

## Задание для 4 курса Физическая культура

Выполнить все задания касательно текста 9 письменно в тетради.

И письменный перевод 10 текста.

Тексты на следующих страницах.

Сдаем тетради мне на уроке 30 октября

(9)

1. Прочитайте и переведите текст на русский язык.

### COACHING AS A SOCIAL AND PEDAGOGICAL PHENOMENON

deal with	— иметь дело с
value	— ценность
keep in mind	— <i>зд.</i> подразумевать
cope	— справляться
submit	— подчиниться

Being involved into the sport, a person communicates with a coach in many ways — as a teacher, as an athlete, as a psychologist and so on. Having devoted a definite part of his or her life to sports activity, a coach becomes a multifunctional specialist in this field. The knowledge of dealing with future athletes in everyday routine is, of course, a result of hard work and specific talent which a coach should be marked to.

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

Physical education and sports are a basis for health, physical perfection, increased working ability, as well as moral and aesthetic teaching. A general development of sports increases the creative mankind and influences economic and cultural development. Numerous studies have shown that college students who practise sports regularly are also better able to cope with their work; workers in industry, who practise sports, fall ill 3–4 times less frequently than others, they are more productive, produce fewer rejects and suffer fewer injuries.

In general, physical education and sport are social values which form an important component of culture. Physical education has a favourable effect on health and so it is one of the most important ways of increasing the efficiency of other activities. But to make its best contribution to the society, a long period of systematic work is needed. *In general, an athlete with the best coach achieves the best result, all other conditions being equal.*

Sport offers opportunities for purposeful movement, compensating for the insufficiency of the physical activity which decreases as a result of conveniences and facilities of modern life. To become perfect in physical ability and fitness is a virtue desirable for personal and socio-cultural reasons. Sport provides opportunities for satisfying our needs, like need for movement, need for publicity, need for excitement, need for competition, need for security and self-sufficiency as well as need for

physical skills. Not all athletes experience all these needs and not all needs can be satisfied without difficulty, but all of them are present, real and powerful.

The striving for self-expression and constant perfection of man, are facilitated by the process of coaching. Talent and ambition alone are not enough for winning a championship. It is necessary to submit oneself absolutely to a planned concept of coaching, which involves not only hard work but also assistance and care by a team of people concerned.

2. Ответьте на вопросы.

1. What is coaching?
2. Where does a coach operate first?
3. What is the first task of sport?
4. What does a general development of sports increase?
5. What needs can sport satisfy?

3. Скажите по-русски:

physical activity; social activity; development of fitness and health; healthy population; general development; economic and cultural development; social values; deal with athletes; winning a championship

4. Найдите в тексте предложения, начинающиеся следующими словами:

1. Being involved into the sport ...
2. Having devoted a definite part of ...
3. The society having needs in healthy population ...
4. In general, an athlete with the best coach achieves ...

5. Выпишите из текста слова, характеризующие деятельность тренера. Например: *Coaching is an educational activity.*

6. Найдите в тексте информацию на тему «Регулярные занятия спортом способствуют ...». Напишите рядом русский эквивалент. Например: *development of fitness and health — совершенствованию физических возможностей и укреплению здоровья.*

7. Скажите по-русски:

physical education; physical chemistry; physical training; physical examination; physical exercise; physical drill; physical therapy; physical fitness; physical activity; development; develop; developmental; devote a lot of time to studies; be devoted to sports; modern society; sporting society; Ministry of Health; health centre; increase in prices; of no value; social values

8. Решению каких проблем, на ваш взгляд, должны способствовать занятия спортом? Расположите в порядке значимости.

need for movement; need for publicity; need for excitement; need for competition; need for security and self-sufficiency as well as need for physical skills

9. Выпишите из текста двусоставные словосочетания с интернациональными словами в структурах: прилагательное + существительное; существительное + причастие; глагол + наречие; существительное + глагол. Например: *didactic activity* (прилагательное + существительное = *дидактическая деятельность*).

10. Заполните пропуски словами из текста.

This text tells us about ...

It is a ... phenomenon.

The author underlines that coaching is a result of hard work and ...

From this text we have known a lot about coaching. The author considers that it is a ... activity associated with ...

Physical education and sports are a basis for ...

Sport offers opportunities for satisfying our needs, like ...

This publication is very useful for those who are interested in ...

≈ (10)

Прочитайте и переведите текст на русский язык.

### ORGANIZATION OF SPORT

<b>confirmation</b>	— утверждение
<b>qualitative sport</b>	— эд. спорт «для себя»
<b>heritage</b>	— наследство
<b>segregate</b>	— выделять

Among organized sports activities, a very important approach is practised within the sports associations, which represent the basis of an organized sports system. The number of associations, number of members, range of activities, material basis, achieved top sports performance, and many others are elements of the common culture of a nation, and a wealthy heritage. There being a great number of sporting organizations, many people are participating in the regular sports activities. Having divided them into groups, we can segregate those who practise sports for pleasure, and those who do it for a possible top sports result. In reality, most of them are involved in qualitative sport with no particular results, and about 8–10 % are involved in serious professional training, from early selections to confirmation to the national, European and/or international level (the latter are less than 1 %).

People practise unorganized activities for many different reasons. They do it themselves, in the family, with friends: they sometimes participate in the organized sports events. However, unorganized sports activity usually does not follow European standards of weekly activities (three

(11)

1. Бегло прочитайте текст. Разделите его на две части по смыслу. Озаглавьте каждую часть.

### METHODS OF MOVEMENT

<b>originate</b>	— происходить
<b>pay attention</b>	— обращать внимание
<b>pace</b>	— шаг
<b>capacity</b>	— емкость, объем

Movements can be classified as follows: 1) stepping, 2) running, 3) leaping, 4) somersaults, rolls, 5) on all fours (while on the back, on the stomach, on the side or while rolling).

The main thing while *walking* or *running* is to maintain natural, relaxed movement. This movement originates from the hips, feet gliding over the surface of the ground, hands relaxed and *hanging* loose, knees slightly bent, *exhaling* on every step as it touches the ground. Inhalation must be natural. Do not think about it.

Movement within stances: from the hip, the knee moves in step with the *supporting* leg, the movement of the feet is not the main thing, so do not pay too much attention to feet positions. The main impetus of the movement comes from the pelvis.

Exhale with every pace. *Inhaling* must be as natural as possible. Do not think about it. *Breathing* in a human can be divided into three levels:

— *middle range*: this is the typical *breathing* pattern of everyday life and the natural state of the organism;

— *deep or full range*: in this type of *breathing*, a man takes deep breaths, *filling* the lungs to capacity, thereby *ventilating* them, *saturating* the blood with oxygen and *pumping up* the energy level of the body;

— *shallow range*: this type of breathing when we have decrease of oxygen in the blood and a corresponding increase in carbon dioxide a person being completely debilitated.

While *running*, one must breathe in the so-called “dog breathing” way, which is to exhale to the lower level and breathe at the shallow range. When you begin to feel tired, take several deep breaths. Such a method of *breathing* must become part of your daily life. When you sit down, exhale. When you bend down, exhale and so on.

2. Выпишите из первой части текста слова, которые описывают движения.

3. Переведите на русский язык.

This movement originates from the hips, feet gliding over the surface of the ground, hands relaxed and hanging loose, knees slightly bent, exhaling on every step as it touches the ground. Inhalation must be natural. Do not think about it.