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# 大学体育 英语

Sports English

南开大学出版社

# 大学体育英语

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## 前言

本教材由具有长期大学英语教学经验的教师,依据大学英语课程教学要求,结合体育高等本科教育的特点编写而成。本教材面向体育、师范和综合院校的体育英语专业、传媒专业、体育教育专业及体育专业低年级学生,助其更好地完成大学英语课程教学要求规定的“一般要求”,亦适用于具有大学英语一年级学习经验或相近水平的体育爱好者和体育专业人士阅读参考。

全书含15个教学单元,涉及体育概论、体育心理学、体育社会学、学校体育学、体育保健学、民族传统体育、武术理论、中国武术史、民间体育锻炼、运动训练学、运动解剖学、运动生理学和力量训练法等多个体育本科专业。通过体育专业英语阅读学习,不但可以拓宽学生英语知识面,还可以丰富学生的体育专业知识,强化其对体育专业大类通识知识的掌握。

本教材具有如下特点:

**1. 精心选材:**课文资料主要来源于国外网站,立足于选择国外原汁原味且内容较新的文章。同时,教材充分考虑了文章的语言难度,将之改写为适合体育生阅读的文章,力求课文既保持原貌特色,又具有可读性、可教性和可学性。

**2. 编排新颖:**各单元之间遵循循序渐进原则,每个单元内部的三篇课文之间也有难度区分,适应不同英语水平的学生,争取让每一位学生都能对相关专业有一定程度的基于外语层面的专业知识积累。

**3. 教与学结合:**教材充分考虑了学生自主学习的需要,每篇课文均设有注释表,涉及短语、搭配,以及地名、人名、机构等专有名词的解释。另外,各单元后的 **Word Bank** 所收词汇既考虑到词与课文主题的相关性,也考虑了词本身的难易级别(根据 **BNC** 英语国家语料库标记词汇级别,最高为3级)。重点和难点词汇均有例句,且配译文,以帮助学生有效提高知识的吸收能力。

**4. 习题精致:**每篇课文前选取文中出现的重点、难点或与该文主题密切相关的词汇编写 **Pre-reading Activity**,希望通过这项词汇练习减轻篇章词汇难度,并引导学生初步了解将要阅读的内容。**A** 篇文章后设有判断正误、集库式选词填空和英译汉练习,**B** 篇文章后设有快速阅读练习,**C** 篇文章后设有大学英语四级考试中出现的汉译英练习,各单元末设有 **Your Reflection**。

以上提到的练习题型为每单元的必出习题。除此之外,考虑到各篇课文的写作特点不尽相同,我们还有“选出”题型。编写人员将根据课文特点分别补充有针对性的习题。通过设计这些与课文内容紧密相关的练习,本教材希望激发学生学习英语的热情,帮助他们更好、更多地掌握英语词汇,提高体育专业知识的语言表达能力,提高语篇层次上的阅读能力和翻译体育专业英文资料的能力,为他们将来从事体育教育、体育外事、体育新闻、体育研究和体育网络编辑等工作打下良好基础。

本教材由薛伟策划,主编薛伟和薛英审定全部书稿,并对其中部分内容进行了补充、修改,最后定稿。副主编刘海娜协助第4、6、12、14和15单元的课文选材工作。参加本书编写的有杨艳 (Unit 1)、薛伟 (Unit 2)、刘玥 (Unit 3)、梁琼 (Unit 4, Unit 14)、薛英 (Unit 5)、刘坤

娜 (Unit 6, Unit 12)、张璐 (Unit 7)、李晶 (Unit 8)、祁芝红 (Unit 9)、闫嵩 (Unit 10)、张新卉 (Unit 11)、冯瑞玲 (Unit 13) 和刘海娜 (Unit 15)。

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由于编者水平有限, 虽经精心编写和校对, 书中难免会有错误和疏漏之处, 恳请同行和读者批评指正。

编者

2012年7月



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### Sex Discrimination in Sports

By Kim L. Kirsch

They all heard the saying, "The more things she can do, the more they pay the same." This statement holds true in the sports arena when it comes to the differences between male and female athletes.

In today's world female athletes are breaking down the glass ceiling faster than their male counterparts. Yet, no matter how well they perform, they will still not receive the same pay, recognition, or money that the guys make.

As the world's life has changed, women are doing the same jobs, perform the same sports, and have the

the more the more ...  
 越多...越多...  
 stay the same 一成不变  
 still hold true 依然万真  
 when it comes to 二谈及...  
 male counterparts 男性运动员  
 out-perform sb.  
 比某人表现得好  
 receive the same recognition  
 得到同样的认可

women's lib 妇女解放运动  
 ensure that CLAUSE 确保...



# Unit 1

## Passage A

### Pre-reading Activity

**The Odd One Out: Cross out the word in each group that does not belong with others.**

1. male, girl, woman, female
2. guy, youth, athlete, children
3. out-perform, out-live, out-grow, outcome
4. feat, defeat, success, victory
5. fantastic, fabulous, anonymous, marvellous
6. counterpart, rival, enemy, competitor
7. disperse, scatter, gather, break up
8. sexist, sexy, sensitive, sexual
9. scholarship, sponsorship, childhood, relationship
10. gratitude, appreciation, attitude, thankfulness

## Sex Discrimination in Sports

By Kim L Kirsch

**1** You've heard the saying, "The more things change, the more they stay the same." This statement holds true in the sports arena when it comes to the differences between male and female athletes.

the more ... the more ...  
越……越……  
stay the same 一成不变  
(sth.) hold true ……千真万确  
when it comes to N 当谈及……

**2** In today's world female athletes are learning that even if they train harder than their male counterparts and out-perform them they will still not receive the same recognition or money that the guys make.

male counterparts 男性运动员  
out-perform sb.  
比某人表现得更好  
receive the same recognition  
得到同样的认可

**3** The women's lib era ensured that women can obtain the same jobs, perform the same sports, and have the

women's lib 妇女解放运动  
ensure that CLAUSE 确保……

same rights as men. Unfortunately, when it comes to pay and sponsorships in sports, women are not paid as much as men. This is especially true in youth sports.

have the same rights as sb.  
拥有与某人一样的权利  
as much as 与……一样多

4 Female youth athletes do not receive the same sponsorship packages as their male teammates. Not only that, when a male performs some fantastic feat in his sport, there are articles written about it for newspapers; while a female can perform better than the male and not one word will be mentioned.

sponsorship packages  
一揽子的赞助  
perform fantastic feat 成绩出色

5 An example of what I am talking about would be an event where girls and guys were competing, not against each other. There were female events and male events. These events were contested in Florida. The prizes for the events were cash for the first three finishers of each event.

compete against sb. 与某人竞赛  
female events 女子项目  
male events 男子项目  
the first three finishers 前三名

6 In an attempt to save time, the female events were cut shortened. The money was also not properly dispersed. The guys won more than the girls. The sponsors of these athletes also were non-appreciative of their hard-working female representatives. In one example the female won three of her events, while placing 3rd in two others. Her male teammates performed considerably lower with only two second places and a 3rd. The girl was not congratulated by the sponsor. In fact, he told her that she didn't do a good enough job, so she would not be getting any new equipment that she needed, while the guy who only got two 2nd placements was having everything handed to him.

in an attempt to V 为了  
be cut shortened 缩短时间  
disperse money 分配奖金  
be non-appreciative of sth./sb.  
对……没有任何感激之情  
female representatives 女子代表  
place 3rd 第三名  
two second (2nd) places / placements  
两个第二名  
a 3rd 一个第三名  
(sb.) have everything handed to  
him/her 拥有想要的一切

7 This is only one example of how sexist sports can be even in this day and age where we tell our children that they can do anything they want to do. While this may be true, it would also seem that we would have to tell them that they will not be appreciated, nor compensated for doing "anything they want to do."

sexist sports  
具有性别歧视的体育  
compensate for 弥补

8 Sexism in sporting events is hurting many young female athletes and their families. Some families with potential super-stars in their sport have left because the sport they are involved in is a dead-end road. But that is only for the girls. Parents simply do not wish to deal with the egos of promoters, sponsors, and many times coaches who only think of themselves and their favorites.

sexism 性别歧视主义

potential super-stars

潜在的体育明星

be involved in 牵连到其中

a dead-end road

一条死路, 没有希望的路

deal with 应对, 对付

9 I am not saying that all female athletes should be accepted to teams. What I am saying is that when a female athlete is at the top of her sport, she is due the same amount of respect, sponsorship and pay out that her male counterparts are receiving.

be at the top of one's sport

处于某人体育生涯的巅峰阶段

be due sth. 应得到……

10 Women may have fought for and won equality, but when it comes to sports, things haven't changed much other than the right to play. It is simply amazing to me that we are still having this problem after all these years. (551 words)

other than ... 除了……

It is amazing to sb. that CLAUSE

令某人很惊讶的是……

## HOW WELL DID YOU READ?

I. Read the following statements. If a statement is true, write *T* on the line. If it is false, write *F*.

- \_\_\_\_\_ 1. If female athletes today out-perform male athletes, they can receive the same recognition or money as men.
- \_\_\_\_\_ 2. Women's liberation ensured that women can have the same rights as men.
- \_\_\_\_\_ 3. When a female performs some fantastic feat in the sport, there must be articles written about it for newspapers.
- \_\_\_\_\_ 4. The writer suggests that all female athletes should be accepted to sports teams.
- \_\_\_\_\_ 5. Real equality doesn't exist for women athletes except their right to play in the games.

II. Put the following words into the correct sentences. And then organize the sentences into a fluent paragraph with suitable transitions. HINT: It's not required to use all of the sentences.

counterparts	ensured	sponsorship	fantastic	mentioned	shortened
recognition	sexism	potential	due	dispersed	amazing

1. It is \_\_\_\_\_ to the writer that sexist sports still exist after all these years.
2. The women's lib era \_\_\_\_\_ that women can have the same rights as men.
3. Even if a female can perform better than the male, not one word will be \_\_\_\_\_.
4. \_\_\_\_\_ in sporting events is hurting many young female athletes and their families.
5. Female youth athletes do not receive the same \_\_\_\_\_ packages as their male teammates.
6. When a male performs some \_\_\_\_\_ feat in the sport, there are reports about it in newspapers.
7. Some families with \_\_\_\_\_ super-stars in their sport have left because the sport they are involved in is a dead-end road.
8. When a female athlete is at the top of her sport, she is \_\_\_\_\_ the same amount of respect and sponsorship that her male counterparts are receiving.
9. In order to save time, female events sometimes were cut \_\_\_\_\_ and the money was not properly \_\_\_\_\_.
10. In today's world female athletes are learning that even if they train harder than their male \_\_\_\_\_, they will still not receive the same \_\_\_\_\_.

III. Translate Paragraph 8 and Paragraph 10 into Chinese within 21 minutes.  
A dictionary is allowed.

Passage B

Pre-reading Activity

Read the following ten human activities and classify them into two groups according to the social prejudice against women. Write the words in the chart below.

meal preparing	car fixing	housekeeping	being a policeman
needle work	nursing	being a secretary	knitting
child raising		sports—a world of physical strength	

<b>For men</b>	Peggy Gale Fleming If you want to know what true grace is, watch Peggy Gale Fleming on the ice. She won the 1948 Olympics and is the best figure skater in American history all time. She won the ladies' singles in the 1948 Olympics and won the World Championship for three consecutive years. None till today are compared to her.
<b>For women</b>	

## Famous Female Athletes from the Past

By Aparna Jadhav

**1** Women in the past and present have always proved that they can stand equal to men and challenge their capabilities and roles. They have time and again proved that they are not just about preparing meals, housekeeping and raising children! The world has seen women proving their worth in fields like science and technology, history and art, defense services and sports which need utter strength. Do you know, why talking about women in sports is so extraordinary? Because, women were never associated to the world of physical strength, endurance and perseverance. In this article, you will read about a few of those famous female athletes and sportswomen who broke social barriers to show the world what the real woman of substance is!

in the past and present  
在过去和现在  
stand equal to sb.  
与某人平起平坐  
time and again 一次次地  
prove one's worth in fields  
证明自己在赛场上的价值  
defense services 辩护服务  
be associated to N 与……相关  
physical strength 体力  
endurance and perseverance  
耐力和毅力  
social barriers 社会障碍  
the real woman of substance  
真正有实力的女性

## **2 Wilma Glodean Rudolph**

Wilma Glodean Rudolph lived from June 23, 1940 to November 12, 1994. She was known to be the best and fastest woman in the world. She was the first woman from America to win 3 gold medals in track and field in the 1960 Olympics and became the role model of many aspiring women athletes all across the world. As one of the famous black women, she was called "The Tornado, the Black Gazelle and The Black Pearl". She was a true inspiration, first for black women in

be known to be 以是……而闻名  
track and field 田径项目  
the role model 模范  
an inspiration for sb.  
激励某人的事物（榜样）



sports and then to all the others.

3 Peggy Gale Fleming

If you want to know what true grace is, watch Peggy Gale Fleming on the ice. She was born on July 27, 1948 and is the best figure skater in American history till date. She won the ladies' singles in the 1968 Olympics and won the World Championship for three consecutive years. None till today are compared to her on the ice as she is said to have her own control and charm while skating.

on the ice 在冰面上  
figure skater 花样滑冰运动员  
till date 直到现在  
the ladies' singles 女子单人  
World Championship 世界锦标赛  
three consecutive years 连续三年  
be compared to N 与……相媲美  
be said to have ... 据说拥有……  
have one's own control  
拥有某人独特的驾驭能力

4 Ann Meyers

Ann Meyers Drysdale was born on March 26 in 1955. She is known to be the first woman basketball player who signed a contract with the NBA team, Indiana Pacers. This lady, one of the famous female athletes in history, played for her high school, then for her college and later went on to play for the Olympic Games before she took up basketball professionally. As one of the famous women basketball players, she is known to have represented the national team of the United States of America while she was in high school.

sign a contract with ...  
与……签合同  
the Olympic Games  
奥林匹克运动会  
take up basketball professionally  
从事篮球职业

5 Martina Navratilova

Martina Navratilova was born on 18 October, 1956 and is a former world champion and tennis player from Czechoslovakia. She has 18 Grand Slam singles titles, 31 Grand Slam women's doubles titles and 10 Grand Slam mixed doubles titles to her credit. One of the world famous women, she won 20 Wimbledon titles, the only woman player to share it with Billie Jean King. She set another world record of winning 79 titles with her doubles' partner, Pam Shriver, with whom she also won 109 consecutive matches and led to victory of all four Grand Slam titles in 1984. (495 words)

Czechoslovakia 捷克斯洛伐克  
Grand Slam singles 个人大满贯  
women's doubles 女子双人  
mixed doubles 男女混双  
have sth. to one's credit 荣获  
Wimbledon 温布尔登 (英国英格兰东南部城市, 位于伦敦附近, 是著名的国际网球比赛地)  
share it with sb. 与某人分享  
set a world record  
创下世界纪录  
win 109 consecutive matches  
连赢 109 场比赛

I. Scanning for Details

Go over the passage quickly and answer the following questions.

For questions 1-7, mark Y (for YES) if the statement agrees with the information given



in the passage; N (for NO) if the statement contradicts the information given in the passage; NG (for NOT GIVEN) if the information is not given in the passage. For questions 8-10, complete the sentences with the information given in the passage.

- \_\_\_\_\_ 1. Women in the past and present have always proved that they can stand equal to men.
- \_\_\_\_\_ 2. The world has never seen women proving their worth in fields like sports.
- \_\_\_\_\_ 3. Wilma became the true inspiration for black women in sports.
- \_\_\_\_\_ 4. Wilma is known to be the best figure skater in American history till date.
- \_\_\_\_\_ 5. Peggy won the ladies' singles in the 1968 World Championship.
- \_\_\_\_\_ 6. Ann is the first woman basketball player who signed a contract with the NBA team.
- \_\_\_\_\_ 7. Ann became interested in basketball in her early childhood.
8. None till today are compared to Peggy on the \_\_\_\_\_ as she is said to have her own control and charm while performing.
9. Martina is a former world champion and tennis player from \_\_\_\_\_.
10. Martina won 20 \_\_\_\_\_ titles, the only woman player to share it with Billie Jean King.

## II. Recalling Facts

Complete the chart below with the facts from the following list so as to get familiar with four famous American female athletes. Put in the numbers in the chart only.

1. being born on July 27, 1948
2. living from June 23, 1940 to November 12, 1994
3. being born on March 26 in 1955
4. being born on 18 October, 1956
5. being the first woman basketball player who signed a contract with the NBA team
6. being called "The Tornado"
7. being the best figure skater in American history till date
8. winning 20 Wimbledon titles
9. winning the ladies' singles in the 1968 Olympics
10. being the best and fastest woman in the world
11. leading to victory of all four Grand Slam titles in 1984
12. representing the national team of the United States of America while she was in high school
13. winning the World Championship for three consecutive years
14. being the first woman in America to win three gold medals in track and field in the 1960 Olympics
15. being called "The Black Pearl"

Name	Description
1. Wilma Glodean Rudolph	
2. Peggy Gale Fleming	
3. Ann Meyers	
4. Martina Navratilova	

Passage C

Pre-reading Activity

The word in capitals at the end of each of the following sentences can be used to form a word that fits suitably in the blank space. Fill in each blank this way.

- Example: It is becoming increasingly difficult to find a job nowadays. INCREASE
1. \_\_\_\_\_ in the ancient Olympic Games was limited to male athletes only. PARTICIPATE
2. Someone felt that women’s \_\_\_\_\_ in the Olympic Games would be uninteresting. INCLUDE
3. It was \_\_\_\_\_ to allow women to take part in sports in ancient time because women were busy with housework. PRACTICE
4. The next passage is about the milestones in the \_\_\_\_\_ of Olympic Games for women. DEVELOP
5. They are in \_\_\_\_\_ with several other companies for the contract. COMPETE

Milestones in the Development of Olympic Games for Women

1 Participation in the ancient Olympic Games was limited to male athletes only. The only way women were able to take part was to enter horses in the equestrian events. Even in the early years of the modern Olympics, women were not well represented. Women first competed at the 1900 Paris Games in lawn tennis and golf. Over time more women events were added, and currently boxing is the only Summer Olympics

the ancient Olympic Games  
古代奥林匹克运动会  
be limited to N 局限于  
equestrian events 骑马比赛  
the modern Olympics  
现代奥林匹克运动会  
lawn tennis 草地网球  
the Summer Olympics  
夏季奥林匹克运动会  
be set to V 计划一定会……

sport that does not include events for women, though this is set to change in 2012.

2 At the first modern Olympic Games in Athens 雅典 (希腊首都) 1896, no women competed as Pierre de Coubertin felt that their inclusion would be “impractical, uninteresting, unaesthetic, and incorrect.”

3 Women first competed at the 1900 Paris Games. Eleven women were allowed to compete in lawn tennis and golf. The first woman to win an Olympic event was England's Charlotte Cooper, who won the tennis singles in 1900. be allowed to V 被允许做某事

4 Women competed in swimming events for the first time in 1912, but none of them were from America. America did not allow its female athletes to compete in events without long skirts. The first women's swimming gold medal was won by the Australian Sarah 'Fanny' Durack, who won the 100m freestyle in 1912. swimming events 游泳项目  
gold medal 金牌  
100m freestyle 100 米自由泳

5 In 1928, women competed in track and field events for the first time; however, so many collapsed at the end of the 800-meter race that the event was banned until 1960. track and field events 田径项目  
at the end of 在……终点处  
800-meter race 800 米赛跑

6 Women's shooting events were first included in the Olympics in 1984. There were three events, three position rifle, air rifle and sport pistol. shooting events 射击比赛  
three position rifle 三种姿势步枪  
air rifle 气步枪  
sport pistol 运动手枪

7 The 2000 Olympics was the first time that women were allowed to compete in the Olympics in weightlifting. weightlifting 举重

8 There are only two Olympic sports where men and women compete against each other, sailing and equestrian. (294 words) compete against each other 与……相互竞争  
equestrian 马术

### I. Locating Information

Scan Passage C for the following facts. HINT: All the answers are numbers. Work as quickly