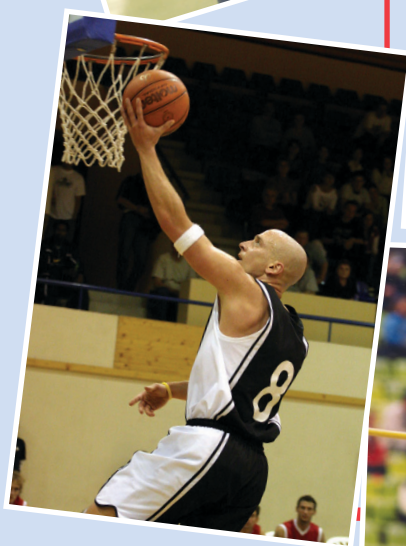


KRISZTINA NEMERKÉNYI-HIDEGKUTI

ENGLISH THROUGH SPORT



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BASIC ANATOMY AND PHYSIOLOGY OF THE HUMAN BODY



BASIC ANATOMY AND PHYSIOLOGY OF THE HUMAN BODY

muscles **pulling on a bone**. They can only pull not push. When one muscle tenses and contracts, its antagonist partner (as they are arranged in opposing pairs) relaxes and stretches to allow movement.

Muscles work like engines by burning fuel to produce movement. They are **energy converters** changing the chemical energy in the food we eat into the energy of movement. This energy of movement can be produced in three ways:

aerobic system: this is the muscle energy system which requires oxygen

anaerobic alactic system: this is the stored, start up system which does not require oxygen and does not produce lactic acid

anaerobic lactic system: this is the system which does not require oxygen but produces lactic acid.

Each muscle can perform three **types of contractions**: **isotonic**, divided into **concentric** and **eccentric**; **isometric**; and **isokinetic**.

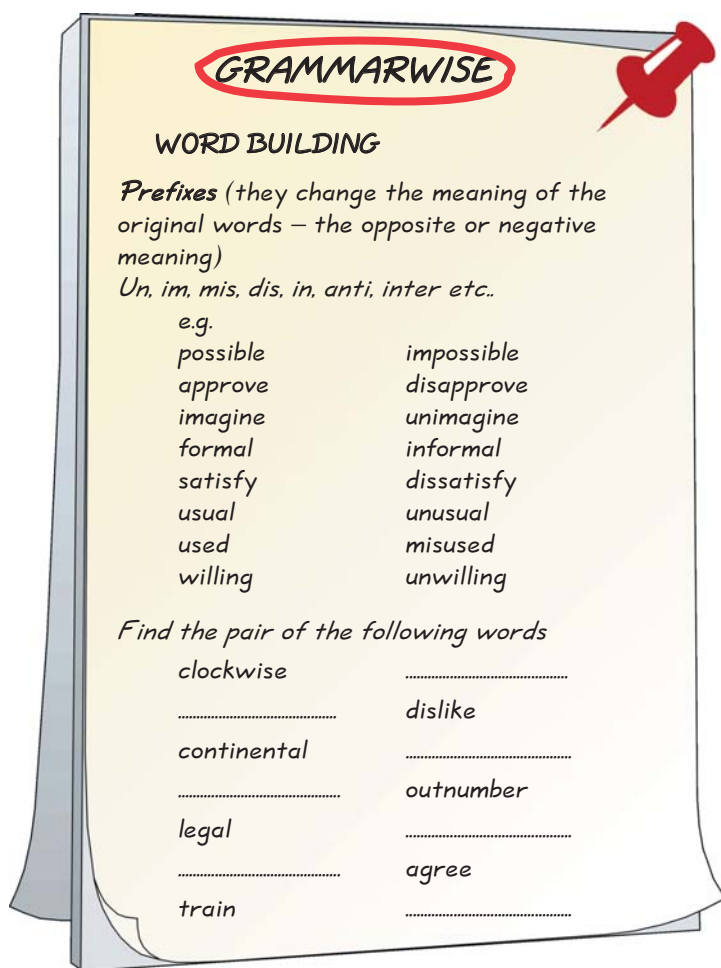
Isotonic concentric contraction: This is also called a positive contraction. It occurs when the **force** produced by the muscle **overcomes the resistance** and the **muscle shortens**.

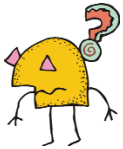
Isotonic eccentric contraction: This is also called a negative contraction (antigravity contraction) in which the muscle is contracting but gradually lengthening. It can lower more weight

slowly than it can lift concentrically. Its advantage is that it provides a greater **overload**. (But it can contribute to **muscle soreness**.)

Isometric contraction (static contraction): This occurs when a muscle **exerts a force** but does not shorten or lengthen. This contraction strengthens the muscles at only one point in the **range of motion**.

Isokinetic contraction: The speed of contraction is the same throughout the range of motion. This exercise places a maximum work **load on** the muscle throughout the entire range of motion.





GIFT

E J M G A R H P A I D K T
D X O H C A M O T S A N S
E O T I S S U E S I E E A
G E S R N T I V E M H E E
N O D N E T S A A N S N R
E L C S U M F G D O A A B
B E E X C E I T N G R N C
R E L T O L B T R U N K H
A Y L L E B R O I A L L E
I R Y S T O E Y S E E E S
N T S I A W S T E M S H T

Find the following words in the puzzle in any direction

muscle, tendon, ligament, trunk, tissues, cell, organ, fibres, extremities, head, knee, waist, elbow, ankle, diaphragm, toe, toe, belly, stomach, joint, heart, lungs, brain, breast, chest, nose

Write the remaining letters here:

ICE HOCKEY

This is believed to have originated from Eastern Canada in the 19th century. It is the fastest of all team sports, which incorporates **speed skating** and **scoring goals**. The game is played between two teams of six players on an **ice rink**, which should be surrounded by an **unbreakable (shatter-proof) glass** or **plastic** wall attached to the top of the barriers to protect the spectators from an **errant puck**. Players wear **skates** made of strong material **with a short blade** and attempt to move a **hard vulcanised rubber puck**, using **thin-bladed sticks**, into a **netted goal** at each end of the rink, which is defended by the opposing team. They wear **protective clothing: helmet, mouthpiece, shoulder, chest, elbow and shin pads**, and **pants, stockings, shirts and gloves**. The **goaltender (goalie)** also wears a **face mask** and a special **catching glove** on one of his hands.

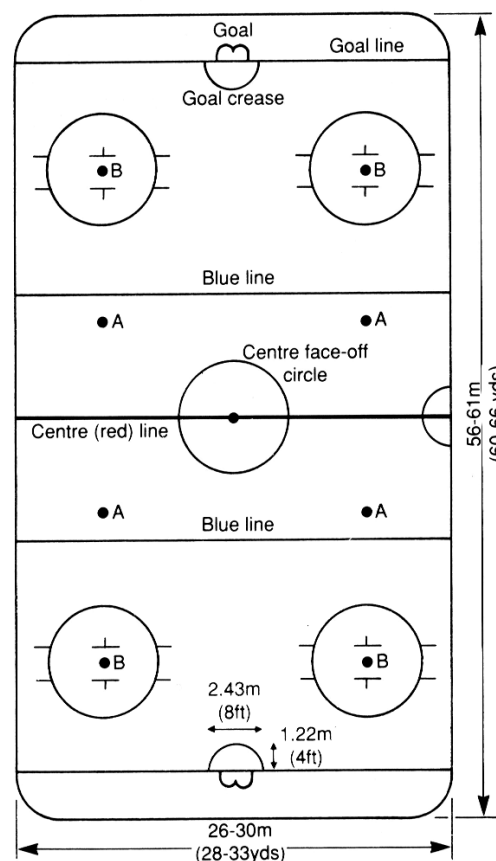


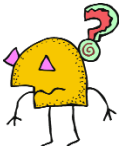
András Sajevics

At the beginning of each of the three twenty-minute periods and after goals, the puck is **dropped** or thrown to the ice (by the **referee** or a **linesman**) between two opposing players in a **face-off**. Then the puck is **passed, controlled** or **shot** by the players. Teams may **substitute** freely at any

time during the game. No player is permitted to enter the **attacking zone** ahead of the puck.

An infraction of a rule (offsides) results in a face-off in the **neutral zone** between the two blue lines. A player who commits an infraction or foul is sent off the ice to a designated **penalty box**, most often for two minutes. The player with the puck may be **checked (bumped)** with the upper body or hip, but may not be **charged, held** or **gripped** by an opposing player or by his stick. The winner of the game is the team which scores the greatest number of goals.





GIFT

C	O	M	B	I	N	A	T	I	O	N
L	H	N	I	P	S	E	R	O	C	S
A	D	A	E	G	N	I	C	A	L	P
P	B	E	N	D	R	A	L	L	O	B
S	P	Z	I	G	D	N	A	L	C	E
K	E	M	T	O	E	P	I	C	K	S
A	D	A	U	U	T	L	H	S	W	P
T	A	P	O	J	L	I	A	R	I	A
E	L	A	R	L	O	O	P	N	S	I
L	B	C	R	O	S	S	O	V	E	R
E	L	G	A	E	D	A	E	R	P	S

Try to find the following words in the puzzle in any direction:

bend, blade, bollard, change lanes, clap skate, clockwise, combination, crossover, jump, land, lap, loop, lutz, pairs, placing, routine, scores, spin, spread eagle, toe picks

Write the remaining letters on the line below:



DID YOU KNOW THAT...

- The average Vasaloppet competitor is 41 year old and has completed 4 races?
- The average finishing time in 1999 was 8 hours 23 minutes?
- 325,719 skiers have crossed the finishing line (an equivalent of 731 journeys around the world)?
- The total length of the competitor's skis is 130 km?
- The body height shortens during the competition. The spine discs and the arch of the foot decrease and because of that the body shrinks 220 mm?
- Each skier loses an average of 3 kilos in weight during the race?
- About 2,500 foreigners from some 30 countries participate each year?

The principle of the individual races is 'against' the clock. The start is given every 30 seconds. The pursuit race is contested in 2 races over 2 days. The first race is against the clock in the classic technique. The skier with the best time takes 1st position in the 2nd race, which is contested in free technique, with a handicap corresponding to the time difference in the 1st race. The winner is the one with the best time.

To attract more spectators new such events are organized, where a **mass start** is used, and such ones where the competitors cover half of the distance skied in classic, and half of the distance in free style. In between the two they have to change skies.

Formulate sentences by using the following

verbs:

<i>to bend</i>	<i>to lean</i>	<i>to turn</i>	<i>to face</i>	<i>to put/place</i>	<i>to keep</i>
<i>to transfer</i>	<i>to shift</i>	<i>to crash</i>	<i>to glide</i>	<i>to carve</i>	<i>to traverse</i>

nouns:

<i>avalanche</i>	<i>full-footed</i>	<i>gloves/mittens</i>	<i>headband</i>
<i>slope</i>	<i>sun block</i>	<i>lip screen</i>	<i>top/peak of the mountain</i>
<i>clips</i>	<i>edge</i>	<i>inside/outside</i>	<i>uphill/downhill</i>
<i>boots</i>	<i>hat</i>		

BIATHLON

Biathlon is the combination of cross-country skiing and **rifle shooting**, when you have to **shoot at targets** at intervals throughout the race. This requires a high **level of fitness** and fast **recovery time** to shoot accurately. Biathletes leave from a **starting gate** just in front of the **stands**, one at a time, one minute apart, each with a very light and accurate .22-caliber rifle on



2.) *Try to find infinitive structures in the text*

3.) *Right the proper word forms into the following sentences*

The skiers were preparing for the big **COMPETE**
 The told them to prepare **ORGANISE**
 for their **PERFORM**
 The of the piste was good **WIDE**
 but there was a part, where **DANGER**
 the competitors were to make mistakes. **BELIEF**
 The first ten on the FIS ranking were..... **SUCCESS**
 in coming down the slopes. But the was **PRESS**
 very high on the others. The not so **SKILL**
 athletes could not cover the of the piste **LONG**
 without an accident. did not help. **BRAVE**
 An skier had to be taken to the hospital **INJURY**
 to get a there. The doctor said that **TREAT**
 the period would not be so long. **RECOVER**

4.) *Read the following sentences about a certain sport and decide what the person was talking about*

1. What I enjoy most is the speed.
2. It is sometimes tiring to climb up so high.
3. You have to use warm clothing, because it is very cold there.
4. I need flexibility, speed and endurance in my sport.
5. I have trainings 5 times a week and also regularly go to weight trainings.
6. The problem is that I have to memorize the course and visualize it when I go along it.

5.) *Find the synonyms*

signal	in good shape
hurt	well
fit	train
practise	cause pain to
healthy	sign

**WORDS
YOU SHOULD KNOW**

pursuit mass start
 avalanche gloves/mittens
 headband sun block
 lip screen clips
 inside/outside
 uphill/downhill biathlon
 rifle shooting
 shoot at targets
 level of fitness
 recovery time
 starting gate stands
 loop firing range
 row of targets
 shooting position
 prone/standing position
 squeeze the trigger
 missed target extra loop
 freestyle skiing ramps
 runs execution
 bump (moguls)
 aerial stunts
 mid-air tricks
 ski jumping tower
 ramp jumping hill
 in-run acceleration zone
 take-off table flight
 landing
 deceleration zone
 critical point (K-point)
 landing area
 visually measure
 aerodynamics lift
 V-shape
 Nordic combined
 pursuit combined events
 anticipation checking
 christy fall line
 hip angulations
 lateral rotation
 steering stem turn
 un-weighting weighting
 carve glide
 slope clips edge
 ski pass
 skin-tight suit
 steering crash helmet
 headband downski
 hillski

- a **sliding tackle** is used to get the ball away from the opponent with a sliding movement and without **gaining possession**

Passing is kicking the ball from one player to another.

- a **chip pass** is a highly-risen steep ball with a **backspin** on it (over a defender)
- a **lofted pass** is a high ball, covering longer distance
- a **back heel pass** is kicking the ball backward with the heel
- a **swerving pass** is a pass with a lot of **spin** to make it curve round an opponent
- a **volley pass** is a pass made by kicking the ball while it is still in the air
- a **wall (one-two) pass** is passing the ball quickly to a team-mate and running past the opponent to collect the return ball

Heading is used either for **controlling** or **directing the ball** in an attack

Kicks

- a **free kick** is awarded in case of infringing the rules
- a **corner kick** is when the ball is knocked over a team's own goal line and the other team is awarded a **direct free kick** from the **corner circle**
- a **goal kick** is if the ball is knocked over the other team's goal line out of the goal, and a goal kick is awarded
- a **penalty kick** is kicking the ball from the 11 m spot after a serious violation inside the penalty area

Shots

- a **half-volley** is kicking the ball just as it hits the ground and starts to rise
- a **volley shot**, that is also called **full volley**, is a shot made by kicking the ball while it is still in the air
- an **overhead (bicycle) shot** is when the player shoots with his back to the goal and both legs in the air

The team is **trained** by the **coaches (head coach and assistant coach)**. The **trainer** should always sit on the **substitute's bench**, to help players if they **get injured** during play.

TEXT

Fair Play in Football

The following rules were accepted by the FIFA in 2001 to promote fair and entertaining conditions in the stadiums:

For the Good of the Game, Always

1. Play to win
2. Play fair
3. Observe the Laws of the Game
4. Respect opponents, team-mates, referees, officials and spectators
5. Accept defeat with dignity
6. Promote the interests of football
7. Reject corruption, drugs, racism, violence and other dangers to our sport
8. Help others to resist corrupting pressures
9. Denounce those who attempt to discredit our sport
10. Honour those who defend football's good reputation

“We like to put the emphasis on younger players and the educational value of fair play. The most effective thing is to impress upon children the values of the game, without being stodgy, so that they grow with the fair play ideal firmly planted in their mind”.

game. A set is won by the side first winning 6 games (by a two game margin). If you have no points, it is called 'love'.

The match is decided on the basis of the **best of three sets**, or in men's singles and doubles events in major **tournaments**, the **best of five sets**. After each set the players **change ends** (this is a **changeover**).

Officials control the matches. The **umpire** sits in a high chair and has a good view of the court. He controls the rules, calls out the **scores**, acts as a scorer and often **overrules the decisions** of the **line judges**. The **net judge** controls the service and calls '**let**' if the ball touches the **net cord**, but still lands in. **Service line judges** check if the service is out. Line judges call the **foot faults** and in or out. **Ball boys and girls** collect and change the balls.

Different tournaments are organised in tennis either in a **round robin system**, when all players play each other in groups, and the top two 'go through' (e.g. Challenge Tour) or in a **direct elimination (knock out)** system in which the **winner** goes forward (e.g. at big international tournaments). The four most well-known tournaments is the **Grand Slam**. It starts in Melbourne with the Australian Open on cement courts, and continues with the French Open in Paris on clay courts. Then comes the traditional grass court of Wimbledon, and it finishes in New York with the U.S. Open on cement. The winner of the Grand Slam should be an all-court player (e.g. the Williams sisters, Steffi Graf or Pete Sampras, etc.)

DID YOU KNOW THAT...



- Tennis rackets are made of aluminium or all-graphite (stiff) or of graphite and nylon mixture composite (more flexible)?
- The heavier the racket, the bigger the grip is?
- There are normal, mid-size and jumbo head rackets?
- Strings are made from natural goat (sheep intestines) or from synthetic material?
- Tighter strings give more power but less control?
- Thick cotton socks are the best for comfort and support?

GRAMMARWISE

ABILITY - PERMISSION

ABILITY

Can - present
I can swim. (I know how to do it)
(I am able to do that)

- future
He can train next week.
The competitors can participate in the next Olympic Games.

- past
He was in such a good shape that he could set a new world record.
He could retain his world champion title.

PERMISSION

Can/Could/May

Can I finish my training a bit earlier?
Could I finish my training a bit earlier?
You may go home after the match at once.

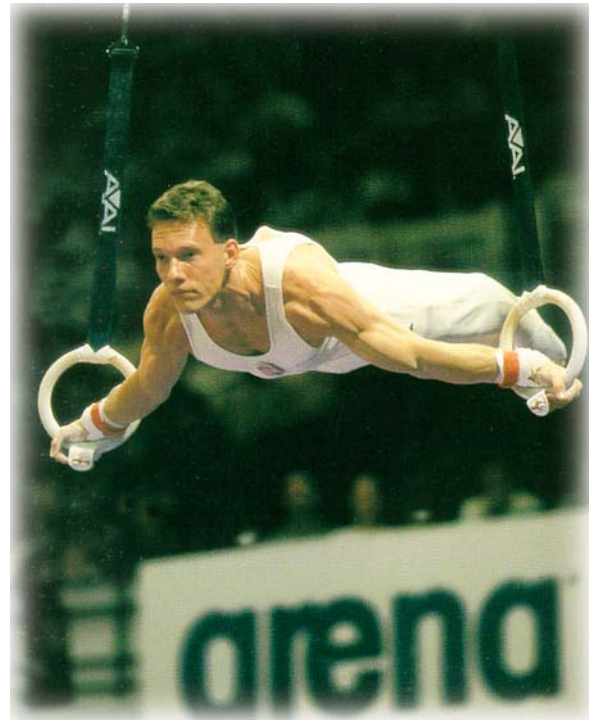
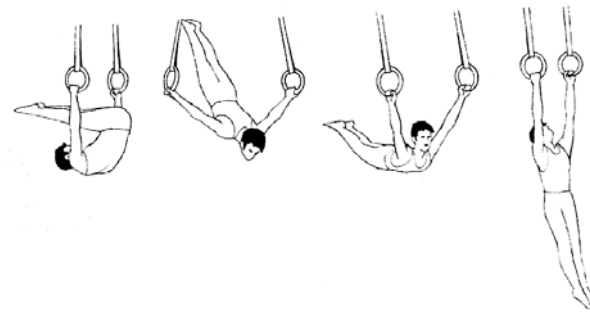


Planche executed by *Szilveszter Csollány*
Hungarian Olympic champion in rings

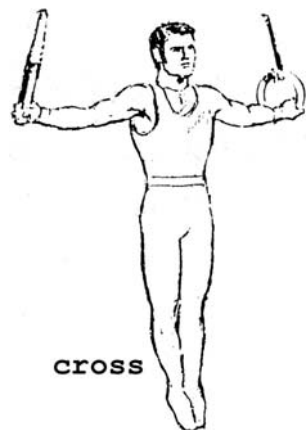
In a **motion strength stunt** he brings his body slowly into a **support position** either upwards (**press to a handstand**) or downwards (to a **back hanging**), fighting against his weight and the instability of the rings. The other category is where they use the force created by the **bending and stretching motion of the hips**. The final goal is to combine all of these different kinds of moves into a unified performance which balances **stability** and **fluidity**. Most ring stunts depend to a large degree on the **elasticity of the shoulder joints and muscles**. From the end of the 70s, the number of **swinging stunts** has emerged by using an **'artificial grip'** to protect the hands.

Some stunts:

Hang: a position in which a performer **suspends** himself from the rings with his arms straight and the feet pointing towards the floor.



Straight body cross: an immobile position with the arms stretched straight out from the shoulders, placing the body in a **'cross' position**. The cross falls between the basic hang and **arm support positions** and is categorized variously in different countries. An **L-cross** is performed with the **legs raised** to a horizontal level.



cross

Somersault dismount: at the peak of the upward movement of a **forward swing**, the gymnast performs a somersault in the air and **lands** on the floor. This can be done forwards or backwards, incorporating straddle, bent-body and layout, or the usual tuck position. One can also add twists.

VAULT

Vaulting can be broken into two parts. The **primary phase** or **pre-flight**, includes the running (**run-up/approach run**), **hurdle step**, **take-off** and the **vault off the springboard** to the point at which contact is made with

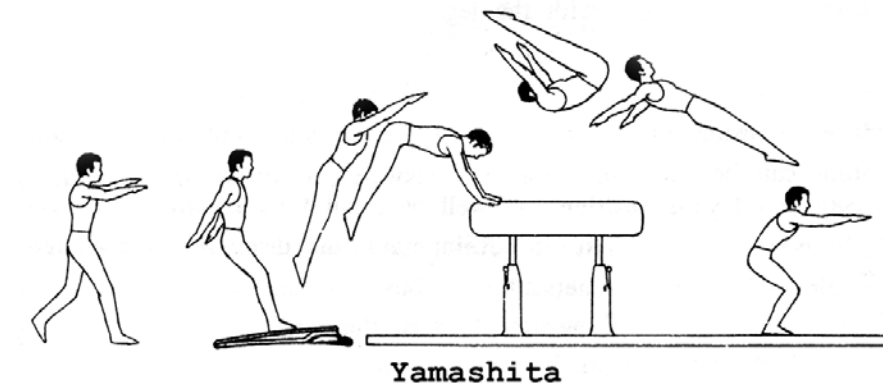
the **vaulting table**. The **secondary phase (second or post flight)**, begins with the **push-off** from the table with the hands (strike), includes the gymnastic **tricks (saltos and turns)** and ends with the **landing**.

The execution of performances is judged primarily on the basis of the secondary phase, a certain percentage of points depend on the **height and angle attained in the take-off**. Gymnasts can touch the vaulting table anywhere. **Hand positioning** is important as it provides the necessary **elevation** and **momentum** for the secondary phase. There is also a **landing zone**.

The **repertoire** is small compared with the other events. Every jump has a number which the gymnast must show before jumping. The gymnasts execute two different jumps. The points are **added** and **averaged**.

Some stunts:

Handspring: A **forward-directional stunt** in which the performer vaults to a momentary handstand support with the body stretched out, and **turns over in a free flight** to stand with the back to the vaulting table. (If it is performed with bent body, it is called a **Yamashita**).



Yamashita

Cartwheel: A forward-directional stunt in which the performer vaults with a **quarter turn** sideways prior to making contact with the hands. After a **momentary handstand support** in this sideways position, the gymnast follows through on the turn to land standing sideways to the table. If it is done by making the quarter turn after the hands make contact, it is called a **handspring with quarter turn**. As landing is dangerous for the knees with this position, its present day variation is done with another quarter turn, when after a backward somersault or salto the gymnast lands facing the vaulting table. This latter jump is called a **Tsukahara**.



Róbert Gál on the vaulting table