

体育美



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前言

《体育英语报刊选读》是面向体育、师范院校的体育英语专业、传媒专业及体育专业高年级学生的英语阅读教材，亦适用于具有大学英语四级或相近水平的读者和体育专业人士阅读参考。

本书文章广泛选自英国、美国、加拿大及澳大利亚的报刊以及相应报刊名下的网站。文章编选具有以下特点：

一、精心选材。编者查阅了大量英文报刊，精选了当代西方一些著名报刊如 *New York Times*, *Times*, *Sports Illustrated* 等的文章。选文内容丰富，文字优美，适宜反复阅读。

二、编排新颖。本书所选文章分为五个部分，每一部分的十五篇文章均按由易到难的顺序排列。为了方便读者学习、理解原文，编者特为每篇文章撰写了中文导读，对文章内容或背景做了简明扼要的介绍。每篇文章均附有与选文有关的背景知识和思考题，便于读者进一步理解和掌握文章的内容，提高英语理解和表达能力。另外，文章最后列出了与选文有关的体育词汇及短语，供读者参考。

三、注释精当。编者对选编的文章提供了准确、详尽的词汇注释，并对文章中出现的语言、人物和文化背景进行了适当解释，对部分复杂句子还给出了译文，既省却了读者翻检词典之劳，又丰富了读者的文化知识。

本书共分五部分：

第一部分：时尚体育。介绍休闲体育、极限运动等近年来风靡一时的体育项目。

第二部分：聚焦体育。涉及常见体育项目和重大体育赛事的渊源和发展。

第三部分：赛场风云。展现重大体育赛事中的某一场精彩体育比赛。

第四部分：体坛明星。走近体坛精英的训练、生活、家人等诸方面。

第五部分：体坛多棱镜。讲述体育运动中的趣闻逸事及丑闻。

在本书的编撰过程中，我们参考了国外多种报刊，并注明了出处，在此谨向原作者表示衷心感谢。

随着北京 2008 年奥运会的临近，越来越多的国人渴望进一步了解奥运知识，并且对体育英语有着越来越浓厚的兴趣。本书的出版在某些方面也可满足这部分读者的需要。

由于时间仓促以及编者的水平和经验有限，书中疏漏及不妥之处在所难免，敬请广大读者批评指正。

编者

2006 年 9 月

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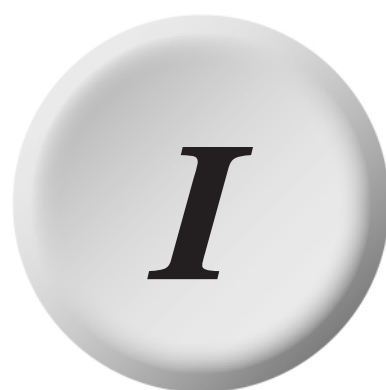
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Part



Fad Sports

时尚体育

Lesson 1

你运动的目的是什么?如果是减肥的话,那最好的方法就是通过合适的运动把多余的脂肪燃烧掉。所有的有氧运动都能帮你完成这个梦想,不过先要确定哪种运动适合你的体质。如果想要有点线条、结实一点,那么就可能要迈向无氧运动了。

有一项运动不用花你很多的金钱,却能在短时间内收到减肥与健身的双重功效,它就是——跳绳。



Jump to It: Turn Your Way to a Better Body with This Simple but Challenging Workout¹— Special Section: Better Homes & Bodies—Jump Rope

By Bobby Aldridge

April-May 2002

*Muscle & Fitness Hers*²

Can you remember the last time you jumped rope? Whether you did it for exercise or play—probably both—most likely, the intent was fun. The good news is that jumping rope is a great way for just about anyone to get a super workout, no matter what her shape, size or fitness level³. Jumping rope is also an excellent way to burn lots of

1. workout /'wɜ:kəʊt/ n. 锻炼, 训练 to work out 锻炼, 运动

2. *Muscle & Fitness Hers* 《健美丽人》, 是由国际健美联合会授权主办的美国健美主流刊物, 以女子健美、健身、健康保健为主线, 并介绍肌肉锻炼的各种方法。

3. fitness level 健康水平

calories⁴: approximately 200 per 15-minute workout⁵. Other benefits include:

- * Improved cardiovascular⁶ fitness;
- * Great full-body workout;
- * Enhanced balance and coordination⁷;
- * Strengthened muscles and bones;
- * Increased speed and power;
- * Jump ropes are easy to use, lightweight, convenient and inexpensive.

Getting started

Of course, the first thing you need to do is get a rope that's both the right size and easiest for you to use. When shopping for a rope, you'll have a few options, including length and material. As far as material goes⁸, plastic, fiber and leather are available, in addition to weighted ropes. For general fitness purposes, choose a plastic segmented⁹ rope, which is probably similar to the ones you used in elementary school. It's durable¹⁰ and inexpensive, costing around \$10.

To choose the right rope size for your height, follow these recommendations offered by jumpropestore.com:

Height	Rope Length
Under 5'	7-foot jump rope
5'-5'6"	8-foot jump rope
5'6"-6'	9-foot jump rope
Over 6'	10-foot jump rope

Moving right along

Now that you've chosen the right jump rope, it's time to consider a few other points of interest when preparing for the challenge of such a demanding¹¹ workout.

1) Choose a good pair of shoes. Aerobics shoes¹² and cross-trainers¹³ are best. A supportive sports bra¹⁴ is also a must.

2) Avoid concrete¹⁵ surfaces. Instead, jump on wooden, rubber or carpeted (not shag¹⁶) floors.

3) Jump in an area clear of obstacles that could get in the way of the rope as you turn it. If you're indoors, make sure you have plenty of room above as well.

4) Keep your elbows close to your body and hands down by your sides.

4. calory /'kælən/ 卡路里 (热量单位)

5. 每锻炼 15 分钟, 可消耗大约 200 卡路里热量

6. cardiovascular
/,kɑ:dvəs'væskjulə/ a. 心血管的

7. coordination /kəʊ,ɔ:dr'neɪʃən/ n. 协调

8. As far as material goes 就材料而言……

9. segmented /seg'mentɪd/ a. 节状的

10. durable /'djʊərəbl/ a. 耐用的

11. demanding /dr'mɑ:ndɪŋ/ a. 要求高的, 吃力的

12. aerobics shoes 健美操鞋
aerobics /eə'rəʊbɪks/ n. 有氧运动 [指在有氧代谢状态下做长时间(大于 15 分钟)运动, 使得心、肺得到充分的有效刺激, 从而提高心肺功能, 如慢跑、游泳、骑自行车等。]

anaerobics /,æneə'rəʊbɪks/ n. 无氧运动 (指肌肉在缺氧状态下高速剧烈运动, 如短跑、举重、投掷、跳高等。)

13. cross-trainer /'krɒs,treɪnə/ n. 慢跑鞋

14. sport bra 运动胸衣

15. concrete /'kɒŋkri:t/ n. 水泥

16. shag /ʃæg/ n. 厚粗绒地毯

5) Keep your jumps low to the ground and turn the rope by flipping your wrists, limiting your upper-arm involvement.

6) Warm up¹⁷ for 5-10 minutes by walking or doing light “practice hopping” without the rope. Stretch your calves¹⁸ and thighs before and after jumping. (Always warm up before stretching.)

The basic jump

Although you'll be jumping the same way whether you're a beginner, intermediate or advanced trainee, the length of time you spend doing it will vary. Instructions for the basic jump are as follows:

- * Stand with your feet together and knees slightly bent.
- * Allow your arms to relax by your sides while holding the grips¹⁹ lightly in each hand.
- * Keep your hops small and close to the ground.
- * Flick²⁰ your wrists in a circular motion while keeping your elbows close to your sides.
- * Jump once for each rope rotation²¹.

Keep it in your range²²

How can you tell if you're “in the zone” during aerobic exercise?²³ You can monitor your heart rate or you can go by “feel.” If you don't want to mess around²⁴ with numbers, you can fairly accurately judge your level of intensity based on how hard you feel you're working. If you feel like you're at a 7 on a scale of 1-10²⁵—with 10 being most intense—you're probably working out at about 70% of your maximum heart rate (generally 220 minus your age). If you'd rather go by the numbers, then follow the directions below to estimate your target heart-rate²⁶ (THR) zone.

First, determine your resting heart-rate²⁷. The most accurate measure of this can be taken upon rising in the morning. Simply count your heartbeats²⁸ while lying quietly for 60 seconds. Jot²⁹ that number down as your resting heart rate. This formula is called the Karvonen method³⁰ of heart-rate calculation, also known as the heart-rate reserve method³¹. This method of calculating your target heart rate considers individual differences in fitness levels.

Next, plug³² the appropriate numbers into the following target heart-rate formula:

$$[220 - \text{ (age) } - \text{ (resting hr) }] \times \text{ (desired \%)} + \text{ (resting hr) } = \text{THR}^{33}$$

17. to warm up 热身, 做热身活动
warm-up *n.* 热身运动

18. calf /kɑ:f/ *n.* 小腿, 腓

19. grip /grɪp/ *n.* 把手

20. flick /flɪk/ *v.* 轻快地移动

21. rotation /rəʊ'teɪʃən/ *n.* 旋转

22. in one's range 在某人能力范围之内

23. 在进行有氧锻炼时, 如何能判断自己锻炼得当呢?

24. to mess around 浪费时间

25. ...you're at a 7 on a scale of 1-10
.....在一至十这十个等级中, 你位于七

26. target heart-rate 靶心率 (是指在
进行身体锻炼时要达到并保持
的心率范围)

27. resting heart-rate 静息心率

28. heartbeat /'hɑ:tbi:t/ *n.* 心跳

29. jot /dʒɒt/ *v.* 记下

30. Karvonen method 心跳保留法
(由 Karvonen 首先提出)

31. heart-rate reserve method 心跳
保留法 (用于运动者随时掌控
自我的运动强度)

32. plug /plʌg/ *v.* 插入

33. (220-年龄-静息心率)×运动
强度范围+静息心率=靶心率

Beginners should work at 60%–70% of their maximum³⁴ heart rate, while intermediate level exercisers can work at 70%–80% of their max. If you're advanced, you can safely work at 75%–85% of your maximum heart rate. For example, if you're 30 years old, your resting heart rate is 60 and you want to work out at 75% of your maximum heart rate, your numbers would look like this:

$$220 - 30 = 190$$

$$190 - 60 = 130$$

$$130 \times 75\% = 97.5$$

$$97.5 + 60 = 157.5$$

Thus, your target heart rate is around 158 beats per minute. You can use this same method to determine both the high and low ends of your target range.

Of course, jumping rope is inherently³⁵ a high-intensity activity compared to many of the more common aerobic activities you may do. Because of this, you may find that your heart rate is higher than usual. This is fine, as long as you treat the session like you would any other interval session.³⁶ Raise your heart rate for a limited amount of time and then bring it down during a recovery phase³⁷. If you'd rather keep your heart rate steady and within your target range, start jumping without the rope first, and monitor³⁸ your heart rate from there. If your heart rate needs to be higher, then add the rope back in.³⁹ (Of course, you should check with your physician before beginning any strenuous⁴⁰ exercise program.)

34. maximum /'mæksɪmə/ *a.* 最大的, 最高的 (常缩写为 max)

35. inherently /ɪn'herəntli/ *ad.* 本质地, 固有的

36. ...as long as you treat the session like you would any other interval session. 只要你像对待休息时间那样对待运动时间就可以了。

37. recovery phase 恢复期

38. monitor /'mɒnɪtə/ *v.* 监控

39. 如果你想增加心率, 可以加上绳子再跳。

40. strenuous /'strenjuəs/ *a.* 费力的

Comprehension Questions

1. What are the benefits of rope jumping?
2. What are the factors you should consider while choosing the right rope?
3. Are there any requirements on the practicing field for rope jumping? If yes, what are they?
4. What's THR?
5. According to the target heart-rate formula given in the passage, what is your THR?

Background Reading

Rubber-Band Jumping (跳橡皮筋)

Rubber-band jumping was popular in my primary school which was only for girls. This game can

体育英语报刊选读

help you to practice your jumping skills, develop coordination, and also meet lots of friends.

Rubber-band jumping is a low cost game. You only need some rubber bands. We looped (使……成环) rubber bands together tightly until we had a larger one (You can select the length you like). When we got three persons together, we could start our game.

Here's how we played this special jump rope game:

- Two persons stood opposite each other and extended the rubber band.
- One player jumped and stood on one side of the rubber band, carrying the two sides together.
- Then she jumped again and made the two sides separate.
- Then she jumped again into the middle of the rubber band and after that she jumped outside it.
- If we finished these steps without any mistakes, we started the next level.

As the game continued, the level of jumping got higher and higher. There were four jumping levels: ankle high, knee high, waist high, and under the shoulder. More and more girls tried to jump and we competed as teams. The game was fun, and I think it taught us competition and cooperation.

.Relevant Words

rocker 前后钟摆跳

split hop 芭蕾舞跳

toe to toe 脚尖跳

single bounce 单重跳

straddle split 分腿跳

Lesson 2

曾经有人这么描述普拉提运动：融合了西方人的“刚”——注重身体肌肉和机能的训练，与东方人的“柔”——强调练习时的身心统一，每个姿势都要和呼吸协调，达到身心灵整体和谐。无论你年龄大小，无论你是否参加过体育锻炼，无论你的性别，只要你愿意，任何时候，你都可以进行普拉提训练。普拉提使你的身体和意念达到和谐统一，让你的身体得到锻炼而不受到伤害。无需大量的练习，你就可以拥有平滑、柔软、匀称的身体，苗条的双腿和健美的腹部。普拉提，帮助你使身体达到最佳状态！

Power Pilates¹: Tone Muscles and Reduce Body Fat with These Five Quick Moves

By Hope Wright

November 2005

*Essence*²

Through controlled, muscle-firming³ movements and deep, calming breaths, Pilates burns fat even after you've put away the mat. Pilates has a slow pace, so it allows you to take in more oxygen than you would during high-energy cardio exercise.⁴ "Your muscle cells need oxygen to burn fat," explains Jeanette Jenkins, a Pilates instructor and the president of The Hollywood Trainer in Los Angeles. "After the workout, your body uses the remaining fat as fuel to recharge the muscles you've worked⁵." Here Jenkins demonstrates the Pilates routine she created exclusively⁶ for *Essence*. Do it three times a week for a trim physique⁷.

The Hundred⁸—flattening the belly

Lie down. Keeping upper back stationary⁹, raise your head and shoulders. With legs together, bend and lift knees so calves are parallel to the floor.

Step 1: Quickly pump¹⁰ arms downward five times. With each pump, draw in a quick breath.

Step 2: For another count of five, pump arms and push air out (imagine that you're blowing out a candle). Do nine more sets for a

1. power pilates 强力普拉提

2. *Essence*《本质》，一本美国时尚杂志，创刊于1970年，是美国100强杂志之一。如今该杂志发行量达110万，读者遍布全球各地。

3. muscle-firming 肌肉紧绷的

4. 普拉提的节奏较慢，因此与给心脏带来高负荷的练习相比，你能吸入更多的氧气。cardio /'kɑ:diəʊ/ a. 心脏的

5. ...recharge the muscles you've worked 给你锻炼过的肌肉充电

6. exclusively /ɪk'sklʊ:sɪvli/ ad. 专门地

7. trim physique 苗条的体形

8. the hundred 一百次（普拉提的基本动作之一）

9. stationary /'steɪʃənəri/ a. 固定的

10. pump /pʌmp/ v. 上下拍动

total of a hundred pumps.

Obliques¹¹—good for sides of torso¹²

Lie on your back, with head and shoulders off the floor, knees bent and calves parallel to the floor. With elbows bent, rest hands on the back of your head.

Step 2a: As you inhale¹³, twist torso to the right, bring left elbow and right knee together, and straighten left leg. Switch sides and repeat.

Step 2b: For next rep¹⁴, exhale¹⁵. Alternate inhales and exhales for two sets of 24.

Double-leg Stretch—strengthening ABS¹⁶

Lie on your back, with arms at sides and head resting on floor.

Step 3a: Lift head and shoulders up, pull knees into chest, and reach forward so fingertips touch ankles.

Step 3b: Exhale, touch shoulders with fingertips; straighten arms as you straighten and extend legs. As you inhale, sweep arms behind you in a circular motion and return them to starting position.¹⁷ Do six reps.

Scissors¹⁸—working thigh muscles and strengthening ABS

Lie on your back, with shoulders and head off the floor. Lift right leg from the floor; grasp left leg with both hands.

Step 4a: As you exhale, pull left leg toward chest for two pulses.

Step 4b: Inhale and switch sides, grasping right leg and straightening left leg. To complete this move, exhale while reaching for the right leg for two pulses. Do two sets of eight.¹⁹

Leg Lift—sculpting²⁰ shoulders, arms, thighs and stomach

With palms and heels planted²¹ on floor, legs together and toes pointed, raise hips and butt²².

Step 5a: Inhale and lift right leg 12 inches off the floor. Exhale, and as you flex²³ right foot, return right leg to starting position.

Step 5b: To complete rep, repeat move with left leg. Do two sets of eight reps.

11. oblique /ə'bli:k/ *n.* 倾斜

12. torso /'tɔːsəʊ/ *n.* 躯干

13. inhale /m'heɪl/ *v.* 吸气

14. rep (repetition) 重复

15. exhale /eks'heɪl/ *v.* 呼气

16. ABS (abdominals) 腹肌

17. 吸气时,手臂在体后做圆周运动后恢复至起始位置。

18. scissors /'sɪzəz/ *n.* 剪刀式,普拉提动作

19. 做两组,每组八次。

20. sculpt /skʌlpt/ *v.* 塑造,塑形

21. plant /plɑːnt/ *v.* 固定

22. hips and butt 髋和臀

23. flex /fleks/ *v.* 弯曲,折曲

Comprehension Questions

1. What's the principle of Pilates' burning of fat?
2. What can people benefit from practicing Pilates?
3. If you have the love handle (腰间赘肉), which move(s) can be effective to remove it?
4. Why is the fourth move named "scissors"?
5. Among the five moves, which one do you think is the most difficult one?

Background Reading

An Exercise in Balance: The Pilates Phenomenon

Well, maybe not the whole world, but certainly much of this country, parts of Canada, Europe, and Pan-Asia are experiencing the explosion in demand for Pilates, a method of exercise and physical movement designed to stretch, strengthen, and balance the body. With systematic (系统的) practice of specific exercises coupled with (加上) focused breathing patterns, Pilates has proven itself invaluable not only as a fitness endeavor itself, but also as an important adjunct (助手) to professional sports training and physical rehabilitation (复原) of all kinds. Widely embraced among dancers (舞者) for years, the exercises—"elephant", "swan", the language—"pull navel (脐) to spine (脊骨), and breeaaaaathe", and the look—bright-eyed (热情的), refreshed, buoyant-without-necessarily-sweating, is popping up (突然出现) in fitness classes, physical therapy offices, corporate retreats (静思, 静修), luxury spas and wellness centers across the country. Another fad (时尚)? A cult (狂热) for the over-privileged? Think again. With the aging of our population and the increasing trend toward mindful, moderate health practices, Pilates is more likely to find itself with a wait list at the YMCA (基督教青年会), and in your local public schools—shaping the fitness ideals of our next generation.

Practiced faithfully, Pilates yields numerous benefits. Increased lung capacity and circulation through deep, healthy breathing is a primary focus. Strength and flexibility, particularly of the abdomen and back muscles, and coordination—both muscular and mental—are key components in an effective Pilates program. Posture, balance, and core strength are all heartily (彻底地) increased. Bone density (骨密度) and joint health improve, and many experience positive body awareness for the first time. Pilates teaches balance and control of the body, and that capacity spills over (溢出) into other areas of one's life.

Relevant Words

普拉提的 15 个基本动作

double leg stretch 双腿屈伸

scissors 剪刀式

spine twist 上体拧转

the hundred 一百次

the one leg circle 单腿划圈

the push up 俯卧撑

the side bend 侧撑屈伸

the swan dive 天鹅饮水

rolling back 后滚动

shoulder bridge 桥式(肩)

swimming 泳式

the leg pull (prone) 俯式支撑

the one leg stretch 单腿屈伸

the roll up 上滚动

the side kick 侧卧侧踢

