

科学就是力量

知识就是财富

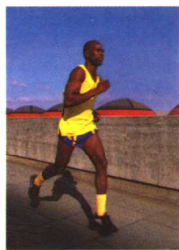
Sport

体育卷

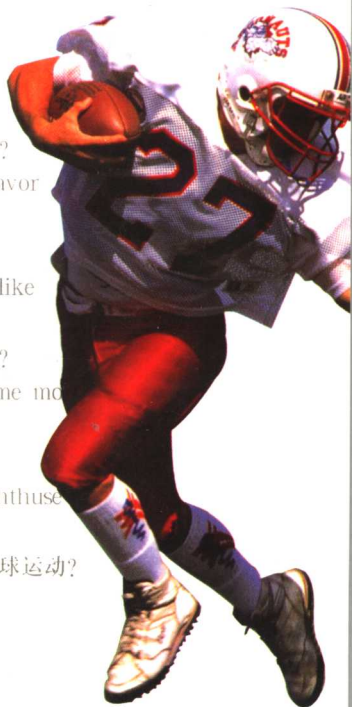
双语 十万个为什么

BILINGUAL SO MANY WHY

► 主编 / 谢志敏 ◀



- Why are sports very important?
- 为什么体育运动很重要?
- Why is walking in favor of health?
- 为什么步行有益健康?
- Why do Englishmen like football?
- 为什么英国人喜欢足球?
- Why does yoga become more popular?
- 为什么瑜伽会流行?
- Why does Japanese enthusiasm over gateball?
- 为什么日本人热衷于门球运动?



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双语

十万个为什么

DOUBLE LANGUAGE
SO MANY WHY

体育

□主编 / 谢志敏



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目 录

为什么说体育比赛带来的是友好?

Why to Say Sports Events Create Goodwill 1

为什么体育运动很重要?

Why Are Sports Very Important 4

为什么我们能从体育运动中获得益处?

Why Can We Benefit from Sports 8

为什么步行有益健康?

Why Is Walking in Favor of Health 11

为什么人们会选择慢跑运动?

Why Do We Choose Jogging 15

为什么英国人喜欢足球?

Why Do Englishmen Like Football 20

为什么比赛就是为了获胜?

Why Is Win the Only Reason for Playing 23

为什么贝利被称为“球王”?

Why Was Pele Called “the King of Football” 26



为什么泰格·伍兹能够获得成功?	
Why Could Tiger Woods Get Ahead	27
为什么点球大战应废止?	
Why Should Penalty Shoot-outs Be Abandoned	30
为什么潜水很有趣?	
Why Is Skin-diving Very Interesting	33
为什么会在现代奥运会中设置马拉松赛?	
Why Do We Have the Marathon Race in the Modern Olympic Games	35
为什么练习瑜伽能够舒缓压力?	
Why Can Yoga Ease Pressures	38
为什么日本人热衷于门球运动?	
Why Does the Japanese Enthuse over Gateball	42
为什么全民健身运动是一项宏大的计划?	
Why Is All People Body-Building Program a Grand Program	46
为什么说中国杂技历史悠久?	
Why to Say the Chinese Acrobatics Has a Long History	49
为什么把乒乓球定为国球?	
Why Is Table Tennis Our Country's National Ball	52
为什么极限运动会吸引年青人?	
Why Do Action Sports Appeal to Youth	55



为什么说罗纳尔多是天才球星?	
Why to Say Ronaldo Is a Talented Soccer Star	59
为什么游泳天才迈克尔能够书写传奇?	
Why Could Mighty Michael Make a Legend	65
为什么费德勒可以称雄网坛?	
Why Can Federer Often Win in Tennis Plays	70
为什么罗纳尔迪尼奥能获得“足球先生”的称号?	
Why Could Ronaldinho Win the Name of “Footballer”	75
为什么海宁被称为网坛皇后?	
Why Was Justine Called “Tennis Queen”	79
为什么人们喜欢贝克汉姆?	
Why Do People Like Beckham	84
为什么说兰斯·阿姆斯特朗是自行车上的牛仔?	
Why to Say Lance Armstrong Is the Cowboy on the Bike	88
为什么辛吉斯能够成为最年轻的网球冠军?	
Why Could Hingis Become the Youngest Tennis Champion	90
为什么舒马赫被称为最伟大的赛车手?	
Why Was Schumacher Claimed to Be the Greatest Race Car Driver	93
为什么圣路易斯是美国第一体育城?	
Why Is St. Louis America's Number One Sports City	98





为什么极限运动很刺激?

Why Are Ultimate Sports Very Exciting 104

为什么迈克尔·乔丹能够成为 NBA 超级巨星?

Why Could Michael Jordan Become a NBA Super Star 107

为什么说是女人带领雅典奥运走向成功?

Why to Say Women Lead the Athens Olympic Games to Success 110

为什么阿加西是特立独行的网球明星?

Why Is Agassi an Independent Tennis Star 114

为什么迈克尔·乔丹有飞人乔丹之称?

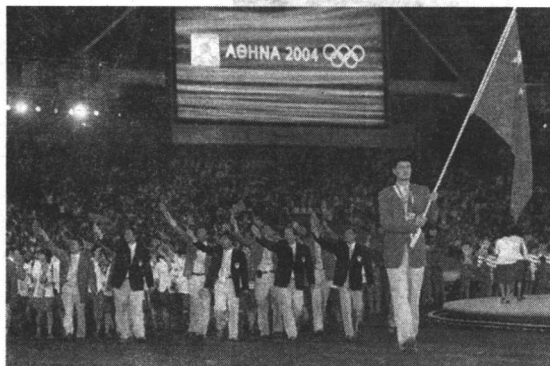
Why Is Michael Jordan Known as Air Jordan 119



Why to Say Sports Events Create Goodwill

为什么说体育比赛带来的是友好?

Some people believe that international sport creates goodwill between



the nations and that if countries play games together they will learn to live together. To begin with, sports events create precious opportunities for people from different countries and

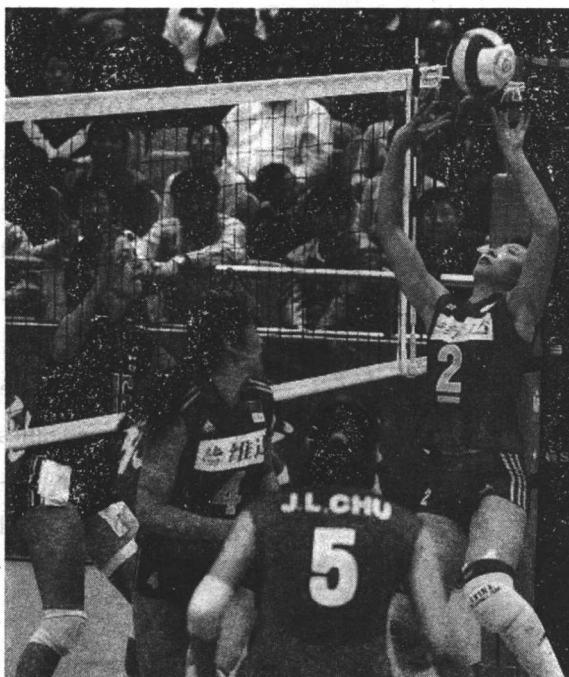
social systems to get together on an equal footing. Equality finds its full expression here, as all nations, poor or rich, big or small, are equal on sports playground. Therefore, in spite of





their race, religious belief and nationality, athletes may become friends after a game, with mutual understanding enhanced and hostility removed. Besides, sports games can also be employed as a diplomatic method. The Sino-American ping-pong diplomacy is just a vivid case in point.

有些人认为国际比赛促进了国家之间的友好,通过国际比赛,他们学会了相处。首先,体育比赛为来自各个国家,不同社会制度的人



创造了平等相处的机会。在这里,充分体现了平等。所有的国家,无论贫富大小,在运动场上都是平等的。因而,不分种族、宗教信仰和国籍,赛后运动员都成为了朋友,增进了相互了解,消除了敌视。体育比赛还可以作为外交手段。中美两国的乒乓外交就是

个活生生的例子。

Although there are cases of aggressive patriotism, prejudice and bias, the pros outweigh the cons on the whole. As more and more people grow aware of the need for peace and harmony, it is firmly believed that sports events will help to make the world a better place to live in.

尽管存在着过激的爱国主义和偏见与成见,总的来说,支持体育

比赛的还是占了上风。越来越多的人开始意识到和平与和谐的必要,并坚信体育比赛会使世界更加美好。





Why Are Sports Very Important

为什么体育运动很重要？

What fun it is to jump into a pool or go swimming in a river in summer! How joyful

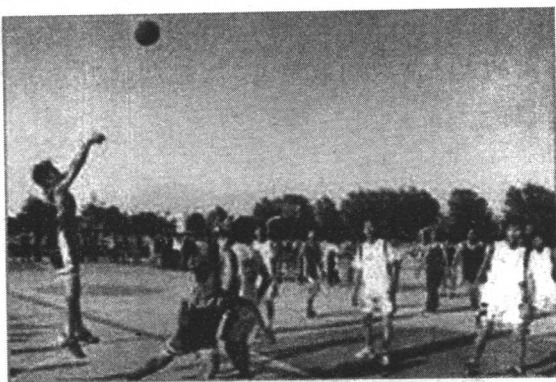


and relaxing it is to have a game of table tennis after a day of study at school! And how exciting it is to play or watch a close game of basketball

or volleyball ! All over the world millions of people take part in different kinds of sports. Sports are perhaps the most popular form of relaxation that almost all can enjoy, whether boys or girls, men or women, young or old.

夏天跳进池塘或到江河里游泳多么有趣啊！一天的学习之后打一场乒乓球赛多么令人轻松愉快！参加或观看一场势均力敌的篮球赛或排球赛多么令人兴奋！全世界千百万人们参加各种各样的运动。体育运动大概是几乎所有人都喜爱的最普遍的令人松弛的娱乐形式，男孩女孩、男女老少都很喜欢体育运动。

Some people seem to think that sports and games are unimportant things that people do at times when they are not working, instead of going to the cinema, listening to the radio, or sleeping. But in fact sports and games can be of great value, especially to people who work with their brains. They should not be treated only as amusements.



有些人似乎认为体育活动不是什么重要的事情,只是人们不在工作的时候,不去看电影,不在听广播,不在睡觉时才参加的活动。其实,体育运动大有价值,特别

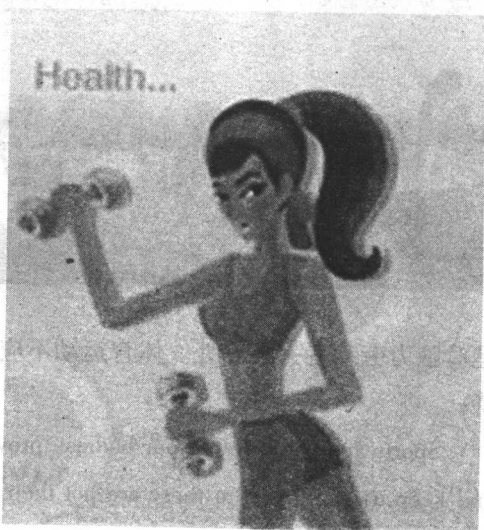
是对脑力劳动者大有好处。体育运动不应仅仅被当做娱乐活动来对待。

Sports and games build our bodies, prevent us from gaining weights, and keep us healthy. But these are not their only uses. They give us valuable practice in helping the eyes, brain and muscles to work together. In table tennis, the eyes see the ball coming, judge its speed and direction, and pass this information on to the brain. The brain then has to decide what to do, and sends its orders to the muscles of the arms, legs, and so on, so that the ball is met and hit back where the player wants it to go. All this must happen with very great speed, and only those who have had a lot of practice at table tennis can do this successfully. For those who work with their brains, the practice of such skills is especially useful.



体育运动增强体质,防止我们发胖,使我们保持身体健康。但体育运动的作用不仅仅局限于这些方面。体育运动给我们的眼睛、大脑和肌肉以宝贵的锻炼,促使它们协同工作。打乒乓球时,眼睛看到球打过来,判断其速度和方向,马上将这个信息传给大脑。接着大脑得决定怎么办,立即将命令传达给手臂、大腿等人体部分的肌肉,结果球被击回到运动员希望它落的地方。整个行动必须以最快的速度发生,只有那些训练有素的人才能成功地完成。对那些脑力劳动者来说,这样的技能实践特别管用,尤其有益。

Sports and games are also very useful for character training. In their lessons at school, boys and girls may learn about such virtues as selflessness, courage, discipline and love of one's homeland, but what is learned in books cannot have the same deep effect



on a child's character as what is learned through experience. The ordinary school cannot give much practical training in living, because most of the students' time is spent in classes, studying lessons. So what the students do in their spare time is of great importance. If each of them learns to go all out for his team and not for himself on the sports field, he will later find it natural to work for the good of the society and for the good of his homeland.

体育运动对性格的培养也很有益处。男孩女孩们在课堂上也许

对不自私自利、富有勇气、遵守纪律、热爱祖国这样的美德有所了解，但从书本上学到的东西不可能像通过亲身体验了解到的东西一样对孩子品质产生深刻的影响。普通的学校不可能在生活方面给孩子们很多实用的培养，因为他们的大部分时间用于上课，花在学习功课上。所以，学生们在课余时间所做的非常重要。如果每个学生在球场上学会了为自己的球队而不是为他自己竭尽全力，那么他以后会感到为社会的利益、为祖国的利益而工作是理所当然的了。



Why Can We Benefit from Sports

为什么我们能从体育运动中获得益处？

Many students go to the playground when they feel tired after a few hours of study. These students put much more stress on their study efficiency than on the fun of sports. They just want to go back to their class-



rooms from the playground with a clearer and quicker mind. Thus they don't actually care whether they can enjoy themselves on the playground.

Most of them choose long-distance running, the kind of exercise which few real sports enthusiasts like. So this group of students can be well labeled as study-oriented participants.

许多学生经过几小时的学习感到疲倦时就去运动场上锻炼。这些学生与其说是看重运动的乐趣,倒不如说是重视学习效率。他们只图从操场回到教室时头脑更清晰,思维更敏捷。因此,他们对于自己在操场上是否玩得开心确实毫不在乎。其中大多数选择长跑,真



正的运动爱好者喜欢这种运动的寥寥无几。所以,这类学生堪称以适用学习为目的的运动参加者。

Students that make up the second group are real sports lovers. Sometimes they even put aside their studies for a match. They take part in the sport that interests them most, not caring whether it is most beneficial to their health. They may be called fun-oriented sports participants.



第二类学生是真正的运动爱好者。有时,为了比赛,他们甚至把

自己的学习搁置起来。他们参加自己最感兴趣的运动,至于是否非常有益于健康则不在乎。这类学生可称为以获得乐趣为主的运动参加者。



The third group want beauty from sports. Boys want to become strong and good-looking; girls want to be slim and graceful. Those who consider sports the only

way of reducing weight also belong to this group. They are very careful in



choosing the kind of exercise they do, and are afraid that certain sports may ruin their figures. Horizontal bars and parallel bars are the boys' choice, and the hula hoop is now the girls' favorite. The appropriate name for this group may be beauty-oriented sports participants.

第三类学生希望通过运动变得漂亮起来。男同学希望锻炼得身强力壮,一副好模样;女同学则想变得苗条多姿,形象优美。那些认为运动是惟一的减肥方法的同学也属于此类。他们十分慎重地选择自己所从事的运动种类,生怕



某些运动会毁损自己的身段体态。男孩子往往选择单杠和双杠,女孩子最爱玩呼拉圈。此类学生可恰当地称为重视形态美的运动参加者。

No matter which group they belong to, they all benefit from sports. If only you look around the campus, you will find that bookworms have disappeared, and that there are healthy, strong, clever, and lively students everywhere.

不管属于哪一类,他们都从锻炼中获得了益处。你只要环顾校园四周便会发现,书呆子不见了,到处都是健康结实、聪明活泼、朝气蓬勃的学生。