

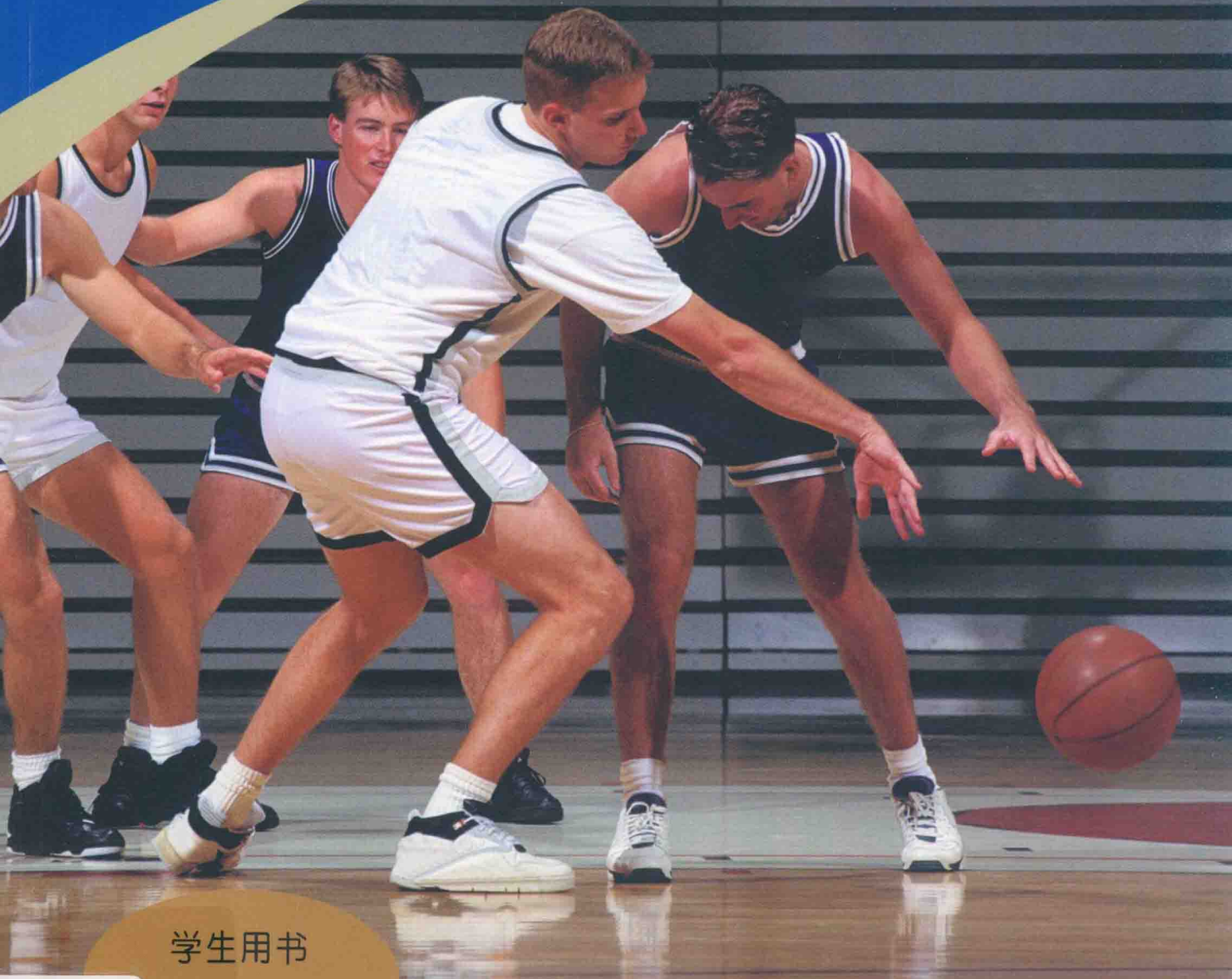
普通高等教育英语专业规划教材

主 编 杜思民

体育英语阅读教程

SPORTS ENGLISH READING
COURSE

1



学生用书

STUDENT'S BOOK

河南大学出版社

SPORTS ENGLISH READING COURSE 1

体育英语阅读教程

(1)

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前 言

随着体育事业向国际化、全球化发展,体育领域内英语人才培养专门化势在必行。为了适应体育院校英语专业学生学习的特殊需要,强化学生在体育领域的英语阅读学习,在英语泛读课程中融入体育元素,符合复合型人才培养的根本宗旨。体育英语阅读具有专门用途的特点,课程特色十分突出。

《体育英语阅读教程》教材是为培养英语专业(体育方向)学生基础阶段的专业阅读能力而编写的。其目的是加强学生专业英语阅读的特殊技能训练,使其掌握体育英语专业知识和词汇,切实加强专业交流能力和学术交流水平。本教材也适合体育专业(运动训练、民族传统体育、体育、社会体育)及体育相关专业(体育新闻、体育管理等)进行体育方面的英语阅读而编写的。

本教材共分两册包括四十个单元,选材于夏季奥运会、冬季奥运会和少数非奥运动共20项,内容包括:运动项目的体育明星、竞赛规则、历史与文化、体育赛事等方面。此外,每个单元还附有练习题,便于检测学生阅读学习的效果。

在使用本教材时,可根据各校及任课教师课程计划安排,灵活选取章节教学,其中有些内容可以作为学生课外阅读。

本教材的特色是:1. 针对性、实用性强。针对体育院校英语专业(体育方向)学生阅读能力培养的需要,扩充词汇,加强阅读技能训练。2. 能力培养全面,使用了大量原版、保真材料,各个部分注释清晰,课后附有练习。3. 内容新颖。材料选取自最新竞赛规则、体育赛事和体育活动,人物事件现代感强。

本教材由杜思民主编,编者有任锋、金丹、王青云、邓靓靓、唐鹏、荣晶,体育英语资料由外籍教师 Luke 审阅。

在本教材的编写过程中,首都体育学院研究生刘源,郑州大学体育学院李利佳、彭丹等做了大量工作,在此表示衷心的感谢!

体育英语涉及内容相当广泛,由于本书编辑时间紧,加之作者水平有限,疏漏与不当之处在所难免,敬请广大同仁和专家批评指正,以便今后加以改进。

主 编

2013年6月于郑州

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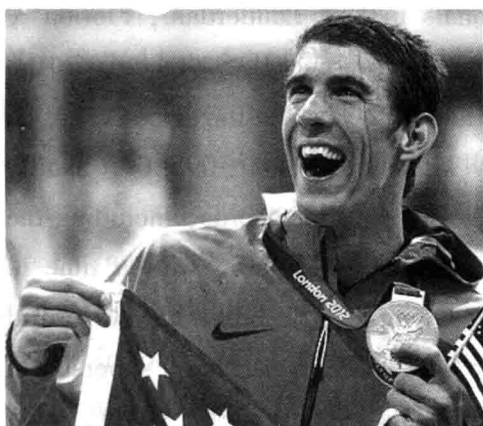
Aquatics[®]

If you wish to learn swimming, you have to go into the water.

Part 1 Sports Superstars

Direction: Read the materials about the athletes and then do the following exercises.

Michael Phelps



Born on June 30, 1985 in Baltimore, Maryland, Michael Phelps competed in his first Olympics at the age of 15 as part of the U. S. men's swimming-team. He went on to win medals at the Olympic Summer Games in Athens, Beijing and London, accumulating a total of 22 medals—18 gold, 2 silver and 2 bronze—and setting the record for the most medal wins of any Olympic athlete. Phelps announced his retirement in 2012.

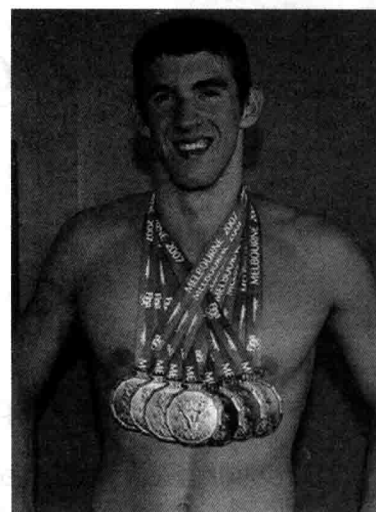
Early Life

Michael Fred Phelps was born on June 30, 1985 in Baltimore, Maryland^②, to Fred and Debbie Phelps. The youngest of three children, Michael Phelps and his sisters grew up in the neighborhood of Rodgers Forge. His father, Fred, an all-around athlete^③, was a state trooper; his mother Debbie was a middle-school principal. When Phelps's parents divorced in 1994, he and his siblings went to live with their mother, with whom Michael grew very close. Phelps began swimming when his two older sisters, Whitney (born in 1978) and Hilary (born in 1980), joined a local swimming-team. Whitney tried out for the U. S. Olympic team in 1996, at the age of 15, but injuries derailed her career. At the age of 7, Phelps was still "a little scared" to put his head under water, so his instructors allowed him to float around on his back. Not surprisingly, the first stroke he mastered was the backstroke^④. After he saw swimmers Tom Malchow and Tom Dolan compete at the 1996 Summer Games in Atlanta, Phelps began to dream of becoming a champion. He launched his swimming career at the Loyola High School pool. He met his coach, Bob Bowman, when he started training at the North Baltimore Aquatic Club^⑤ at the Meadowbrook Aquatic and Fitness Center. The coach immediately recognized Phelps's talents and fierce sense of competition and began an intense training

regime^⑥ together. By 1999, Phelps had made the U. S. National B Team. At the age of 15, Phelps became the youngest American male swimmer at an Olympic Games in 68 years. While he didn't win a medal at the 2000 Summer Olympics in Sydney, Australia, he would soon become a major force in competitive swimming.

World-Renowned Olympic Medalist

In the spring of 2001, Phelps set the world record^⑦ in the 200-meter butterfly^⑧, becoming the youngest male swimmer in history (at 15 years and 9 months) to ever set a world swimming record. He then broke his own record at the 2001 World Championships in Fukuoka^⑨, Japan, with a time of 1 : 54 : 58, earning his first international medal. Phelps continued to set new marks at the 2002 U. S. Summer Nationals in Fort Lauderdale, Florida^⑩, establishing a new world record for the 400-meter individual medley^⑪, and U. S. records in the 100-meter butterfly and the 200-meter individual medley. The following year, at the same event, he broke his own world record in the 400-meter individual medley with a time of 4 : 09 : 09. Shortly after graduating from Towson^⑫ in 2003, a 17-year-old Phelps set five world records, including the 200-meter individual medley at the World Championships in Barcelona, Spain, with a time of 1 : 56 : 04. Then during the U. S. trials for the 2004 Summer Olympics, he broke his own world again in the 400-meter individual medley, with a time of 4 : 08 : 41. Phelps became a superstar at the 2004 Olympic Games in Athens, Greece^⑬, winning eight medals (including six gold), tying with Soviet gymnast Aleksandr Dityatin (1980) for the most medals in a single Olympic Games. Phelps scored the first of 6 gold medals on August 14, when he broke his own world record in the 400-meter individual medley, shaving 0.15 seconds of his previous mark. He also won gold in the 100-meter butterfly, 200-meter butterfly, 200-meter individual medley, 4-by-200-meter freestyle relay^⑭ and 4-by-100-meter medley relay^⑮. The two events in Athens, in which Phelps took bronze medals, were 200-meter freestyle and the 4-by-100-meter freestyle relay. Just weeks following his triumph in Athens, Phelps was arrested for driving under the influence of alcohol in Salisbury, Maryland, after cruising through a stop sign. He pleaded guilty to driving while impaired, was sentenced to 18 months probation, fined \$250, ordered to speak against drinking and driving to high school students, and ordered to attend a Mothers Against Drunk Driving meeting. Michael called it an "isolated incident", but admitted to letting himself and his family down. Phelps soon followed coach Bowman to the University of Michigan in Ann Arbor, studying sports marketing and management. Bowman coached the Wolverines' swimming-team and guided Club Wolverine, of which Phelps was once a member. Phelps continued to establish world records at the 2006 Pan Pacific Championships in Victoria, British Columbia, and the 2007 World Championships in Melbourne, Australia. At the 2008 Olympic Games in Beijing, China, Phelps won gold in the 4-by-100-meter medley relay, 4-by-100-meter freestyle relay, 200-meter freestyle, 200-meter



butterfly, 4-by-200-meter freestyle relay, 200-meter individual medley and 100-meter butterfly. Every gold medal performance set a new world record, except the 100-meter butterfly, which set an Olympic record. Phelps also set the all-time single Olympics gold-medal record, surpassing swimmer Mark Spitz's 1972 record of 7 golds; he had won his 14th career gold medal, the most gold won by any Olympian. In 2012, Phelps's Olympic medal increased to 22 and he set a new record for most Olympic medals, beating gymnast Larisa Latynina's prior record of 18. At the 2012 Olympic Games, held in London, he won four gold medals, in the 4-by-200-meter freestyle relay, 200-meter individual medley, 100-meter butterfly and 4-by-100-meter medley relay; and two silver medals, in the 4-by-100-meter freestyle relay and 200-meter butterfly. Phelps also held the record for the most gold medals won in a single Olympics (eight gold medals at Beijing in 2008).

Michael Phelps wins 18th and final Olympic gold in London

American Michael Phelps won the 18th and final Olympic gold medal of his career with a win in the 4-by-100-meter medley relay, before heading into retirement. The 27-year-old swam the third butterfly leg at London's Aquatics Centre to help the United States past Japan in three minutes 29.35 seconds. Australia took the bronze, with Great Britain in fourth. Phelps ends his career with 22



medals in total, 18 of them gold, from four Olympic Games. "It's tough to put into words right now, but I finished my career how I wanted to," said an emotional Phelps. "Through the ups and downs of my career I've still been able to do everything that I've ever wanted to accomplish."¹⁶ I've been able to do things that no-one else has ever been able to do and this is one of the funnest ways to finish it, in a relay. Backstroker Matt Grevers and breaststroker Brendan Hansen set the US on their way in the last final of the London 2012 swimming competition, but it took Phelps to wrestle the advantage away from an impressive Japan team. Nathan Adrian then brought the US home in the final freestyle leg. Phelps made his Olympic debut in Sydney in 2000 as a 15-year-old and won 6 golds and 2 bronze medals in Athens, followed by an historic 8 gold medals in Beijing.¹⁷ After his final race the American was awarded with a trophy by swimming's world governing body, Fina, confirming Phelps's status as the greatest Olympic athlete of all time. The swimmer used the opportunity to thank his coach of 15-year Bob Bowman. Tonight was a very emotional for Bob and I, said Phelps. I wouldn't be here today without everything he's done for me and I love him to death, and thankful I have someone who cares so much for me and who has put up with me over the past 15 years, so he's been great and I literally can't thank him enough. "I've been able to become the best swimmer of all time and I said we got here together and I thanked him."¹⁸ Despite a slow start, when he finished fourth in the 400-meter individual medley and second in his favoured 200-meter butterfly event, Phelps ended London 2012 with more medals than any other swimmer at the Games— 4 golds and 2 silvers.

Notes:

- ① Aquatics 水上运动
- ② Baltimore, Maryland 巴尔的摩, 马里兰州
- ③ an all-around athlete 全能运动员
- ④ the backstroke 仰泳
- ⑤ the North Baltimore Aquatic Club 北巴尔的摩水上俱乐部
- ⑥ intense training regime 强度大的训练法
- ⑦ set the world record 刷新世界纪录
- ⑧ the 200-meter butterfly 200 米蝶泳
- ⑨ Fukuoka 福冈(日本港市)
- ⑩ Fort Lauderdale, Florida 劳德代尔堡(美国佛罗里达州东南沿海城市, 在迈阿密附近)
- ⑪ the 400-meter individual medley 400 米个人混合泳
- ⑫ Towson 陶森大学
- ⑬ Athens, Greece 雅典, 希腊
- ⑭ 4-by-200-meter freestyle relay 4 × 200 米自由泳接力
- ⑮ 4-by-100-meter medley relay 4 × 100 米混合泳接力

⑯ “It’s tough to put into words right now, but I finished my career how I wanted to,” said an emotional Phelps. “Through the ups and downs of my career I’ve still been able to do everything that I’ve ever wanted to accomplish.” “我不知道怎么用语言来表达我现在的感觉, 但我是以我所希望的形式结束了我的职业生涯,” 菲尔普斯很有感触地说道: “在经历了职业生涯的各种起起伏伏后, 我终于成功完成了我想要完成的一切。”

⑰ Phelps made his Olympic debut in Sydney in 2000 as a 15-year-old and won 6 golds and 2 bronze medals in Athens, followed by an historic 8 gold medals in Beijing. 在2000年, 15岁的菲尔普斯在悉尼奥运会中初露锋芒, 并在其之后的雅典奥运会中, 他夺得了6块金牌和2块铜牌。紧接着在北京奥运会上, 菲尔普斯包揽8块金牌, 成就了历史性的一刻。

⑱ “I’ve been able to become the best swimmer of all time and I said we got here together and I thanked him.” “之所以能成为最棒的游泳选手, 是因为我们携手并进, 所以我很感谢他。”

Exercises

I. Decide whether each of the following statements is true or false:

- () 1. Phelps won his first medal at the 2000 Summer Olympics in Sydney, Australia.
- () 2. Phelps took bronze medals, which were 200-meter freestyle and the 4-by-100-meter medley relay in Greece.
- () 3. The first stroke Phelps mastered was the backstroke at the age of 7.
- () 4. Phelps ended his career at the age of 22.

II. Questions:

1. What happened just weeks after Phelps’ triumph in Athens?
2. How many medals did Phelps win during his career in Olympic Games and how many of them are gold?
3. Who set the world record in the 200-meter butterfly in the spring of 2001?
4. How many world records did he set during 2008 Beijing Olympic Games?

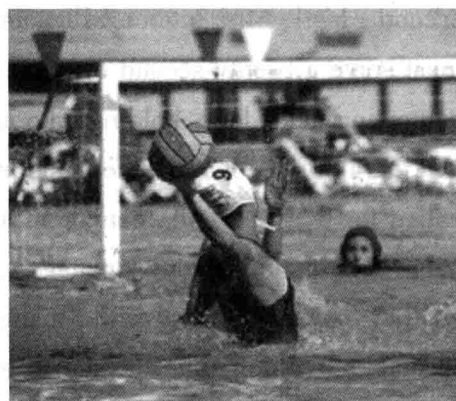
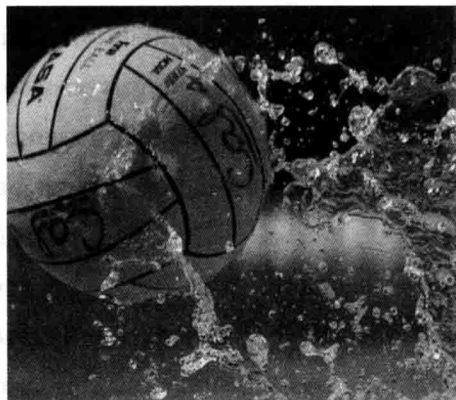
Part 2 Sports Rules

Direction: Read the materials about Sports Rules of Aquatics and then do the following exercises.

Water Polo Rules & Regulations

Basic Rules

Each team has 7 players in the pool: 6 field players and a goal keeper. Teams can substitute players while the ball is in play, but those players must enter and exit the game either in front of their team's bench or from the corner. When the clock is stopped players can enter and exit the field of play from anywhere. Teams score one point for a goal. The ball must cross the goal line, under the crossbar^①, and between the vertical posts of the goal box. A game is played in four periods, the length of which depends on the level of play. High school and non-varsity collegiate teams play five-to-seven-minute periods. College Varsity games have eight-minute periods, as do Olympic and FINA World League games^②. The game clock stops when a goal is scored and



when a foul is called, and is restarted when the game is resumed by the non-scoring team and when the free throw is made, respectively. In addition to the game clock, there is a shot clock, which gives each team 30 seconds to shoot at the goal. If a team does not take a shot within 30 seconds of gaining possession of the ball, a minor foul is called and the ball is given to the opposing team. At lower levels of competition the shot clock may count down^③ from 35 seconds. Each period begins with a sprint^④ for the ball. Players line up along their goal line, usually with the fastest player closest to the referee with the ball. The referee blows the whistle to signal the start of the sprint and drops the ball at the center line. Players race first for the ball, and then to set up either their offense or defense, depending on who gained possession of the ball. Players are allowed to touch the ball with only one hand at a time, except for the goalie^⑤ who can grab the ball with two hands when he/she is inside the five-meter line. The goal keeper is the only player allowed to punch^⑥ the ball, and then, may only do so inside the five-meter line. Players are not allowed to stand on bottom of the pool and participate in the game, except for the goal keeper, who can only do so when he/she is between the five-meter line and his/her goal. All players swim back and forth, playing offense and defense, except the goal keeper, who is not allowed to cross the half-distance line^⑦. During the four regular periods, teams may call up to two timeouts^⑧. Timeouts are one-minute long and can only be called by the team with possession of the ball. Teams are given one

timeout in overtime⁹.

Fouls

Referees can call minor, major, misconduct¹⁰, and brutality fouls¹¹. A referee may choose NOT to call a foul, if the call would give an advantage to the offending player's team (This is called the "advantage rule"¹², and is unique to water polo). Referees signal a minor foul with one whistle blast. Play stops and the player who was fouled is awarded a free throw. The referee will point to the player who gets the free throw and signal possession with the other arm. Examples of minor fouls include: pushing off the side or bottom of the pool; a false start; holding the ball underwater; touching the ball with two hands; hitting the arm or body of the player with the ball; punching the ball; pushing off a defender; being offsides (within 2m of the opposing goal and ahead of the ball); throwing the ball out of bounds; violating the shot clock. A major foul is signaled by a double whistle. With the first whistle, the referee will point at the player who committed the foul. With the second whistle, the referee will point at the ejection area, where the player who committed the foul must serve a twenty-second ejection. Examples of major fouls include: offensive players intentionally contacting defenders; holding onto an offensive player; interfering with a free throw; pulling back or sinking a player; leaving the ejection area early or without permission from a referee. Players who are called for 3 major fouls cannot return to the game. Misconduct is called for any unsportsmanlike behavior (including foul language), but is typically called when a player attempts to kick or hit another player or official with "malicious intent". A player charged with misconduct is ejected for 20 seconds, at which time he/she is ejected for the remainder of the game, but can be replaced by substitute. Brutality fouls are called when a player kicks or hits another player or official with "malicious intent". The opposing team is awarded a penalty shot, and the player committing the foul is removed from the game for 4 minutes, during which time the team must play "man-down". Players charged with brutality cannot re-enter the game.

Overtime

If the score is tied at the end of four regular periods, the teams will play at least one overtime period. Under NCAA (US College) rules if the score is still tied after two 3-minute overtime periods, the teams play 3-minute sudden-death periods until one team scores. In international competition teams play as many as two 3-minute overtime periods. If the score is still tied at the end of those two periods, the teams compete in a penalty shootout. In the first round of a penalty shootout 5 players and a goal keeper from each team all take one penalty shot, alternating teams. If the score is still tied at the end of the first round, the same players shoot alternately¹³ until one team scores and the other misses¹⁴.

Diving¹⁵

In diving competitions, competitors perform a series of dives and are awarded points up to 10, depending upon their elegance and skill. The points are then adjusted for the degree of difficulty, based on the number and types of maneuvers attempted, such as somersaults, pikes, tucks and twists¹⁶. A reverse 1.5 somersault with 4.5 twists¹⁷, for example, is among the most difficult.

Judges are appointed by FINA, the international body governing diving. If possible, the nationalities of the judges differ from the competitors. The referee is in charge of the competition and makes sure all regulations are followed. Judges rate both technique and style. Judges assess the diver's approach, take-off, elevation, execution and entry. Individual diving events have 7 judges. For synchronized diving, four judges will assess the divers' skills and 5 others will judge how the pairs match each other in terms of height, distance from the springboard or platform, speed of rotation and entry into the water. 5 judges assess the synchronization of the dives, and 4 award marks for execution. 2 of the 4 judges judging the execution focus on each diver's performance. The synchronization judges focus exclusively on synchronization in the approach, take-off (including similarity of height), coordinated timing of movements during flight, similarity of entry angles, comparative distance from the board at entry, and simultaneous entries.^⑱ The highest and lowest scores awarded for both execution and synchronization are discarded, and the final score is calculated in the same manner as other dives. Each dive is considered without regard to the difficulty figure.

Notes:

- ① crossbar 横杆
- ② FINA World League games 国际泳联世界联赛
- ③ count down 倒数
- ④ sprint 冲刺
- ⑤ goalie 守门员
- ⑥ punch 用拳重击
- ⑦ half-distance line 中线
- ⑧ timeout 暂时休息, 暂停
- ⑨ overtime 加时赛
- ⑩ misconduct 管理或处理(某事物)不当
- ⑪ brutality fouls 恶意犯规
- ⑫ advantage rule 有利原则
- ⑬ alternately 轮流地, 交替地
- ⑭ miss 失分
- ⑮ Diving 潜水, 跳水
- ⑯ The points are then adjusted for the degree of difficulty, based on the number and types of maneuvers attempted, such as somersaults, pikes, tucks and twists. 比赛的分数是以难度系数来决定, 这一难度系数是建立在翻腾、屈体、抱膝和转体等空中技术和姿势的基础上。
- ⑰ A reverse 1.5 somersault with 4.5 twists 反身翻腾 1 周半转体 4 周半
- ⑱ The synchronization judges focus exclusively on synchronization in the approach, take-off (including similarity of height), coordinated timing of movements during flight, similarity of entry angles, comparative distance from the board at entry, and simultaneous entries. 评判同步配合的裁判员专门负责评判动作的同步性, 例如助跑、起跳, 包括起跳高度的一致性、空中动作配合的时间、入水角度的一致性、入水时与板或台的相对距离、入水时间的一致性。

Exercises

I. Decide whether each of the following statements is true or false:

- () 1. Only when the clock is stopped can players enter and exit the field of play in Water Polo Games.
- () 2. Olympic and FINA World League games play five-to-seven-minute periods.
- () 3. A referee must call a foul if the call would give an advantage to the offending player's team.
- () 4. The teams will play at least one overtime period if the score is tied at the end of four regular periods.

II. Questions:

- 1. How many players does each team have in the pool?
- 2. Who is the only player allowed to punch the ball?
- 3. Who can call minor, major, misconduct, and brutality fouls?
- 4. What are the points adjusted for in diving competitions?

Part 3 History and Culture

Direction: Read the materials about Sports History and Culture, and then do the following exercises.

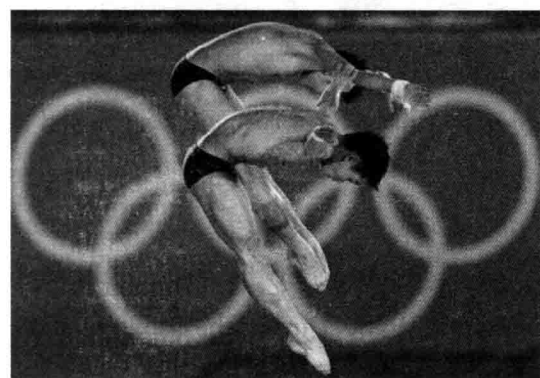
Swimming

Swimming has a long history. In the Prehistoric era, people had to swim across the river for food. Swimming was the basic skill to survive in the fight with other people or beasts. There were three swimming items in the first modern Olympics in 1896. But there was no widely accepted rule for swimming. So, in 1908 Federation Internationale de Natation (FINA) was founded. Nowadays, there are 6 major items of 32 small items of freestyle, breaststroke, butterfly, backstroke, medley and relay (freestyle and medley). It is the second only after the Track and Field in Olympic Games.^⑫ The history of swimming is a long one, precisely it can be traced back to^① the prehistoric times. The Bible, as well as the Iliad^② and the Odyssey all^③ contain references to



the sport of swimming. However, these sources date back nearly 3,000 years. Egyptian clay seals from 4000 B. C. also depict 4 swimmers doing the crawl stroke^④. Ancient Egyptian, Grecian and Roman palaces were often equipped with swimming pools or baths. Even drawings discovered in the Kebir desert are linked to this time period and show people moving through water. According to the

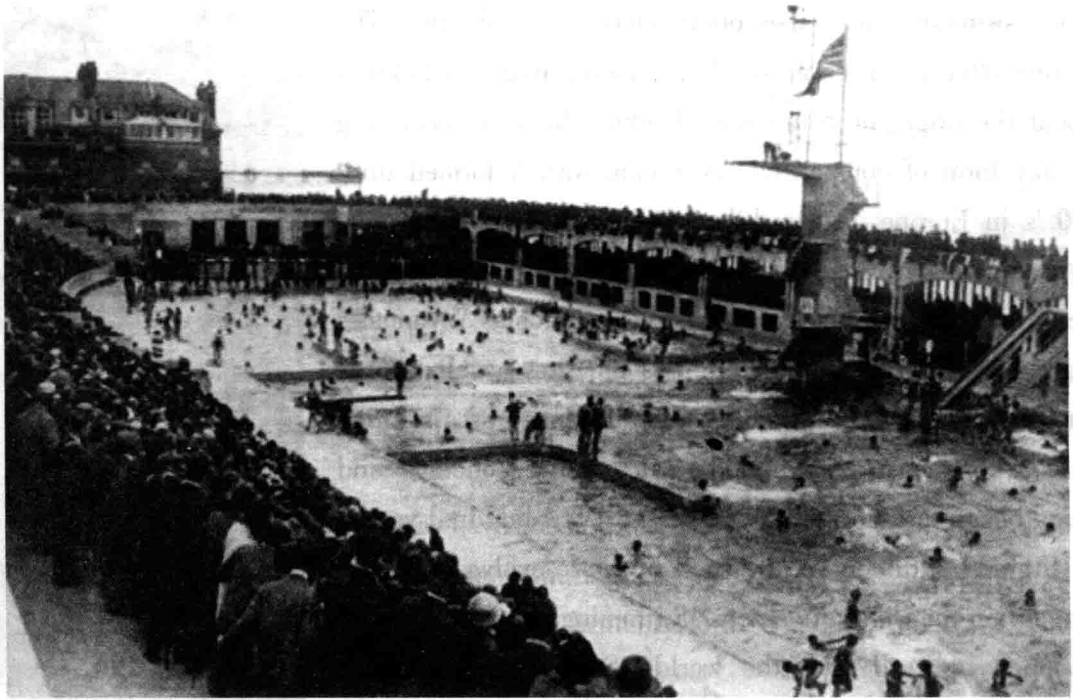
historians, swimming was also often used in the battle. The Greeks were often regarded as solid swimmers. Read on to know more about the origin of swimming. Looking back to swimming history, any form of competitive swimming wasn't formed until the 1800's in Europe. Meanwhile, the evolution of swimming history expanded during the middle ages. Even literary references about the pastime became popular. Nicolas Wynman's book *Colymbetes*, published in 1538 was the first novel devoted to the subject. Moreover, swimming was introduced as a training regimen for knights in this period. Life saving concepts and techniques began to form throughout the next few hundred years. During 18th and 19th century the sport began to evolve into more of a competition than just life safety. Swimming Associations and Clubs popped up⁵ all over the world. Some of the first in swimming history were in China, Sweden and Germany. Another turning point in the history of swimming is when schools accepted swimming as a natural part of any life education. Thus, they began to teach swimming in schools not just as a life safety course but as an extracurricular activity. However, swimming competitions began to arise around the mid 1800's. England was the first to modernize the sport and incorporate an indoor swimming pool with a swim team. In 1837, London's six artificial pools hosted competitions. They began to formulate new swimming styles including the sidestroke and later evolved freestyle swimming. The 1896 Athens Olympic Games included swimming, offering the 100-meter and 1500-meter freestyle. In time, additional freestyle races were added, as well as the backstroke, butterfly, breaststroke, and the IM or individual medley⁶. The world swimming association named Federation Internationale de



Natation de Amateur (FINA)⁷ was established in the year 1908. Women were allowed to participate in 1912 Olympic which was held in Stockholm. Today, swimming is one of the most competitive and most-watched sports at the Olympic Games. Moreover, swimming became one of the top means of exercise. The recreational aspects of swimming continue to make it a popular pastime and a beloved sport.

Diving

Diving has changed over the years with the very meaning of the word. At the beginning of the century a dive began the moment the water was touched. Now it means the process of leaping and springing into water.



The first recorded championship in the UK was the Championships of Scotland held in 1889. During this the action comprised a dive from the side of the bath, a dive from about 6 feet, and a surface dive. High diving became popular amongst a small circle of enthusiasts, and in 1895 the National Graceful Diving Competition was instituted. It was open to the world and the tests were standing and running dives from 15 and 30 feet. In the late 1890s Otto Hagborg and C. F. Mauritz came to London and introduced fancy diving^⑧, which was being developed in Sweden. Pioneers such as Sir Claude Champion de Crispigny took it up and as a direct result the Amateur Diving Association was formed in 1901. Fancy dives were included for the first time in competition in 1903. There was a springboard^⑨ event in the 1904 Olympic Games and High Diving was also numbered among the sports in the supplementary Olympic Games in Athens in 1906. G. Melville Clark represented Great Britain in the latter event in 1906, and around this time tariff values were introduced. By the Olympic Games in London in 1908, tables had been drawn up and were used at the event. Women's diving was included in the Olympic Games for the first time in 1912. It was a simple diving contest from the high board. Miss Belle White gained third place for Great Britain. The first women's springboard competition took place in 1920. Plain and fancy diving from the high board for women was not introduced into the Olympic Games until 1928. During the same year the two men's highboard^⑩ events—one plain and the other fancy—were amalgamated into one competition. By the 1924 Olympic Games the springboard diving tariff was very complex. There were 6 methods of performing each dive—standing, running, taking off with one foot, running taking off with two feet and in each case the entry could be made with or without hands. After 1924 the tariff was simplified and began to assume the form we know today. The 1928 Olympic Games events were confined to compulsory and voluntary dives. For over 30 years the Amateur Diving Association held its own championships and looked after the interests of divers. In 1935 it was