

Практическое занятие № 13

Тема: Моя будущая профессия. Профессиональные навыки и умения.

Цель:

- закрепление и систематизация теоретических знаний по лексической теме;
- совершенствование навыков перевода текста профессиональной направленности;
- дальнейшее развитие умений общаться на иностранном языке на повседневные темы.
- совершенствование навыков поиска информации.

Прочитайте текст и выполните задание после текста

MY FUTURE PROFESSION

We are students of Physical Education Department. All the students began to go in for different kinds of sport before entering the college. At our they specialize in swimming, skiing, football, basketball, volleyball, table tennis, gymnastics, track-and-field athletics and others. They pay great attention to special training lessons in their favourite kinds of sport.

After graduating from the college they become coaches and teachers of physical culture.

Track-and-field athletics is called the “Queen of sports”. Some millions of young men and girls train in the athletics sections and take part in competitions. It is hard to find a town or a village in our country where people do not go in for track-and field.

Track-and-field athletes practice on the stadiums, in sports halls, Palaces of Sports, etc. This kind of sport includes running, jumping, discuss throwing, hammer throwing, javelin throwing, shot putting, walking, pentathlon, decathlon, etc.. Our track-and-field athletes are in good form and compete in all big national and international contests.

Volleyball is my future speciality. People of all ages easily master it. It is a simple but interesting game which does not require any special equipment or long practical drills. Volleyball has a beneficial effect upon the health and trains all-round muscular coordination.

Football is a mass sport in our country. It is my favourite kind of sport. The game is played by two teams. Each team consists of 11 players. Every team has its captain. Football players are trained on stadiums all year round.

Basketball is rapidly gaining popularity with our youth. It is played on the court by two teams of five players each: two for wards, one centre, two guards. The purpose of each is to throw the ball into the basket of the opponent and to prevent the other team from securing the ball or scoring. Basketball develops many good qualities, such as rapid action, accuracy, agility and the like.

Задание 1. Ответьте на вопросы к тексту

- 1) What department do you study at?
- 2) What kinds of sport are taught in your college?
- 3) What kind of sport is your favorite?
- 4) What is track-and-field?
- 5) What does it include?
- 6) How does volleyball influence people?
- 7) What kind of game is football?
- 8) Describe the game of basketball.
- 9) What is your future profession?

Прочитайте текст и выполните задания

Physical fitness

1) Physical fitness is a combination of qualities that enable a person to perform well in vigorous physical activities. These qualities include agility, endurance, flexibility, and strength. Physical fitness and good health are not the same, though each influences the other. Healthy people

may be physically unfit because they do not exercise regularly. Physically fit people perform their usual tasks easily without tiring and still have energy for other interests.

2) Better physical performance is only one benefit of physical fitness. Regular vigorous exercise also increases the efficiency and capacity of the heart and lungs and helps people to maintain their proper weight. Individuals who are physically fit tend to be slimmer than those who are unfit. They have greater resistance to disease and recover faster if they do become ill. Physically fit people may be happier and more alert and relaxed. They also may be able to resist the effects of ageing better than those who are physically unfit.

Principles of physical fitness

3) Physical fitness is a personal responsibility. Few individuals other than athletes and military personnel are actually required to participate in organized fitness programs. Most people are physically unfit simply because they do not get enough exercise. Many do not take the time to exercise, and others try to stay fit with only light, infrequent activity.

4) A person's physical fitness is determined by such factors as age, heredity, and behavior. Although people cannot control their age or heredity, their behavior can help them to become physically fit and stay that way. Individuals vary greatly in their capacity for physical fitness, but almost anyone can improve by exercising regularly.

5) The years between adolescence and middle age are the peak period for physical fitness. However, people of all ages can stay fit with good health habits and regular exercise. Any person more than 35 years old, and anyone with a health problem, should consult a physician before beginning a fitness program.

6) Health habits that aid physical fitness include getting enough sleep, eating properly, receiving regular medical and dental care, and maintaining personal cleanliness. Health can be harmed by such practices as overeating and eating the wrong kinds of foods; smoking and drug abuse, including excessive use of alcohol. Harmful health habits can undo the results of regular exercise.

7) A person's level of physical fitness depends largely on how frequently and intensely he or she exercises. Most health experts agree that people should exercise at least three times a week to maintain desirable fitness. Improvement occurs faster with more frequent workouts.

Задание 2. Переведите слова на русский язык

Physical fitness, enable, agility, flexibility, strength, be physically unfit, endurance, perform task, capacity, maintain proper weight, disease, resistance, responsibility, adolescence, aid, harm, depend on, drug abuse, excessive use, exercise, desirable, improvement, occur.

Задание 3. Найдите в тексте перевод следующих слов

физическая активность, выполнять, хорошее здоровье, влиять на, регулярно тренироваться, польза, повышать эффективную работу, легкие, выздоравливать, быть в хорошей физической форме, различаться, улучшать, проконсультироваться у терапевта, вредные привычки, частые тренировки.

Задание 4. Переведите 1, 4, 6, 7 абзацы текста письменно.

Практическое занятие № 14

Тема: Олимпийские игры. Из истории олимпийских игр. Причастия

Цель:

- закрепление и систематизация теоретических знаний по лексической и грамматической теме;
- совершенствование навыков перевода текста профессиональной направленности;
- совершенствование навыков поиска информации.

Задание 1. Прочитайте текст и заполните пропуски словами, данными ниже.

Письменно переведите первый абзац текста.

Olympic Games

1) The history of the Olympic... a)... dates back to Ancient Greece. According to the... b)... Hercules was the founder of the first Olympic Games. An athletic festival with... c)... in music and poetry began to attract the Greeks is the 8th... d)... The year 776 BC was established by history as the first date of the Recorded Olympiad. The Olympic Games... e)... every five years. People dated events by the Olympiads throughout ancient period. The... f)... competed in running, boxing, wrestling, horse and chariot racing. The winners were given... g)... wreaths. According to the rules established at Olympia all hostilities between... h)... states ceased for the duration of the Olympiad. The truce was universally respected and no Greek state could... i)... it. In the course of time the festival became so popular that not only athletes competed for the crown of wild olive but artists, poets, philosophers, orators and historians, were trying to... j)... immortal works dedicated to the unity and splendour of Hellenic civilization.

2) The prestige and brilliance of the Olympic Games was so... k)... that other panhellenic festivals were instituted two centuries later - the Pythian (590 BC), the Isthmian (580 BC), the Nemean (573 BC), in... l)... of Apollo, Poseidon and Zeus respectively. The Olympic Games were held for nearly twelve centuries and were... m)... in 394 AD by Theodosius I, the Christian Emperor, on the ground of their pagan origin.

3) At the end of the 19th century Baron Pierre de Coubertin... n)... them. In 1894 he addressed the International Congress of Athletes emphasizing the... o)... of sports in the peoples' life. The first modern Olympic Games were held in Athens in 1896 to signify the succession of the... p)... Since then the Games have been regularly held in different countries of the world.

1) create, 2) importance, 3) games, 4) warring, 5) legend, 6) great, 7) competitions, 8) revived, 9) laurel, 10) tradition, 11) break, 12) in honour, 13) century, 14) were held, 15) the athletes, 16) abolished.

Задание 2. Вставьте пропущенные слова.

There are four Olympic relay... (1)...: men's and women's 4 x 100 m, and men's and women's 4 x 400 m.

Each of the four... (2)... members runs one stage of the race. A baton is carried in the... (3)..., and transferred in the take-over zone from one... (4)... to the next. If dropped, the baton... (5)... be picked up by the competitor who... (6)... it. Composition of teams may be changed after a heat only in the case of... (7)... or illness certified by the official medical officer. A team may change its running order. No... (8)... may run more than one stage in a race. The relay baton is a smooth, hollow tube... (9)... of rigid material in one piece. It must weigh not less than 50 g (13/4 oz).

4 x 100 m relay races are run entirely in lanes as far as the... (10)... from the first bend of the second lap.

Procedures. The baton must be handed over within the marked... (11)... zone. Runners about to take over must not... (12)... running more than 10m before the take over zone. In the stages of the 4 x 400 m not run in lane, competitors must... (13)... to their own lanes for the take-over unless

they can use the inside... (14)... without causing an obstruction. After handing over the...(15)..., competitors should remain in their lanes or... (16)... until the course is clear. Teams will be...(17)... for deliberately causing an obstruction or for... (18)... or giving any other assistance at a take-over.

a) team, b) return, c) disqualified, d) take-over, e) hand, f) zones, g) competitor, h) pushing, i) baton, j) made, k) position, l) start, m) runner, n) must, o) exit, p) dropped, q) injury, r) events.

Задание 3. Ниже даны определения олимпийских видов спорта. Напишите названия видов спорта в пропусках.

- _____ 1) "athletes compete by shooting an arrow with a bow"
- _____ 2) "athletes compete by riding bicycles"
- _____ 3) "a beautiful sport where athletes plunge into water in style"
- _____ 4) "athletes compete by running and jumping over several frames"
- _____ 5) "a pitcher throws the ball and a batter hits the ball with a bat"
- _____ 6) "athletes serve, jump and spike the ball"
- _____ 7) "athletes compete by riding a horse over a barrier"
- _____ 8) "athletes use a blunt rapier to hit an opponent"
- _____ 9) "athletes wear special gloves and punch each other"
- _____ 10) "a racquet sport where athletes hit a ball back and forth over a dividing net"
- _____ 11) "athletes do several acrobatic stunts and are judge by a panel of judges"
- _____ 12) "a field sport where athletes throw a long spear"
- _____ 13) "athletes dribble and kick the ball"
- _____ 14) "a popular sport in the USA where athletes slam and dunk with a ball"
- _____ 15) "a field sport where athletes throw a heavy metal ball"
- _____ 16) "a water sport where athletes compete by swimming fast"
- _____ 17) "athletes use a racquet to hit a feathered ball (shuttlecock)"

Грамматика. Причастия

Примеры перевода:

The man sitting at the table is our teacher. — Человек, сидящий за столом — наш учитель.

The houses being built in our town are not very high. — Дома, строящиеся в нашем городе, невысоки.

Going home I met an old friend. — Идя домой, я встретил старого друга.

Having finished work I went home. — Закончив работу, я пошел домой.

The book translated from English is interesting. — Книга, переведенная с английского языка, интересная.

Given the task he began to work. — **Когда ему дали задание**, он начал работать.

Having solved the problem correctly they changed the answer.- **Решив** пример правильно, они поменяли ответ.

Задание 4. Переведите словосочетания с причастиями.

Participle I: Computers using superconducting material; the machine calculating mathematical problems; students coding the information.

Participle II: The given information; the name given to the machine; the coded data; the device used in World War II; the engine designed by engineers; dictation written the day before was corrected.

Задание 5. Переведите предложения с разными формами причастий.

1. Everybody looked at the dancing girl. 2. The little plump woman standing at the window is my grandmother. 3. The man playing the piano is Kate's uncle. 4. Entering the room, she turned on the light. 5. Coming to the theatre, she saw that the performance had already begun. 6. Having been tested, the new equipment was ready to use.

Задание 6. Выберите причастие (Participle I или Participle II)

- 1) a) The girl (writing, written) on the blackboard is our best pupil.
b) Everything (writing, written) here is quite right.
- 2) a) The house (surrounding, surrounded) by tall trees is very beautiful.
b) The wall (surrounding, surrounded) the house was very high.
- 3) a) Who is that boy (doing, done) his homework at that table?
b) The exercises (doing, done) by the pupils were easy.
- 4) a) The girl (washing, washed) the floor is my sister.
b) The floor (washing, washed) by Helen looked very clean.
- 5) a) We listened to the girls (singing, sung) Russian folk songs.
b) We listened to the Russian folk songs (singing, sung) by the girls.
- 6) Do you know the girl (playing, played) in the garden?
- 7) The book (writing, written) by this scientist is very interesting.
- 8) Translate the words (writing, written) on the blackboard.
- 9) (Going, gone) along the street, I met Mary and Ann.