature, can promote sensitivity and awareness.

Dance therapy is one of the fastest-growing professions. It is used in rehabilitation centers, psychiatric centers, geriatric programs, hospitals, and in programs for persons with disabilities. Dance therapy is used with all segments of the population from very young to very old persons. Certification standards for dance therapists have been established by the American Dance Therapy Association (ADTA).

7. Answer the question:

“Do you consider dance therapy an effective psychotherapeutic means of physical and emotional expression?”

8. Retell the oral topic.

#### COACHING CAREERS IN PHYSICAL EDUCATION AND SPORT

Individuals aspire to a coaching career for many reasons: their love for the sport, their own previous involvement on athletic teams, and the enjoyment they derived from participation.

Within the last decade coaching opportunities have increased tremendously both at the expense of women sport and the increased interest in sport by people of all ages.

A coaching career has both advantages and disadvantages. The opportunity to work with athletes and to help them to achieve their fullest potential, the excitement of winning and the respect accorded to a coach are some of the benefits of coaching. There are several drawbacks associated with coaching. Long practice hours and the hours spent coaching during competition, untold hours spent in preparing practices, public relations work, recruiting, etc. Salaries vary greatly, depending on the level and sport coached. A high turnover is associated with coaching.

Criteria for certification of coaches vary from a state to a state. It is recommended that for certification, coaches should have knowledge of the medical aspects of coaching, an understanding of the psychological and sociological foundations of coaching, familiarity with kinesiological foundations of coaching, understanding of the physiological aspects of coaching, the knowledge of coaching theory and techniques.

Prospective coaches can enhance their marketability. Building on your skills, taking additional courses, and gaining as much practical experience as possible will increase your options and enhance your opportunities for employment.

## SELF-ASSESSMENT TEST

These tasks are designed to assist you in determining if you have mastered the materials and competencies presented in the above studied information.

1. Interview a coach and describe his/her perceptions of the advantages and disadvantages of a pursuing a coach's career.
2. List the causes of burnout and describe specific solutions for each of the causes enlisted.
3. What are some strategies a prospective coach can use to maximize opportunities for employment in the career?
4. Discuss the therapeutic and psychosocial values of movement and physical activity. Further investigate one of the therapy-related career opportunities.

## UNIT13

### LEADERSHIP AND PROFESSIONAL ORGANIZATIONS IN PHYSICAL EDUCATION AND SPORT

**Read the text and make a summary.**

#### A BRAVE ATTEMPT

Special Olympics and Paralympics are two separate organizations recognized by the International Olympic Committee (IOC). They are similar in that they both focus on sport for athletes with a disability and are run by international *non-profit* organizations. Apart from that,

Special Olympics and the Paralympics *differ* in three main areas: the disability categories of the athletes that they work with; the criteria and philosophy under which athletes participate; the structure of their respective organizations. With a Headquarters in Washington D.C. Special Olympics happens year-round in seven regions of the world, 170 countries and has 228 Programs operating on a daily basis to provide empowerment through 30 Olympics-type sports. There is an International Governing Board of Directors. Special Olympics, a non-profit organization, that was officially founded in 1968, giving form to the *vision* of its founder, Eunice Kennedy- Shriver (1921–2009), sister of USA President John F. Kennedy. A vision born in June 1962 in a summer *camp* at Eunice's home, where

children and *adults* with intellectual disabilities were invited in order to *explore* their abilities in various sports activities.

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

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

Like the Olympic Games and the Paralympics Games, the Special Olympics World Games include summer and winter versions. The first International Special Olympics Winter Games were held in February 1977 in Steamboat Springs, Colorado, USA. In the games held every two years by the Special Olympics movement in the world, offering the opportunity to take part in more than 30 Olympic-type summer and winter events, participate 550,000 athletes from the US, 500,000 from Europe, 700,000 from China, and 410,000 from India.

## **Exersice:**

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

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

### **2. Answer the questions.**

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

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

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

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

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

2. Special Olympics is a ... organization.

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

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

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

## SELF-ASSESSMENT TEST

These tasks are designed to assist you in determining if you have mastered the materials and competencies presented in the above studied information.

1. Discuss some of the reasons why outstanding leadership is critical to the profession of physical education and sport in the future.
2. Through self-examination, determine what personal qualities you now have that are needed for leadership in the profession. What qualities should you develop that you do not possess at this time?
3. Outline a plan by which you can develop the three professional qualities leaders of physical education and sport should possess (creativity, interest in research, and accountability).
4. Write a short essay discussing the reasons every physical educator should belong to professional organizations.
5. Identify and describe the professional organizations in physical education and sport in your country in a brief paragraph. Assume that you are preparing the report for individuals unfamiliar with these organizations.

## Grammar test

1. I don't like people \_\_\_\_\_ arrive late.  
A) which B) whose C) who D) where
2. The company \_\_\_\_\_ he works for is based in Germany.  
A) which B) whose C) who D) where
3. Where are the scissors \_\_\_\_\_ I bought yesterday?  
A) which B) whose C) who D) where
4. I want you to meet the woman \_\_\_\_\_ taught me how to drive.  
A) which B) whose C) who D) where
5. The meal \_\_\_\_\_ you cooked was delicious.  
A) which B) whose C) who D) where
6. I like animals \_\_\_\_\_ don't make a mess.  
A) which B) whose C) who D) where
7. The film \_\_\_\_\_ I've always wanted to see is on TV tonight.



- A) whose B) which C) who D) where
8. The flat\_\_\_\_\_they bought was very expensive.  
A) which B) whose C) who D) where
9. The room in our house\_\_\_\_\_is most used is the kitchen.  
A) which B) whose C) who D) where
10. I didn't like the meal\_\_\_\_\_we had yesterday.  
A) which B) whose C) who D) where
11. The people\_\_\_\_\_work here are very interesting.  
A) which B) whose C) who D) where
12. The man\_\_\_\_\_you were talking about has just come in the room.  
A) which B) whose C) who D) where
13. I received a letter this morning\_\_\_\_\_really upset me.  
A) who B) which C) where D) whose
14. Toby, a boy\_\_\_\_\_I went to school with, is ill in hospital.  
A) who B) which C) where D) whose
15. He's going to have an operation\_\_\_\_\_could save his life.  
A) who B) which C) where D) whose

## Unit 14

### ISSUES, CHALLENGES AND THE FUTURE OF PHYSICAL EDUCATION AND SPORT

#### SELF-ASSESSMENT TEST

These tasks are designed to assist you in determining if you have mastered the materials and competencies presented in the above studied information.

1. For the 3-month time period selected by your instructor select one periodical and review the coverage of physical education and sport. Take notes regarding the issues that are covered, and make a short presentation about your findings to the class.
2. Explain how physical educators can promote the development of values in their programs, regardless of the setting.
3. Identify strategies to reduce the gap between research and practice.
4. Discuss the importance of public relations programs in the physical education setting of your choice.
5. Describe various strategies that could be utilized to promote lifespan involvement for people of all ages, abilities, and social backgrounds.

6. Prepare a plan that lists several ways by which physical education can capitalize on the increased interest in wellness and fitness that exists in your country now.
7. Discuss the implications of the changing nature of education and the impact of technological developments on physical education and sport in the future.

**Read the text and make a summary.**

### **HEALTH AND FITNESS TRENDS**

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

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

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

### **2. Answer the questions.**

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

### **3. Complete the sentences.**

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

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

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

1. A pilates ... typically includes 25 to 50 ... strength training exercises.
2. Where exercise ..., there are a variety of ... to choose from that promote physical fitness, health and wellness.
3. Most people can benefit from any style of yoga – it's all about your personal ... .
4. The core components of hatha yoga and most general yoga

classes are poses and ... .

5. Weight training, yoga and pilates are among the most common ... today.
6. Pilates ... use of the ..., lower back, ... .
7. Yoga brings together physical and mental disciplines to achieve ... of body and mind.
8. Weight training is a type of ... training that uses weights for ... .
9. In yoga, breath ... your ... energy.
10. The world of muscle building (apart from body building) was ... unknown.

### Grammar test

1. He won't be able to finish studying those reports at the office.  
He wants to \_\_\_\_\_ at home.  
A) look for them B) look after them  
C) look them over D) look them up
2. Some of the tenants are upset because the landlord won't \_\_\_\_\_ the building.  
A) keep off B) keep on C) keep up with D) keep up
3. Many of the items \_\_\_\_\_ were given to the poor.  
A) sell B) sale C) sold to D) not sold
4. Mr. Green received all the complaints \_\_\_\_\_ to our office.  
A) sent B) were sent C) sending D) be sent
5. Anyone \_\_\_\_\_ in hunting can come with me.  
A) interesting B) interested  
C) was interested D) was interesting
6. War and Peace is a long novel \_\_\_\_\_ by Leo Tolstoy.  
A) written B) it was written  
C) was written D) wrote
7. Have you met the new secretary \_\_\_\_\_ last week?  
A) hired B) was hired  
C) she was hired D) when she was hired
8. \_\_\_\_\_ entering the hall, he found everyone waiting for him.  
A) At B) While C) On D) In
9. His parents died when he was young, so he was \_\_\_\_\_ by his aunt.  
A) brought out B) grown up  
C) brought up D) grown
10. You can't rely \_\_\_\_\_ him to do the job properly.  
A) on B) with C) to D) in
11. Don't make him \_\_\_\_\_ it if he doesn't want to.  
A) do B) doing C) to do D) done
12. He rushed out of the room, \_\_\_\_\_ the door as he went.  
A) slam B) slamming C) slams D) slammed
13. He arrived without \_\_\_\_\_ us that he was coming.

- A) warn B) having warned  
C) have warned D) to warned
14. The man\_\_\_\_\_for a bus were knocked down when a lorry skidded and ran off the road.  
A) wait B) waiting C) waited D) were waiting
15. After\_\_\_\_\_all the doors and windows thoroughly, I went to bed.  
A) check B) have checked  
C) having checked D) have been checked

## Unite 13

### DOPING

**Read the text and make a summary.**

#### A DEADLY GAME

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

In Ancient Rome, gladiators drank herbal infusions to strengthen them before chariot races and going into battle. Almost two millennia later, the first documented report in the medical literature was published in 1865 in the British Medical Journal, citing expulsion of a swimmer from an Amsterdam canal race, for taking an unnamed performance enhancing drug. The first doping death occurred in 1886 in cycling. In the early 1900s, the most popular doping agent was a cocktail of alcohol and strychnine. The use of strychnine was superseded by amphetamine, following its development in the 1930s. In 1960, the Danish cyclist, Kurt Jensen, died after overdosing on amphetamine in an attempt to seek competitive advantage and the search for control measures began. Methods of anti-doping control were first pioneered in the 1960s, by Arnold Beckett, an academic pharmacist with a specialist interest in sports pharmacy, based at Kings College London. In 1968, the International Olympic Committee published the first banned list of drugs and implemented the first formal drug testing programme at the Montreal Olympics.

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

Doping not only contravenes the spirit of fair competition, it can be seriously detrimental to health. Elite athletes who turn to doping take the greatest risks which seem to pale in contrast to their burning desire for gold. Anabolic steroids affect cardiovascular and mental health and are associated with an increased risk of neoplasm. Dietary supplements containing ephedrine alkaloids have been linked to serious health risks including hypertension, tachycardia, stroke, seizures and death.

The peptide hormones or so-called «sports-designer drugs» are thought to be the most dangerous, although the combination of amphetamines, anabolic steroids or antihypertensive combined with intense exertion in athletes are just as hazardous. Sport goes beyond a measure of athletic excellence and the winning of trophies and medals. True winners are those who achieve their goals through talent, skill, training, motivation and rising to all the challenges their sports present.

## **Exercise:**

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

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

### **2. Answer the questions.**

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

### **3. Complete the sentences with the words from the box.**

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

1. Celtic tales describe the use of strengthening potions to aid in ... battle.
2. Sport goes beyond a ... of athletic excellence and the winning of trophies and medals.
3. Doping not only ... the spirit of ..., it can be seriously ... to health.
4. The legendary Arthurian ... supposedly drank magical ... from the cup of Merlin.
5. The combination of amphetamines, anabolic steroids or antihypertensives combined with intense ... in athletes are ... .
6. In 1960, the Danish cyclist, Kurt Jensen, died after ... on amphetamine in an ... to ... competitive ... .

7. The Ancient Olympics in Greece ... with corruption and doping to the extent that the games had to ... .
8. In 1968, the International Olympic Committee ... the first formal drug testing programme at the Montreal Olympics.
9. Athletes have taken ... since the beginning of time.
10. The use of strychnine ... by amphetamine, following its development in the 1930s.

### Grammar test

1. I insisted that he \_\_\_\_\_ me the money.  
A) is paying B) pays C) was paying D) pay
2. It is imperative that air pollution \_\_\_\_\_.  
A) eliminated B) is eliminated  
B) be eliminated D) was eliminated
3. It is essential that she \_\_\_\_\_ smoking.  
A) give up B) is giving up  
C) gives up D) gave up
4. I don't enjoy \_\_\_\_\_ at by other people.  
A) laughing B) being laughed  
C) laughed D) to laugh
5. It is easy \_\_\_\_\_ by his lies.  
A) to be fooled B) fooling C) to fool D) fooled
6. It is \_\_\_\_\_ to study for a test and then to fail it.  
A) frustrating B) frustrate C) frustrated D) frustration
7. She felt great \_\_\_\_\_ at not being able to ride a horse.  
A) frustration B) frustrating C) frustrate D) frustrated
8. Usually a bird species gains public recognition \_\_\_\_\_ faces the danger of extinction.  
A) which only B) only when it  
C) only when D) which it
9. Why \_\_\_\_\_ at a given time is not known.  
A) does a drought occur B) a drought should occur  
C) it is a drought that D) a drought that occurs
10. It \_\_\_\_\_ the Titanic sank while crossing the Atlantic.  
A) is 1912 when B) in 1912 that  
C) which was in 1912 D) was in 1912 that
11. \_\_\_\_\_ 1980 that Voyager transmitted photographs of Saturn to earth.  
A) When it was B) During B) It was D) It was in
12. It was in 1901 \_\_\_\_\_ Roosevelt became President of the United States.  
A) when B) which C) that D) who
13. He must run very fast \_\_\_\_\_ he wants to catch the bus.  
A) so that B) because C) unless D) so

14. Father is not going to light the bonfire \_\_\_\_\_ we have gathered enough wood.

A) because B) although C) if D) so

15. "I will come to the meeting", Tom said to me.

Tom promised me that \_\_\_\_\_.

A) he will come to the meeting.

B) I will come to the meeting.

C) I would come to the meeting.

D) he would come to the meeting.

## **Unit 15** **REHABILITATION**

**Read the text and make a summary.**

### **OVERVIEW OF REHABILITATION**

Rehabilitation is needed by people who have lost the ability to function normally, often because of trauma, a stroke, an infection, tumor, surgery, or a progressive disorder. Physical therapy, occupational therapy, treatment of any pain and inflammation, and retraining to compensate for specific lost functions are the typical focuses of rehabilitation.

Treatment usually involves continued sessions of one-on one training for many weeks.

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

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

Where rehabilitation takes place depends on the person's needs. Many people recovering from injuries can be treated as outpatients in a therapist's office. People with severe disabilities may need care in a hospital or inpatient rehabilitation center. In such settings, a rehabilitation team provides care. A team approach is



best because significant loss of function can lead to other problems, such as depression, apathy, and financial problems.

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

Care at home can be appropriate for people who cannot travel easily but who require less care, such as those who can transfer from bed to a chair or from a chair to a toilet. However, family members or friends must be willing to participate in the rehabilitation process. Providing rehabilitation at home with the help of family members is highly desirable, but it can be physically and emotionally taxing for all involved.

Sometimes a visiting physical therapist or occupational therapist can help with home care.

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

### **Exercise:**

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

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

#### **2 Answer the questions.**

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

#### **3. Find in the text the paragraph which describes:**

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

#### **4. Fill in the gaps with the words from the box.**

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

1. Providing rehabilitation at home with the help of family members is highly ..., but it can be physically and emotionally ... for all involved.
2. Physical therapy, ..., treatment of any pain and ..., and retraining to compensate for specific lost functions are the typical focus of rehabilitation.
3. ... of the ... of the disability or the skill of the rehabilitation team, the final outcome of rehabilitation depends on the person's motivation.
4. Where rehabilitation takes place ... on the person's needs.
5. Care at home can be ... for people who cannot travel easily but who require less care.
6. The rehabilitation team or therapist sets both ... and ... goals for each problem.
7. People with severe disabilities may need care in a hospital or ... rehabilitation center.
8. The need for rehabilitation ... all age groups, although the type, level, and goals of rehabilitation often ... by age.
9. Rehabilitation is needed by people who have lost the ability to function normally, often because of trauma, a ..., an infection, a ..., ..., or a progressive disorder.
10. Age alone is not a reason ... goals or the intensity of rehabilitation, but the presence of other disorders or ... may be.

**5. Read the article and match the right heading.**

Modern technologies in rehabilitation

Rehab Robots Lend Stroke Patients a Hand

**Stroke Rehab Getting Patients Back On Their Feet**

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

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

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

**Grammar test**

1. I shall not waste time \_\_\_\_\_ his letter.

- A) reply B) replying C) to reply D) replied
2. It's nearly lunch time. Why don't we stop\_\_\_\_\_a bite to eat?  
A) to have B) have C) having D) had
3. We had to stand up\_\_\_\_\_a better view of the game.  
A) to get B) getting C) get D) \_ \_ \_
4. They earned a living by \_\_\_\_\_ old cars.  
A) sell B) to sell C) sold D) selling
5. Mr. White is telling his wife \_\_\_\_\_ him tea.  
A) to make B) make C) making D) made
6. Suzie's mother allowed her\_\_\_\_\_to the party last night.  
A) go B) to go C) going D) went
7. He kept on\_\_\_\_\_the same mistakes.  
A) to make B) to do C) making D) doing
8. Don't be nervous. I want you\_\_\_\_\_.
- A) not nervous B) to relax C) relax D) relaxing
9. Excuse me, officer. I'd like you\_\_\_\_\_me.  
A) helping B) help C) to help D) for helping
10. Ralph hadn't \_\_\_\_\_carefully when he broke the machine.  
A) been very B) working  
C) being worked D) been working