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WONDERFUL WORLD
空中美语世界博览系列丛书

Sport

体育

读世界博览
学地道英语
看精彩世界

H319.4

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中国出版集团
东方出版中心

前 言

如果你希望读到地道的英语,在享受英语阅读乐趣的同时又能增长知识、开拓视野,这套“空中美语世界博览系列丛书”正是你的选择。

“空中美语世界博览系列丛书”共有7个分册,它们分别是《动物》、《旅游》、《健康》、《体育》、《科学》、《建筑》和《人物》。该套丛书的内容是从风靡台湾二十余载的《空中美语》杂志中精选而来,秉承杂志图文并茂的特色,书中配有大量精美的图片,文字通俗易懂,深入浅出,将科学性和趣味性完美结合,称得上是一套精致的小百科。而且本系列丛书的版式设计不同于以往的书籍,绝对让你一饱眼福——贯穿全书的精美图片、别具一格的栏目设置,加上精良的印刷技术,定会让你感叹:原来读书也能如此惬意!

本丛书内容兼顾知识性与趣味性,因此,可作为广大英语学习爱好者的精读或泛读材料。为了帮助读者培养英文思维能力,本丛书的~~文章全部不设中文翻译~~,但是为难词和重点词汇做了详尽的注解。此外,编者在每篇文章的最后还精心准备了一个资讯加油站,里面是对文章的背景知识介绍或补充知识点,体贴的设计能让读者从阅读中获取更多的知识。

总之,一套“空中美语世界博览系列丛书”在手,世界万象尽收眼底。本套丛书是适合大学以上英语水平读者以及英语爱好者的知识读物。

由于编写时间有限,难免出现漏洞,有不足之处敬请各位读者指正。

编者

2004年9月

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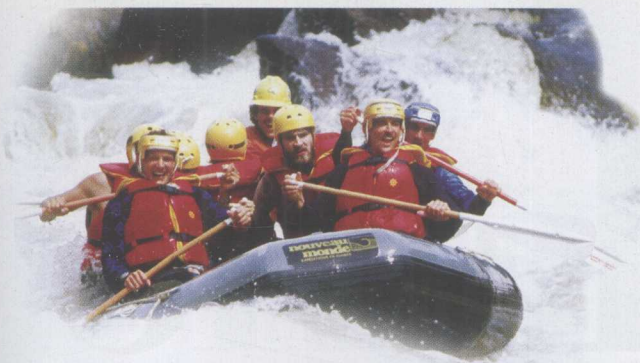
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Tee Time



高尔夫：谁来开球？

When most people think of golf, they probably think of Tiger Woods jet-setting to golf courses around the world winning **prestigious**¹ **tournaments**² and making a lot of money. It seems hard to believe that what is now an international sport and multimillion-dollar industry evolved from origins as **humble**³ as hitting a pebble around sand dunes with a stick.

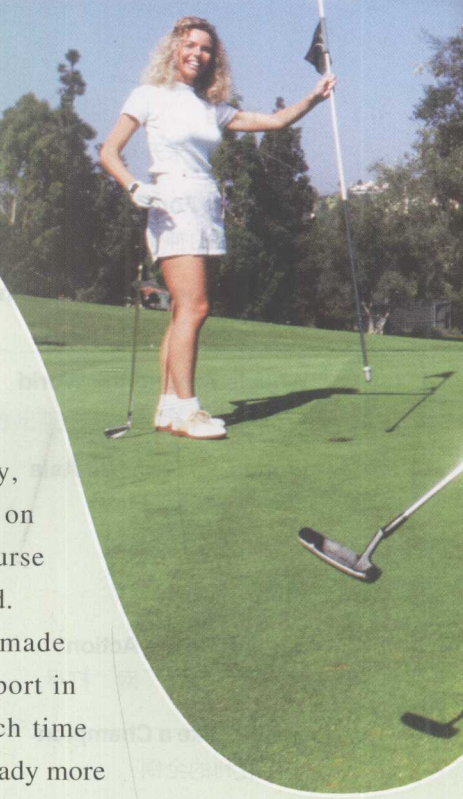
It is generally agreed that golf was first played in Scotland in the 15th century. Its popularity spread throughout the 16th century, and the first international golf match took place in 1682 between players from England and Scotland. Clubs began forming soon after, and **concrete**⁴ rules of the game were established.

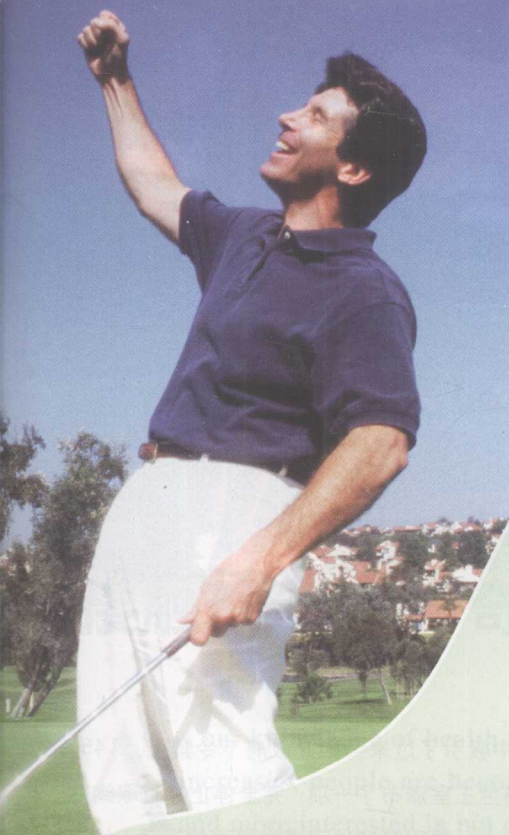
The Industrial Revolution brought a period of change for golf. Suddenly, with the mass production of golf clubs and balls, the average person could **afford**⁵ to play. New railway lines made

it possible for people to go to the country for the day, and thus play on a different course every weekend.

Golf was made an Olympic sport in 1900, by which time there were already more than 1,000 golf courses in the United States. The famous PGA was formed in 1916, and by 1944, the equally famous PGA tour consisted of 22 events and was held throughout the year.

Legendary⁶ golfers Jack Nicklaus, Arnold Palmer, and Gary Player **dominated**⁷ the game from the 60s' into the 70s', wowing fans by win-





Vocabulary

1. prestigious	[pres'ti:dʒəs]	adj.	享有声望的，声望很高的
2. tournament	['tuənəmənt]	n.	锦标赛
3. humble	['hʌmbəl]	adj.	简陋的，微不足道的
4. concrete	['kɒkri:t]	adj.	具体的，实在的
5. afford	[ə'fɔ:d]	vt.	负担得起
6. legendary	['ledʒəndəri]	adj.	传奇的
7. dominate	['dɒmineɪt]	v.	居……之首，支配，操纵
8. compete	[kəm'pi:t]	v.	竞争，争夺
9. spectator	['spekteɪtə]	n.	(尤指喜爱体育运动的)观众
10. head off		v. phr.	前往……

ning almost all of the events they **competed**⁸ in. Nicklaus still holds an unbeaten record of five U.S. PGA championships, six U.S. Masters titles, and four U.S. Opens.

These days, it is up to current stars like Tiger Woods and David Duval to keep **spectators**⁹ glued to the TV set. Even if you are not a big fan, why not **head off**¹⁰ to the driving range and have a go? More than 23 million players exist in the United States alone, and they are all likely to tell you the same thing about golf: There's nothing like it!



资讯加油站

高尔夫——大自然的运动

高尔夫是一种户外运动，但它与众多户外运动不同，它的场地最大。高尔夫不像足球、网球等项目那样，在室外任何地点（包括在大都会林立的楼宇之间）均可划定场地。高尔夫球场几乎就是大自然的本来面貌。它不仅为球手提供了一个广阔的活动空间，也使球手获得了宁静，获得日光浴与空气浴之利，从而得以舒缓心理压力，松弛精神，身体疲劳得到恢复。从这个意义上说，高尔夫球场是回归自然的最佳去处，是最大的“氧吧”，最大的“太阳康复中心”。打高尔夫，则犹如置身在鸟语花香之中；你可以嗅到树林、草地和泥土的气息，有时会有动物出现在你眼前。打高尔夫还培养球手的环保意识，当你挥杆损害了球场的一草一木，你的责任心驱使你去做一些修复工作，以回报自然环境给予你的一切。

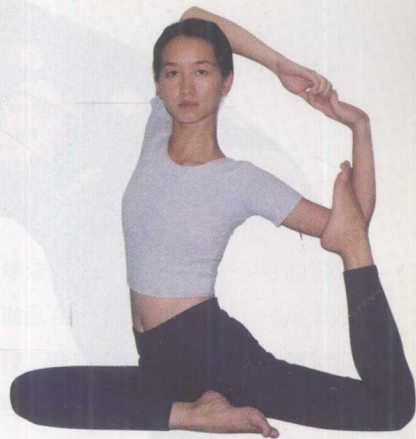
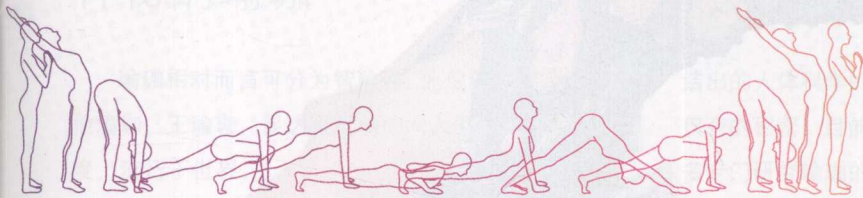
传说很久很久以前，有一名苏格兰牧羊人在一次偶然用牧羊棍的把手将一颗圆石子击入兔子洞中后，得到启发，发明了高尔夫这项贵族运动。

而据考证，高尔夫这个词最早出现在1457年苏格兰议会文件中。当时由于高尔夫球盛行，将许多年轻人

从射箭运动中吸引了过来，因此政府下令禁止。1457年3月，苏格兰王室颁布了一项“完全停止并且取缔高尔夫球”的法令。原因是这项消遣性极强的运动，妨碍了苏格兰青年演练苏格兰“国术”射箭。但实际上，连主持制定1491法规的苏格兰国王詹姆斯四世自己最终也嗜高尔夫球成癖，成了高尔夫球场的狂热的常客。而詹姆斯五世国王及其王后，也效法詹姆斯四世打起了高尔夫球。

和它在我们的印象中的“年轻”不同，在世界种类繁多的体育运动中，高尔夫球可算是一项较为古老的运动。高尔夫球于1457年在苏格兰的圣安德鲁斯市（St. Andrews City）兴起。当时苏格兰的一项重要军事运动——射箭术正在处于衰落的境地。尽管当时没有文字记载可以证实日期，据说于1608年已经成立了“皇家黑石楠”高尔夫俱乐部。1754年，在圣安德鲁斯市正式组织了“圣安德鲁斯市皇家古典高尔夫俱乐部”。据说，该俱乐部由22个贵族和绅士建立，他们还制定了13条基本的高尔夫球规则。今天，世界成千上万的高尔夫球场还沿用着这些规则。

神秘的瑜伽



Using the Force of Yoga

接触瑜伽的神奇力量

As our knowledge of health and fitness increases, people are becoming more and more interested in not only taking care of themselves physically, but mentally and spiritually as well. As a result, many are turning to more complete approaches to health, including less **mainstream**¹ fitness methods such as yoga.

Yoga's origins **lay in**² Hindu philosophy, which were developed thousands of years ago in India. Today, yoga is a system of movements and meditation that emphasizes physical control and **discipline**³ as a way to achieve a state of spiritual knowledge.

Yoga's ideal state of knowledge is reached after a person has gone through eight different stages. These include aspects of self-control, religion, postures, regulation of breath, **restraint**⁴ of senses, steadying of the mind, meditation, and profound thought. For a **practitioner**⁵ of yoga, or "yogi," the **progression**⁶ through these stages is a movement from the physical toward a perfect mental state.

There are eight major **schools**⁷ of yoga, each varying in its area of emphasis. The type of yoga that is taught in the West is mainly a **combination**⁸ of exercise and meditation called Hatha Yoga. Hatha Yoga is said to have a number of positive effects, such as reducing weight, strengthening muscles and nerves, cleaning out the body, and generally improving health and prolonging life.





Vocabulary

1. mainstream	[ˈmeɪnstri:m]	adj.	主流的
2. lie in		v. phr.	在于
3. discipline	[ˈdɪsɪplɪn]	n.	自制, 训练
4. restraint	[rɪsˈtreɪnt]	n.	克制, 抑制
5. practitioner	[prækˈtɪʃənə]	n.	从业者
6. progression	[prəˈɡreʃən]	n.	(尤指分阶段的) 前进, 进程
7. school	[sku:l]	n.	流派
8. combination	[kəmˈbɪneɪʃən]	n.	组合
9. advocate	[ˈædvəkeɪt]	n.	拥护者, 鼓吹者
10. speculation	[ˌspekjuˈleɪʃən]	n.	猜测, 臆测

Recent decades have seen yoga gain widespread acceptance as a method of staying in shape, as well as a way of handling stress. Pop singer Madonna and supermodel Christy Turlington are just two of the many celebrities known to be strong **advocates**⁹ of yoga.

At present, there is a lot of **speculation**¹⁰ and uncertainty about yoga and its effects. One thing, however, is certain: In our modern world of fast-paced lifestyles, taking time out to meditate and do some relaxing exercise cannot be a bad thing!

神秘的瑜伽

瑜伽相对而言可分为智瑜伽、业瑜伽、信仰瑜伽、哈他瑜伽、王瑜伽、昆达里尼瑜伽六大类。瑜伽起源于印度，流行于世界。

瑜伽一词最初的意思是驾驭牛马，从遥远的古代起她也代表设想帮助达到最高目的的某些实践或是修炼。在古圣贤帕坦伽利所著的《瑜伽经》中，准确的定义为“对心作用的控制”。瑜伽在印度有着渊远的历史。古印度婆罗门体系与其有着密切的关系。在印度，人们相信通过瑜伽可以摆脱轮回的痛苦，内在的自我将与宇宙的无上我合一；通过瑜伽将产生轮回的种子烧毁，心的主体被证悟，一切障碍都将不存在。

在印度现在很难区分瑜伽与印度教的关系，在寺庙中、在经典文学中、在生活中，两者的关系都彼此相互融合。瑜伽是东方最古老的强身术之一。它产生于公元前，是人类智慧的结晶。瑜伽也是印度先贤在最深沉的观想和静定状态下，从直觉了悟生命的认知。

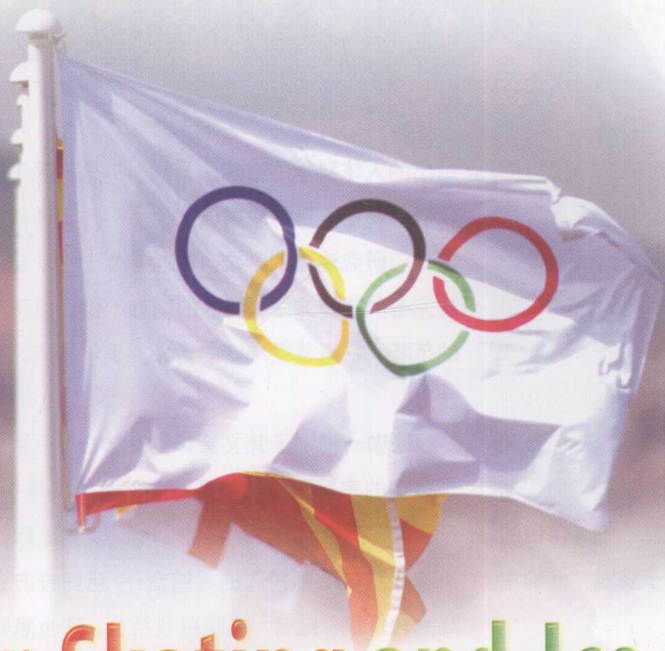
传说古印度高达8000米的圣母山上，有人修成圣人，亦有人成为修行者。他们将修炼秘密传授给有意追求者，因而沿传至今。瑜伽修持者开始只有少数人，一般在寺院、乡间小舍、喜马拉雅山洞穴和茂密森林中心地带修持，由瑜伽师讲授给那些愿意接受的门徒。以后瑜伽逐步在印度普通人中间流传开来。

而今的瑜伽，已经是印度人民几千年来从实践中总

结出的人体科学的修炼法。再也不是只限于少数隐居人仅有的秘密。目前瑜伽已在全世界广泛传播。印度有很多专门研究瑜伽的学校。瑜伽有他一套从肉体到精神极其完备的修持方法。当今的瑜伽不仅只属于哲学和宗教的范畴，它有着更广泛的含义，千年不衰，有强大的生命力。

瑜伽一词源于梵文音译，有结合、联系之意，这也是瑜伽的宗旨和目的，是为达到冥想而集中意识之意。可究竟是什么同什么“结合”呢？其实瑜伽是为指明人类本能从较低到较高的“结合”，用同样方式也可从较高到较低的“结合”或同自我结合。这也意味着与最高的宇宙万物之灵相同化，使自己从痛苦和灾难中获得解脱。





Pair Skating and Ice Dancing

双人花样滑冰与冰上舞蹈

At this month's Winter Olympics in Salt Lake City, U.S.A., some of the most spectacular action will take place on the indoor ice rink. Sports fans who are turned off by the sometimes **brutal**¹ intensity of ice hockey can tune in to the gentler figure skating competition.

Gold medals are awarded in four **categories**² of Olympic figure skating. Two medals go to the winners of the male and female individual events.

The other two are awarded to mixed pairs. Within this group, there are two separate events for pair figure skating: pair skating and ice dancing.

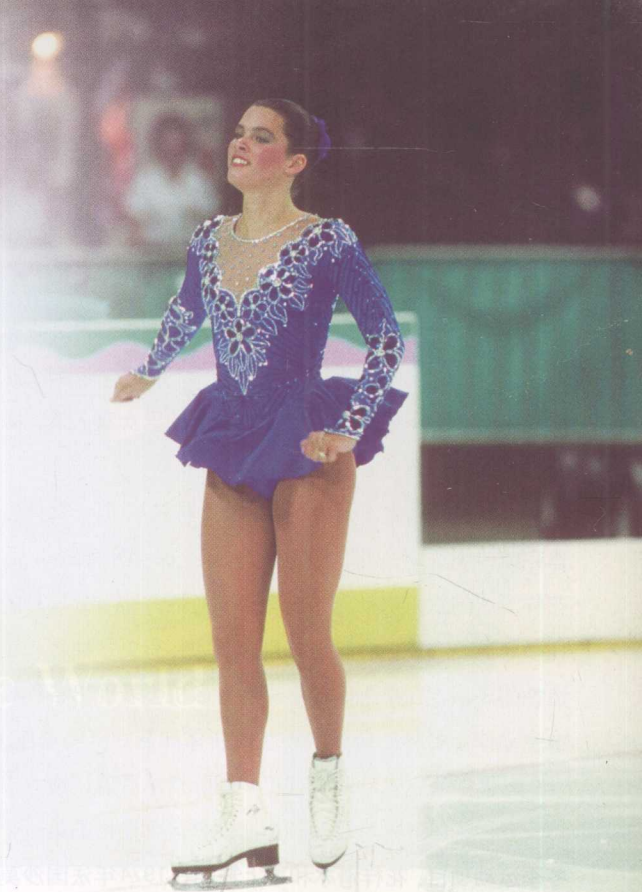
In pair skating, a couple performs a program of movements in harmony. They add a number of combined spins and spectacular lifts. Ice dancers, **in contrast**³, are not allowed to perform the athletic moves of pair skaters, and the couple **rarely**⁴ separates. Instead, they perform dances such as tangos and waltzes, and they must

interpret⁵ the rhythm of the music.

Figure skating was one of the events at the very first Winter Olympics in 1924. Before that, figure skaters had competed at the Summer Games as early as 1908. Ice dancing is a **relatively**⁶ new addition to the Games, making its **debut**⁷ at the 1976 Winter Olympics in Innsbruck, Austria.

The use of skates as a means of transportation in cold northern regions of the world began in prehistoric times. Ice-skating as a sport, however, originated in Holland. From there, it **spread**⁸ to the rest of northern Europe and North America. The world's first ice-skating club was formed in Edinburgh, Scotland, sometime around the end of the seventeenth century.

Though ice-skating is a highly **technical**⁹ activity, it is easy to **appreciate**¹⁰. Millions of people around the world enjoy watching the harmonious movements of a skating couple even if they don't know the names of the particular spins or jumps being used. They are simply attracted by the graceful beauty of this highly entertaining sport.



Vocabulary

1. brutal	['bru:tɪl]	adj.	残忍的, 非人道的
2. category	['kætɪgəri]	n.	种类, 范畴
3. in contrast		phr.	成鲜明对照地
4. rarely	['reəli]	adv.	很少地, 罕有地
5. interpret	['ɪntə:'prɪt]	v.	说明, 解释
6. relatively	['relatɪvli]	adv.	相当地
7. debut	['deɪbjʊ:]	n.	首演, 初次登场
8. spread	[sprɛd]	v.	扩散, 普及
9. technical	['teknɪkəl]	adj.	技术的, 专门的
10. appreciate	[ə'pri:'ʃi:ɪt]	v.	鉴赏

优美的冰上舞蹈

滑冰是（运动员）穿上用长而薄的金属刀片装在鞋底冰鞋（靴），靠自身力量在冰上滑行的一项运动。花样滑冰，有男子单人滑、女子单人滑和男女双人滑。阔步舞蹈只有双人滑。比赛在室内进行。

冰上舞蹈基本上是舞厅跳舞的“移植”。男女舞伴合作完成传统舞蹈，如华尔兹、狐步舞、探戈等舞蹈动作。花样滑冰的双人滑动作丰富多采，包括许多十分复杂的托举和抛接动作，特别是在自由滑中，有更多独特和创造性的表演。在单人比赛中，有许多机会表现出各种高难度动作，各种旋转，各种跳跃转体和燕式平衡动作。

世界性滑冰运动的管理机构国际滑冰联盟，成立于1892年。花样滑冰是取得参加冬季奥运会资格的第一个冬季运动项目。花样滑冰和冰上舞蹈在1924年法国沙莫尼举行的第一届冬季奥运会上，成为都市奥运会的正式项目。

滑冰运动在世界上居领先地位的国家有美国，加拿大，英国和俄罗斯。滑冰运动要求运动员具有力量、耐力、速度、协调、柔韧、灵活、平衡、优美、稳定等素质。

主要的国际花样滑冰和冰上舞蹈比赛有：世界花样滑冰锦标赛，世界双人滑锦标赛，世界冰上舞蹈锦标赛。

双人滑和冰上舞蹈的区别有：冰上舞蹈不允许用托举动作，冰上舞蹈的编排不是随意的，冰上舞蹈必须完成规定的各种舞蹈。

花样滑冰的个人基本技术包括：各种平衡跨跳，旋转，跳跃，各种滑行步法和各种连贯动作。

有几种不同的跳跃包括：后结环一周跳、卢茨跳跃、阿克塞尔跳跃和萨霍夫跳跃。其中难度最大的跳跃是完成三周跳，三周卢茨跳跃和三周萨霍夫跳跃。

双人滑的一些特殊动作包括：螺旋线、阿尔塞托举、分腿托举和燕式旋转等。

冰上舞蹈的一些基本连贯动作是：夏塞步侧步快滑，乔克塔步和莫霍步。





Wheels Around the World

自行车环球梦

Do you have the **courage**¹ to **pursue**² your dreams? If you doubt your own abilities, perhaps you can take inspiration from the story of two women who made their wish come true. Like many other young people, Lin Chi-ying (Vicky) and Chiang Chiu-ping (Pinky) dreamed of traveling the world. What makes them special is that they actually did it; what's more, they did it on bicycles.

Cycling was their preferred method of transportation because “bikes bring us closer to nature, local people, and the way they live,” said Vicky. Beginning in July 1998, Vicky and Pinky spent 922 days cycling through 32 nations, in all five continents. By the end of their epic journey in

November 2001, they had experienced for themselves the vast beauty of Alaska, the bright lights of Europe, rural life in Turkey, and the **breath-taking**³ African wilderness.

At 18, Vicky read the famous *Cycling Diary* of Hu Rong-hua. Always an active and **outgoing**⁴ girl, she was inspired to take a solo bike tour of southern China. Two years later, in 1991, while riding along the island's east coast, she met a Japanese cyclist, who invited her to join him on a world cycling tour.

In July 1998, they began their trip in Alaska. Vicky soon realized, however, that their travel philosophies were quite different. Her partner seemed intent on testing his stamina, while she

preferred admiring the fantastic scenery and meeting the locals. They **parted**⁵ after a month. Vicky cycled alone through the Rocky Mountains down to the western United States. By this time, her constant efforts to **persuade**⁶ her college friend, Pinky, to join her had succeeded.

Although Pinky was more **conservative**⁷ than Vicky, she found that she, too, had an adventurous spirit. They met up in San Francisco, and headed north in summer, south in winter, like migratory birds chasing the sunshine.

Once, in California, Vicky and Pinky were unable to find any cheap **accommodation**⁸, so they camped in a park. They were woken up by armed police officers, who told them camping there was illegal. They found a more **peaceful**⁹ location, or so they thought: The next morning, they got from water sprinklers.

In cities, they would wander through colleges and libraries, “in need of air-conditioning,” Pinky joked. Such facilities, in fact, “allow travelers to fill up on local information and take a break physically and mentally.”

Vicky and Pinky praise friends back in China who supported them financially, as well as the

many people who assisted them along the way. They have fond memories of the wonderful **hospitality**¹⁰ of the people in a Turkish village, where Vicky and Pinky farmed, cooked, and danced with the locals.

Having experienced the warmth of the human spirit firsthand, they certainly agree with the words of novelist Paulo Coelho: “When you want something, all the universe conspires to help you achieve it.”

Vocabulary

1. courage	['kʌrɪdʒ]	<i>n.</i> 勇气
2. pursue	[pə'sju:]	<i>v.</i> 追求
3. breathtaking	['breθ,teɪkɪŋ]	<i>adj.</i> 令人叹为观止的
4. outgoing	['aʊtɡəʊɪŋ]	<i>adj.</i> 活泼外向的
5. part	[pɑ:t]	<i>v.</i> 分开
6. persuade	[pə'sweɪd]	<i>v.</i> 说服
7. conservative	[kən'sə:vətɪv]	<i>adj.</i> 保守的
8. accommodation	[ə,kɒmə'deɪʃən]	<i>n.</i> 住宿
9. peaceful	['pi:sfʊl]	<i>adj.</i> 安宁的
10. hospitality	['hɒspɪ'tælɪti]	<i>n.</i> 热情款待, 好客

老少皆宜的自行车运动

当人们说起,世界上哪个行业的从业人员平均寿命最长时,美国有关部门的调查表明:邮递员在世界各行业中寿命最长。据说主要原因是他们经常骑自行车。运动学专家也对自行车运动普遍看好,认为骑自行车与跑步、行走、游泳一样,具有锻炼内脏器官的耐力和提高心肺功能的作用。

由于骑自行车是异侧支配运动,两腿交替蹬踏,还可使左右两侧的大脑功能均衡协调发展,从而提高神经系统的敏捷性。无怪乎《美国新闻与世界报》报道,目前在美国有两千万人骑自行车健身;在欧洲,骑自行车“一日游”也成为最时髦的时尚运动方式之一。

在中国这个自行车的“王国”里,如果一个成年人不会骑自行车,就如同在巴西不会踢足球一样,会被很多人不理解。在我国自行车的拥有量约5亿辆,以自行车作为代步工具的人数在6亿左右,曾有人形容中国是“架在自行车轮子上的国家”。但是随着人们生活质量的提高和生活观念的转变,自行车在担当代步工具的同时,更

成为了运动休闲活动的最佳工具。

人们用自行车玩出许多新花样,也演变出多种特殊性能的自行车,如:公路自行车、山地自行车、场地自行车、小轮车、技巧车等。一般来说,小轮车、技巧车作为极限运动的一种,与滑板、轮滑一样玩的是技巧,目的是在挑战自己的体能,这在青少年中很流行;而公路自行车、场地自行车作为体育竞赛项目,缺少骑行的乐趣,所以不能在普通人当中流行;只有山地旅行车,可以伴你翻山越岭,自在骑行,是被大多数人接受的自行车种类。

