**Практическое занятие № 26**

Тема: Соревнования.

Цель:

закрепление и систематизация теоретических знаний по лексической и грамматической теме;

совершенствование навыков перевода текста профессиональной направленности;

дальнейшее развитие навыков общения на иностранном языке на профессиональные темы.

совершенствование навыков поиска информации.

**Прочитайте текст и выполните послетекстовые задания:**

**COMPETITIONS**

**Задание 1. Прочитайте текст, переведите его на русский язык и выпишите из него все незнакомые слова с транскрипцией.**

While some sports (such as fishing or hiking) have been viewed as primarily recreational, most sports are considered competitive. The majority involve competition between two or more persons (sometimes using horses or cars). For example, in a game of basketball, two teams compete against one another to determine who can score the most points. Athletes, besides competing against other humans, also compete against nature in sports such as whitewater kayaking or mountaineering, where the goal is to reach a destination, with only natural barriers impeding the process. A regularly scheduled (for instance annual) competition meant to determine the «best» competitor of that cycle is called a championship.

Competitive sports are governed by codified rules agreed upon by the participants. Violating these rules is considered to be unfair competition. Thus, sports provide artificial (not natural) competition; for example, competing for control of a ball, or defending territory on a playing field. Athletes in sports such as gymnastics and competitive diving compete against each other in order to come closest to a conceptual ideal of a perfect performance, which incorporates measurable criteria and standards which are translated into numerical ratings and scores by appointed judges.

Sports competition is generally broken down into three categories: individual sports, such as archery; dual sports, such as doubles tennis, and team sports competition, such as crick­et or football. While most sports competitions are recreation, there exist several major and minor professional sports leagues throughout the world.

Sport competitions are subdivided into various types depending on their goal, objectives, organization forms and the field of com­petitors. Here are principal types of competitions: preparatory, test, simulation, trial/selection and major competitions.

Preparatory competitions. In the process of preparatory competi­tions, athletes improve their competitive fitness and gain competitive practice.

Test competitions. These are held to control the level of athletes preparedness, to check out the techniques, tactics, movement dynam­ics, psychological readiness for competitive efforts. The results of test competitions help adjust the training schedule and procedure.

Simulation competitions. The main objective of this type of com­petition is to prepare athletes for major competitions of a micro cycle, like the central event of the year or a four-year period.

Trial/selection competitions. These are meant to select athletes for national teams and to compete in individual events at major competitions. The peculiar feature of competitions of this type are selection criteria: to win a specific place or to show a predetermined result, which is a valid proof of an athlete having a chance of making it into the top flight at major competitions.

Major competitions. These are those competitions where an athlete is to strike top form within the given preparation period. It is at such major competitions that athletes should be able to produce the maximum mobilization of their technical and tactical skills and functional abilities, to set for themselves the highest possible targets and to demonstrate the top level of psychological readiness to achieve those targets.

The Olympic Games, held every four years, are usually regarded as the international pinnacle of sports competition.

**Задание 2. Дайте ответы на следующие вопросы.**

What is an unfair competition?

How many categories does sports competition have?

What are sports considered competitive?

What is a preparatory competition?

What are test competitions?

What are the main features of trial competitions?

What is a major competition?

**Задание 3. Скажите, являются ли следующие утверждения верными (true) или неверными (false) согласно содержанию текста. Приведите верный вариант.**

Competitive sports are governed by Special Committee.

Athletes also compete against nature in sports such as tennis and badminton.

Fishing and hiking have been viewed as competitive sports.

The purpose of simulation competition is to check out the techniques and movement dynamics.

Major competitions are the competitions where an athlete is to strike top form within the given preparation period.

In the process of preparatory competitions athletes test their competitive fitness.

**Задание 4. Дайте русский эквивалент для следующих слов и словосочетаний.**

|  |  |
| --- | --- |
| 1. Top flight 2. whitewater kayaking 3. measurable criteria 4. artificial competitions 5. to gain competitive practice 6. major events 7. peculiar feature 8. to strike top form 9. functional abilities 10. possible targets 11. international pinnacle 12. to determine 13. defending territory 14. archery 15. minor professional sports leagues 16. dual sports 17. difficult objectives 18. field of competitors |  |

**Задание 5. Найдите в тексте эквиваленты следующих слов и словосочетаний.**

Препятствующий процесс, выигрывать по очкам, регулироваться правилами, чемпионат, включает в себя критерии, назначенные судьи, нечестные соревнования, подготовительные соревнования, психологическая готовность, корректировать программу выступлений, рассматривать, предопределенный результат, проверять технику выполнения, веское доказательство, нарушение правил.

**Задание 6. Найдите определения следующих слов.**

|  |  |
| --- | --- |
| 1. destination 2. schedule 3. championship 4. feature 5. proof 6. target 7. to regard 8. archery 9. effort 10. to test | 1. a prominent or distinctive part or aspect 2. a fixed goal or objective 3. to look closely or attentively at (something or someone) 4. the art or sport of shooting with bows and arrows 5. a plan of procedure for a project, allotting the work to be done and the time for it 6. to achieve a specified result in a test 7. a determined attempt 8. the predetermined end of a journey or voyage 9. any evidence that establishes or helps to establish the truth, validity, quality 10. any of various contests held to determine a champion |

**Задание 7. Используя материал текста, составьте словосочетания и переведите их на русский язык.**

Whitewater...; numerical...; double...; simulation...; peculiar...; regular artificial major psychological valid...; unfair measurable test competitive ...; possible appointed dual principal...; training ...; central ...; international ...; national ...; predetermined...; top ...; tactical...; functional....

**Задание 8. Найдите в тексте предложения, в которых говорится.**

об уровне психологической готовности;

о предопределенном результате в спорте;

о контроле двигательной динамики;

о получении соревновательной практики;

о спорте для развлечения;

о выигрыше по очкам;

о соревнованиях со стихией.

**Задание 9. Переведите следующие предложения на английский язык.**

Олимпийские игры считаются вершиной спортивных соревнований.

На крупных соревнованиях спортсмен должен максимально мобилизоваться, чтобы показать наилучший результат.

Спортивные соревнования делятся на 3 категории: индивидуальные виды спорта, парные и командные соревнования.

Соревнования регулируются установленными правилами.

Спортивные соревнования подразделяются на различные виды, зависящие от их целей, задач и организационных форм.

Чемпионатом называется регулярно проводимые программные соревнования.

**Практическое занятие № 27**

Тема: Футбол: основные понятия. Правила игры. Виды нарушений. Судейство

Цель:

закрепление и систематизация теоретических знаний по лексической теме;

совершенствование навыков перевода текста профессиональной направленности;

развитие навыков письменной речи, пополнение словарного запаса;

дальнейшее развитие навыков общения на иностранном языке на профессиональные темы;

совершенствование навыков поиска информации;

закрепление знаний о передовом отечественном и зарубежном опыте спортивного судейства.

**Задание 1. Прочитайте тексты и выполните послетекстовые задания.**

**Football. Laws of the Game. Field surface.**

The field of play must be a wholly natural or, if competition rules permit, a wholly artificial playing surface except where competition rules permit an integrated combination of artificial and natural materials (hybrid system).

**Field markings**

The field of play must be rectangular and marked with continuous lines which must not be dangerous; artificial playing surface material may be used for the field markings on natural fields if it is not dangerous. These lines belong to the areas of which they are boundaries. Only the lines indicated in Law 1 are to be marked on the field of play. The two longer boundary lines are touchlines. The two shorter lines are goal lines. The field of play is divided into two halves by a halfway line, which joins the midpoints of the two touchlines. The centre mark is at the midpoint of the halfway line. A circle with a radius of 9.15 m (10 yds) is marked around it.

**Replacement of a defective ball**If the ball becomes defective:  
• play is stopped and  
• restarted by dropping the replacement ball where the original ball became defective  
If the ball becomes defective at a kick-off, goal kick, corner kick, free kick, penalty kick or throw-in the restart is re-taken. If the ball becomes defective during a penalty kick or kicks from the penalty  
mark as it moves forward and before it touches a player, crossbar or goalposts the penalty kick is retaken. The ball may not be changed during the match without the referee’s permission.

**Number of players**A match is played by two teams, each with a maximum of eleven players; one must be the goalkeeper. A match may not start or continue if either team has fewer than seven players. If a team has fewer than seven players because one or more players has deliberately left the field of play, the referee is not obliged to stop play and the advantage may be played, but the match must not resume after the ball has gone out of play if a team does not have the minimum number of seven players. If the competition rules state that all players and substitutes must be named before kick-off and a team starts a match with fewer than eleven players, only the players and substitutes named on the team list may take part in the match upon their arrival.

**Changing the goalkeeper**Any of the players may change places with the goalkeeper if:  
• the referee is informed before the change is made  
• the change is made during a stoppage in play

**Extra persons on the field of play**The coach and other officials named on the team list (with the exception of players or substitutes) are team officials. Anyone not named on the team list as a player, substitute or team official is an outside agent. If a team official, substitute, substituted or sent off player or outside agent enters the field of play the referee must:  
• only stop play if there is interference with play  
• have the person removed when play stops  
• take appropriate disciplinary action  
If play is stopped and the interference was by:  
• a team official, substitute, substituted or sent off player, play restarts with a  
direct free kick or penalty kick  
• an outside agent, play restarts with a dropped ball

**Safety**A player must not use equipment or wear anything that is dangerous. All items of jewellery (necklaces, rings, bracelets, earrings, leather bands, rubber bands, etc.) are forbidden and must be removed. Using tape to cover jewellery is not permitted.

**Compulsory equipment**The compulsory equipment of a player comprises the following separate items:  
• a shirt with sleeves  
• shorts  
• socks – tape or any material applied or worn externally must be the same colour as that part of the sock it is applied to or covers  
• shinguards – these must be made of a suitable material to provide reasonable protection and covered by the socks  
• footwear  
Goalkeepers may wear tracksuit bottoms.

**The authority of the referee**Each match is controlled by a referee who has full authority to enforce the Laws of the Game in connection with the match.  
Decisions of the referee  
Decisions will be made to the best of the referee`s ability according to the Laws of the Game and the ‘spirit of the game’ and will be based on the opinion of the referee who has the discretion to take appropriate action within the framework of the Laws of the Game.

**Disciplinary action**• punishes the more serious offence, in terms of sanction, restart, physical severity and tactical impact, when more than one offence occurs at the same time  
• takes disciplinary action against players guilty of cautionable and sending-off offences  
• has the authority to take disciplinary action from entering the field of play for the pre-match inspection until leaving the field of play after the match ends (including kicks from the penalty mark). If, before entering the field of play at the start of the match, a player commits a sending-off offence, the  
referee has the authority to prevent the player taking part in the match (see Law 3.6); the referee will report any other misconduct  
• has the power to show yellow or red cards and, where competition rules permit, temporarily dismiss a player, from entering the field of play at the start of the match until after the match has ended, including during the half-time interval, extra time and kicks from the penalty mark  
• takes action against team officials who fail to act in a responsible manner and may expel them from the field of play and its immediate surrounds; a medical team official who commits a dismissible offence may remain if the team has no other medical person available, and act if a player needs medical attention.  
• acts on the advice of other match officials regarding incidents that the referee has not seen

**Задание 2. Найдите английские эквиваленты (строка A) русским словам (строка B), запишите пары**

(строка A) The authority of a referee, spectators, to be obliged, liability/responsibility, to insist, to score a goal, a tournament, punishment, outside interference, to indicate, time lost, the penalty kick, extra time, the offensive position, a goal kick, expulsion

(строка B), Удаление, внешнее вмешательство, показать, удар от ворот, добавленное время, наказание, одиннадцатиметровый удар, потерянное время, настаивать, быть обязанным, турнир, засчитать гол, положение «вне игры», ответственность, зрители, полномочия судьи

**Задание 3. Заполните пропуски**

A match is played by two 1)\_\_\_\_\_\_, each with a maximum of 2)\_\_\_\_\_\_\_; one must be the 3)\_\_\_\_\_. A match may not start or continue if either team has fewer than 4)\_\_\_\_\_\_. If a team has fewer than seven players because one or more players has deliberately 5)\_\_\_\_\_\_ of play, the referee is not 6)\_\_\_\_\_\_ stop play and 7)\_\_\_\_\_\_ may be played, but the match must not resume after the ball has  
8)\_\_\_\_\_\_\_ if a team does not have the minimum number of seven players. If 9)\_\_\_\_\_\_\_ state that all players and substitutes must be named before 10)\_\_\_\_\_\_\_\_and a team starts a match with fewer than eleven players, only the players and 11)\_\_\_\_\_\_ named on the team list may take part in the  
match upon their arrival.

**Задание 4. Найдите в тексте английские эквиваленты данным ниже русским словам и словосочетаниям**

наказание за более тяжкое нарушение, имеет право принимать дисциплинарные меры, дополнительное время и удары со штрафной, будет основываться на мнении судьи, Игрок не должен использовать снаряжение или носить что-либо опасное, команды, замены, заменены или удалены игрока, игра возобновляется с штрафным ударом

**Задание 5. Переведите письменно**

1.The authority of the referee  
Each match is controlled by a referee who has full authority to enforce the Laws of the Game in connection with the match.  
2. Decisions of the referee  
Decisions will be made to the best of the referee`s ability according to the Laws of the Game and the ‘spirit of the game’ and will be based on the opinion of the referee who has the discretion to take appropriate action within the framework of the Laws of the Game.

**Задание 6. Ответьте на вопросы к тексту**

What kind of surface the field of play must have?

What kind of boundaries does the field have?

What are the rules of replacement of a defective ball?

What kind of equipment a player must not use ?

What is a compulsory equipment?

What does a referee do?

**Практическое занятие № 28**

Тема: Допинг.

Цель:

закрепление и систематизация теоретических знаний по лексической;

дальнейшее развитие навыков общения на иностранном языке на профессиональные темы;

совершенствование навыков перевода текстов профессиональной направленности

**THE PROBLEM OF DRUGS IN SPORT**

**Задание 1. Прочитайте текст, переведите его на русский язык и выпишите из него все незнакомые слова.**

То compete in the modem Olympic Games, to win gold, to stand on the rostrum as the flag is raised and the national anthem played is the dream of many. But it will come true for. only a few. Only the gifted, only the dedicated, only the best will win.

Sport teaches us about honest endeavor, commitment and fair play. True winners are those who achieve their goals through talent, skill, training, motivation and rising to all the challenges their sports present.

When you’re watching sports on television, you have no idea if what you are seeing is the athlete’s true abilities or steroids in effect. A program of random drug tests, education, treatment, and discipline would cost one million dollars annually. But one million dollars may be a small price to pay for fair play and good health. That’s why random drug tests would be extremely effective if taken by the athletes, not only throughout the season, but throughout the rest of the year as well. Drugs shouldn’t be tolerated in any team, in any sport.

Athletes today seem to find no moral problem with using performance-enhancing drugs, or in other words cheating. Also many of them feel that because they are «stars» there should be no repercussions for their illegal activity.

Today, drug use in sport has reached enormous proportions in society and is destroying athletics from the ground up. Steroids and other performance-enhancing drugs have many health risks. Risks with steroids include heart disease, liver tumors, and edema (abnormal fluid accumulation in body tissues). Drug use has led to an increased number of deaths and suspensions of athletes. The athletes should ask themselves, «Is this really worth my life?»

In 1960, during the Olympic Games in Rome, different sources confirm that a cyclist died as a result of taking amphetamines. Since then there have been numerous doping suspicions and claims. In 1964, at the Olympic Games in Tokyo, some doping controls were set up. However, doping in sport has not diminished but, on the contrary, has expanded at a breathtaking pace in professional and elite sports circles.

Because athletes face increasing pressure from sponsors, fans, trainers, coaches, themselves, and other athletes to perform at a higher level of competition, many turn to performance enhancing drugs (PEDs) in order to meet the exceedingly high expectations. As major sport organizations continue to face problems with steroid usage among its top players, the problems seem to be trickling down into younger athletes. Despite the seemingly bleak picture, many organizations are working to fight the problem and inform athletes about the dangers of PED usage. These organizations are helping athletes to see that athletic performance should be based on hard work and dedication rather than the use of supplements and drugs.

**Задание 2. Дайте ответы на следующие вопросы.**

What does sport teach us?

Why are steroids so dangerous?

When were doping controls set up?

Do athletes face increasing pressure from sponsors, fans and trainers?

How are many organizations working to fight the problem of PED usage?

How much does a program of random drug test cost?

What health risks do steroids and other performance-enhancing drugs have?

Has drug use in sport reached enormous proportions in society?

**Задание 3. Скажите, являются ли следующие утверждения верными (true) или неверными (false) согласно содержанию текста. Приведите верный вариант.**

Sport teaches us endurance and will power.

A program of random drug tests, education, treatment and discipline would cost three million dollars annually.

Athletes seem to find no moral problem with using performance-enhancing drugs.

Drug use in sport can destroy athletics from the ground up.

Athletes don’t face increasing pressure from sponsors and trainers.

Drug use has led to an increased number of deaths and suspensions of athletes.

The problems with steroid usage are among top players and young athletes.

**Задание 4. Дайте русский эквивалент для следующих слов и словосочетаний.**

Increasing pressure, high expectations, to set up, steroid usage, bleak picture, to win gold, the national anthem, in body tissues, suspensions of athletes, fair play, the challenges, edema, to raise, to tolerate, fluid, random drug tests, taking amphetamines, claims, performance-enhancing drugs, from the ground up, to diminish, to confirm, liver tumors, doping suspicions, a breathtaking pace, elite sports circles.

**Задание 5. Найдите в тексте эквиваленты следующих слов и словосочетаний.**

Употребление, приостановка, огромный, сбываться, обязательство, последствия, доводить до, уменьшаться, устанавливать, одаренный, позволять, болезнь сердца, претензии, сталкиваться, обман, цена жизни, подтверждать, расширяться, трибуна, обращаться к, опасность, тяжелая работа, самоотверженность, гимн, разрушать, лечение, допинг-контроль, старания, преданный.

**Задание 6. Используя материал текста, составьте словосочетания и переведите их на русский язык.**

Modem...; national...; true ...; good...; enormous...; heart...; increased ...; high ...; steroid ...; small ..; health ...; abnormal...; major...; bleak ...; fair ...; random ...; illegal ...; numerous ...; breathtaking…

**Задание 7. Заполните пропуски словами, данными ниже.**

disease, endeavor, edema, tolerated, set up, diminished, face, liver tumors, enormous, commitment, performance-enhancing, fair, expanded

Athletes... increasing pressure from sponsors, fans and train­ers.

Today, drug use in sport has reached... proportions in society.

Risks with steroids include heart, and....

Athletes seem to find no moral problem with using drugs.

Drugs shouldn’t be ... in any team, in any sport.

Sport teaches us about honest....... and... play.

In 1964, at the Olympic Games in Tokyo, some doping con­trols were ....

Doping in sport has not... but, on the contrary, has ... at a breathtaking pace in professional and elite sports circles.

**Задание 8. Соедините слова в пары синонимов.**

|  |  |  |  |
| --- | --- | --- | --- |
| 1 | to raise | a | devoted |
| 2 | gifted | b | to permit |
| 3 | random | c | to crush |
| 4 | to tolerate | d | gigantic |
| 5 | dedicated | e | value |
| 6 | cheating | f | to hoist |
| 7 | to destroy | g | fraud |
| 8 | enormous | h | talented , |
| 9 | worth | i | unplanned |

**Задание 9. Найдите определения следующих слов.**

|  |  |  |  |
| --- | --- | --- | --- |
| 1 | rostrum | a | belief without sure proof, esp. that something is wrong |
| 2 | treatment | b | to make or become greater |
| 3 | disease | c | any platform, stage on which public speakers stand to address an audience |
| 4 | suspension | d | to make or become smaller |
| 5 | usage | e | the state of being vulnerable to injury, loss, or evil; risk |
| 6 | to expand | f | something looked forward to |
| 7 | suspicion | g | the application of medicines to a patient or to a disease or symptom |
| 8 | to diminish | h | any impairment of normal physiological function affecting all or part of an organism |
| 9 | expectation | i | the act or a manner of using |
| 10 | danger | j | an interruption or temporary revocation |

**Задание 10. Переведите следующие предложения на английский язык.**

Прием стероидов разрушает здоровье спортсменов.

В 1964 году на Олимпийских играх в Токио был установ­лен допинг-контроль.

Несмотря на мрачную картину, многие организации борются с проблемой допинга и информируют спортсменов об опасности его использования.

С проблемой допинга сталкиваются как знаменитые спортсмены, так и молодежь.

Прием допинга приводит к возрастающему числу смер­тей среди спортсменов.

Прием допинга в спорте не только не уменьшился, но и, наоборот, увеличился.

Многие из спортсменов из-за давления на них тренеров, спонсоров и фанатов обращаются к приему допинга, чтобы оправдать чрезвычайно высокие ожидания.

**Практическое занятие № 29**

Тема: Питание

Цель:

закрепление и систематизация теоретических знаний по лексической теме;

совершенствование навыков перевода текста профессиональной направленности;

дальнейшее развитие навыков общения на иностранном языке на профессиональные темы;

**Задание 1. Прочитайте тексты и выпишите незнакомые слова в словарь.**

**Nutrition**

Nutrition plays a critical role in your fitness. Proper nutrition can amplify or diminish the effect of your training efforts. Effective nutrition is moderate in protein, carbohydrate, and fat. Forget about the fad high-carbohydrate, low-fat, and low-protein diet. Balanced macronutrient and healthy nutrition looks more like 40 percent carbohydrate, 30 percent protein, and 30 percent fat. Dr. Barry Sears’ Zone Diet still offers the greatest precision, efficacy, and health benefit of any clearly defined protocol. The Zone Diet does an adequate job of jointly managing issues of blood glucose control, proper macronutrient proportion, and caloric restriction whether your concern is athletic

performance, disease prevention and longevity, or body composition. We recommend that everyone read Dr. Sears’ book “Enter the Zone” (see also “Zone Meal Plans” article).

Our recommendation to “eat meat and vegetables, nuts and seeds, some fruit, little starch and no sugar” is adequate to the task of preventing the scourges of diet-induced disease, but a more accurate and precise prescription is necessary to optimize physical performance. Finely tuned, a good diet will increase energy, sense of well-being and acumen, while simultaneously flensing fat and packing on muscle. When properly composed, the right diet can nudge every important quantifiable marker for health in the right direction. Diet is critical to optimizing human function, and our clinical experience leads us to believe that Barry Sears’ Zone Diet closely models optimal nutrition.

CrossFit’s best performers are Zone eaters. When our secondtier athletes commit to strict adherence to the Zone parameters, they generally become top-tier performers quickly. It seems that the Zone Diet accelerates and amplifies the effects of the CrossFit regimen. Unfortunately, the full benefit of the Zone Diet is largely limited to those who have at least at first weighed and measured their food. For a decade, we experimented with sizing and portioning strategies that avoid scales and measuring cups and spoons, only to conclude that natural variances in caloric intake and macronutrient composition without measurement are greater than the resolution required to turn good performance to great. Life would be much easier for us were this not so! The meal plans and block chart (on the following pages) have been our most expedient approach for eliciting athletes’ best performances and optimal health. Even discounting any theoretical or technical content, this portal to sound nutrition still requires some basic arithmetic and weighing and measuring portions for the first weeks. Too many athletes, after supposedly reading Sears’ book “Enter the Zone,” still ask, “So what do I eat for dinner?” They get meal plans and block charts. We can make the Zone more complicated or simpler, but not more effective.

We encourage everyone to weigh and measure portions for a couple of weeks because it is supremely worth the effort, not because it is fun. If you choose to “guesstimate” portions, you will have the result of CrossFit’s top performers only if and when you are lucky. Within a couple of weeks of weighing and measuring, you will have developed an uncanny ability to estimate the mass of common food portions, but, more importantly, you will have formed a keen visual sense of your nutritional needs. This is a profound awareness. In the Zone scheme, all of humanity calculates to either 2-, 3-, 4-, or 5-block meals at breakfast, lunch and dinner, with either 1- or 2-block snacks between lunch and dinner and again between dinner and bedtime. We have simplified the process for determining which of the four meal sizes and two snack sizes best suits your needs. We assume that you are CrossFit athletes; i.e., active. Being a “4-blocker,” for instance, means that you eat three meals each day, where each meal is composed of 4 blocks of protein, 4 blocks of carbohydrate and 4 blocks of fat.

Whether you are a “smallish” medium-sized guy or a “largish” medium-sized guy would determine whether you will need snacks of 1 or 2 blocks twice a day. The meal plans we give stand as examples of 2-, 3-, 4- or 5-block meals, and the block chart gives quantities of common foods equivalent to 1 block of protein, carbohydrate or fat. Once you determine that you need, say, 4-block meals, it is simple to use the block chart and select four times something from the protein list, four times something from the carbohydrate list and four times something from the fat list every meal. One-block snacks are chosen from the block chart at face value for a single snack of protein, carbohydrates and fat, whereas 2-block snacks are, naturally, composed of twice something from the carbohydrates list combined with twice something from the protein list and twice something from the fats. Every meal, every snack, must contain equivalent blocks of protein, carbohydrate and fat. If the protein source is specifically labeled “non-fat,” then double the usual fat blocks for that meal. Read “Enter the Zone” to learn why. For those eating according to Zone parameters, body fat comes off fast.

When our men fall below 10 percent body fat and start approaching 5 percent, we kick up the fat intake. The majority of our best athletes end up at X blocks of protein, X blocks of carbohydrate, and 4X or 5X blocks of fat. Learn to modulate fat intake to produce a level of leanness that optimizes performance. The Zone Diet neither prohibits nor requires any particular food. It can accommodate paleo or vegan, organic or kosher, fast food or fine dining, while delivering the benefits of high-performance nutrition.

**Задание 2. Напишите верны ли утверждения или нет (T/F). Исправьте некорректные предложения.**

Effective nutrition is moderate in protein, carbohydrate, and fat. Forget about the fad high-carbohydrate, low-fat, and low-protein diet.

Our recommendation to eat sugar is adequate to the task of preventing the scourges of diet-induced disease

We encourage everyone to weigh and measure portions because it is fun.

Every meal, every snack, must contain equivalent blocks of protein, carbohydrate and fat

**Задание 3. Ответьте на вопросы к тексту**

What does Dr. Barry Sears’ Zone Diet s offers?

What diets recommendations are?

What result can be within a couple of weeks of weighing and measuring?

How many block of meals we give as the meal plans?

**Задание 4. Заполните пропуски**

Our 1)\_\_\_\_\_\_\_\_\_\_ to “eat meat and vegetables, nuts and 2)\_\_\_\_\_\_\_\_, some fruit, little starch and no sugar” is adequate to the task of preventing the scourges of 3)\_\_\_\_\_\_\_\_, but a more accurate and precise 4)\_\_\_\_\_\_\_\_\_ is necessary to optimize physical performance. Finely tuned, a good diet will increase energy, sense of 5)\_\_\_\_\_\_\_\_\_, while simultaneously flensing fat and packing on 6)\_\_\_\_\_. When properly composed, the right diet can 7)\_\_\_\_\_ every important quantifiable marker for health in the right direction. Diet is critical to optimizing human function, and our clinical experience leads us to believe that Barry Sears’ Zone Diet closely models optimal 8)\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Задание5. Переведите письменно**

Nutrition plays a critical role in your fitness. Proper nutrition can amplify or diminish the effect of your training efforts. Effective nutrition is moderate in protein, carbohydrate, and fat. Forget about the fad high-carbohydrate, low-fat, and low-protein diet. Balanced macronutrient and healthy nutrition looks more like 40 percent carbohydrate, 30 percent protein, and 30 percent fat. Dr. Barry Sears’ Zone Diet still offers the greatest precision, efficacy, and health benefit of any clearly defined protocol. The Zone Diet does an adequate job of jointly managing issues of blood glucose control, proper macronutrient proportion, and caloric restriction whether your concern is athletic performance, disease prevention and longevity, or body composition.

**Практическое занятие № 30**

Тема: Международные и российские спортивные организации. Спортивный менеджмент.

Цель:

закрепление и систематизация теоретических знаний по лексической и грамматическим темам;

дальнейшее развитие навыков общения на иностранном языке на профессиональные темы;

совершенствование навыков перевода текстов профессиональной направленности

**Прочтите текст и выполните следующие за ним задания:**

**The International Sports Federations**

The International Sports Federations (IFs) are responsible for the integrity of their sport on the international level.

The International Sports Federations are international non-governmental organisations recognised by the International Olympic Committee (IOC) as administering one or more sports at world level. The national federations administering those sports are affiliated to them. While conserving their independence and autonomy in the administration of their sports, International Sports Federations seeking IOC recognition must ensure that their statutes, practice and activities conform with the Olympic Charter.

The IFs have the responsibility and duty to manage and to monitor the everyday running of the world's various sports disciplines, including for those on the programme, the practical organisation of events during the Games. The IFs must also supervise the development of athletes practising these sports at every level. Each IF governs its sport at world level and ensures its promotion and development. They monitor the everyday administration of their sports and guarantee the regular organisation of competitions as well as respect for the rules of fair play.

The IFs may formulate proposals addressed to the IOC concerning the Olympic Charter and the Olympic Movement in general, including the organising and holding of the Olympic Games; give their opinions concerning the candidatures for organising the Olympic Games, particularly concerning the technical capabilities of the candidate cities; collaborate in the preparation of the Olympic Congresses; and participate in the activities of the IOC commissions.

ASSOCIATION OF FEDERATIONS

In order to discuss common problems and decide on their events calendars, the summer federations, the winter federations and the recognised federations have formed associations: the Association of Summer Olympic International Federations (ASOIF), the Association of International Olympic Winter Sports Federations (AIOWF), and the Association of IOC Recognised International Sports Federations (ARISF).

The Association of Summer Olympic International Federations (ASOIF) created in 1983, coordinates and defends the common interests of its members to ensure close cooperation between them, the members of the Olympic Movement and those of other organisations.

It does so with the aim of preserving the Olympic Movement while maintaining the authority, independence and autonomy of the member International Federations.

The Association of International Olympic Winter Sports Federations (AIOWF) works in close cooperation with the International Sports Federations which govern a sport featured on the Olympic programme as well as those affiliated to the SportAccord.

It encourages cooperation between its members. The AIOWF is the qualified spokesperson dealing with specific questions connected with winter sports in general, and with the Olympic Games in particular. The AIOWF is also responsible for choosing the joint delegation and/or appointments of the winter sports representatives on the commissions of the International Olympic Committee (IOC) and other international organisations. Among other tasks, AIOWF also deals with the coordination of the competitions calendar as well as the submission to the IOC of proposals regarding the distribution of the share of television rights revenues.

Association of the International Olympic Winter Sports Federations

President

Mr Gian-Franco KASPER

**Задание 1. Ответьте на вопросы к тексту**

1) What are The International Sports Federations (IFs) responsible for?

2) What kind of responsibility and duty does The IFs have?

3) What opinions does The Ifs give?

4) What does ASOIF do?

5) What is the aim of the Olympic Movement?

6) What is The AIOWF responsible for?

**Задание 2. Заполните пропуски**

The IFs have 1)\_\_\_\_\_ and duty to manage and to 2)\_\_\_\_\_ the everyday running of the world's various sports 3)\_\_\_\_\_\_\_\_\_\_, including for those on the programme, 4)\_\_\_\_\_\_\_\_\_ of events during the Games. The IFs must also supervise the 5)\_\_\_\_\_\_\_\_\_ of athletes practising these sports at every 6)\_\_\_\_\_\_\_\_\_\_. Each IF governs its sport at world level and ensures its 7)\_\_\_\_\_\_\_ and 8)\_\_\_\_\_\_\_\_\_. They monitor the everyday administration of their sports and guarantee the regular organisation of 9)\_\_\_\_\_\_ as well as respect for the 10)\_\_\_\_\_\_ of fair play.

**Задание 3. Найдите в тексте английские эквиваленты данным ниже русским словам и словосочетаниям**

Международные спортивные федерации несут ответственность за, сохранение их независимости и автономии, каждый федерация управляет своим видом спорта на мировом уровне, они следят за ежедневным управлением своими видами спорта, он поощряет сотрудничество между его участниками, Ассоциация международных олимпийских федераций зимних видов спорта также несет ответственность за выбор

**Задание 5 Переведите письменно**

The International Sports Federations are international non-governmental organisations recognised by the International Olympic Committee (IOC) as administering one or more sports at world level. The national federations administering those sports are affiliated to them. While conserving their independence and autonomy in the administration of their sports, International Sports Federations seeking IOC recognition must ensure that their statutes, practice and activities conform with the Olympic Charter.

**SPORT MANAGEMENT**

**Задание 1. Прочитайте текст, переведите его на русский язык и выпишите из него все незнакомые слова.**

Sport employs many millions of people around the globe. The growth and professionalization of sport has driven changes in the consumption, production and management of sporting events and organizations at all levels of sport.

Sport managers engage in strategic planning, manage large members of human resources, deal with broadcasting contracts, manage the welfare of elite athletes and work within highly integrated global networks of international sports federations, sponsors and community organizations.

Sport managers utilize management techniques and theories that are similar to managers of other organizations. However there are some aspects of strategic management, organizational structure, human resource management, leadership, organizational culture, financial management, marketing, governance and performance management that are unique to the management of sport organizations.

Strategic management involves the analysis of an organization’s position in the competitive environment, the determination of its direction and goals, the selection of an appropriate strategy. The success of any sport organization may largely depend on the quality of their strategic decisions.

An organization’s structure is important because it depends where staff and volunteers «fit in» with each other in terms of work tasks, decision making procedures, levels of responsibility and reporting mechanisms.

Human resource management in mainstream business or sport organizations is essentially about ensuring an effective and satisfied workforce. Successful sport leagues, clubs, associations and venues rely on good human resources.

Leadership. Managers at the helm of sport organizations need to be able to influence others to follow their visions, empower individuals to feel part of team working for a common goal.

Organizational culture consists of the assumptions, norms and values held by individuals and groups within an organization, which impact upon the activities and goals in the workplace and in many ways influences how employees work.

Financial management in sport involves the application of accounting and financial decision-making processes to the relatively unique revenue streams and costs associated with sport organiza­tions.

Sport marketing. Like other forms of marketing, sport marketing seeks to fulfill the needs and wants of consumers. It achieves this by providing sport services and sport-related products to consumers.

Governance. Organizational governance involves the existence of decision-making power within organizations and provides the system by which the elements of organizations are controlled and directed. ,

Performance management. The unique nature of sport organizations and the variation in missions and purposes has led to the development of a variety of criteria with which to assess the performance of sport organization.

Taking into consideration the role sport and consequently sport management play in the modem world, we can presuppose that sport organizations need a great number of well-qualified specialists that could be provided only by professional education of such specialists on the highest level.

**Задание 2. Дайте ответы на следующие вопросы.**

Where do sport managers engage?

What do sport managers utilize?

What does strategic management involve?

What does the success of any sport organization depend on?

What is human resource management?

What does organizational culture consist of?

What does financial management in sport involve?

What is sport marketing?

What is performance management?

What does organizational governance involve?

**Задание 3. Скажите, являются ли следующие утверждения верными (true) или неверными (false) согласно содержанию текста. Приведите верный вариант.**

Sport marketing seeks to fulfill the needs and wants of consumers.

Financial management in sport involves the existence of decision-making power.

Successful sport leagues, clubs, associations and venues rely on norms and values.

Organizational culture consists of levels of responsibility and reporting mechanisms.

Strategic management involves marketing and financial management.

Sport employs many millions of people around the globe.

**Задание 4. Найдите в тексте предложения, в которых говорится:**

о персонале;

о руководителях спортивных организаций;

о бухгалтерском учете;

о принятии решений;

о роли спортивного менеджмента;

о том, что используют спортивные менеджеры в своей работе;

об уровнях ответственности.

**Задание 5. Дайте русский эквивалент для следующих слов и словосочетаний.**

Selection, governance, leadership, network, at the helm, to impact upon, employees, competitive environment, mainstream business, satisfied workforce, to fit in, broadcasting contracts, levels of responsibility, appropriate strategy, to assess, organization’s position, the growth, cost and revenue, to empower, to presuppose, application of accounting, unique revenue streams, to influence.

**Задание 6. Найдите в тексте эквиваленты следующих слов и слово­сочетаний.**

Нужды и потребности, сущность, принимая во внимание, персонал, разрешать, принятие решений, выбор стратегий, предпосылки и ценности, полагаться на, механизмы отчет­ности, связанный с, определение направлений и целей, успех, зависеть от, основной, нанимать, потребление, стратегическое планирование, управлять, благосостояние, общественные ор­ганизации, схожий, власть, наличие.

**Задание 7. Используя материал текста, составьте словосочетания и переведите их на русский язык.**

Common ...; human ...; competitive ...; management...; rev­enue ...; mainstream ...; decision ...; strategic ...; organizational...; highest...; satisfied...; reporting...; global...; community...; financial ...; sport-related ...; unique ...; well-qualified....

**Задание 8. Заполните пропуски словами, данными ниже.**

fulfill, success, depend on, application, helm, utilize, assumption, accounting, wants

Managers at the ... of sport organizations need to be able to influence others.

Organizational culture consists of the ..., norms and values.

The ... of any sport organization may largely... the quality of their strategic decisions.

Sport managers ... management techniques and theories.

Financial management in sport involves the ... of....

Sport marketing seeks to ... the needs and ... of consumers.

**Задание 9. Найдите определения следующих слов.**

|  |  |
| --- | --- |
| network | a position of directing or having control |
| workforce | income obtained from investment or property |
| consumption | to estimate the value of (something) |
| welfare | system or process that involves a number of persons, groups or organizations |
| to assess | to suppose beforehand |
| application | the act or process of using up or consuming |
| to presuppose | to direct, control, or administer |
| helm | the total number of workers who are actively employed in a business, industry |
| to manage | the act of putting to use |
| revenue | a state of health, happiness, and good fortune |

**Задание 10. Переведите следующие предложения на английский язык.**

Финансовый менеджмент в спорте включает рассмотрение финансовых вопросов.

Принимая во внимание возрастающую роль спортивного менеджмента, можно предположить, что спортивным организациям потребуются высококвалифицированные специалисты.

Менеджер в спорте занимается стратегическим планированием, маркетингом, организацией выступлений и другими важными вопросами.

Успешные спортивные лиги, клубы и ассоциации полагаются на наличие квалифицированного персонала.

Стратегический менеджмент включает определение целей, направлений и выбор подходящей стратегии.

Успех любой спортивной организации зависит от качества стратегических решений.