

Practical Sports English

实用体育英语

全国行业英语系列统编教材

主 编 顾运筠 户进菊

副主编 Caroline Sheldon Kate Ryge

李国婷 曹皖苏



高等教育出版社
HIGHER EDUCATION PRESS

Practical Sports English

实用体育英语

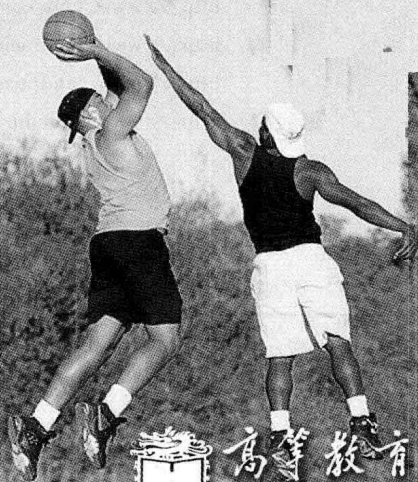
● 全国行业英语系列统编教材

主 编 顾运筠 户进菊

副主编 Caroline Sheldon Kate Ryge

李国婷 曹皖苏

编 者 金 卓 姜 威 杨 楠 石 敏 宋莲霞
金 焰 熊 翌 王 春 陈 虹 赵永飞
严 宁 侯 勇 於 莉 王 振 杨 音



高等教育出版社·北京
HIGHER EDUCATION PRESS BEIJING

图书在版编目 (CIP) 数据

实用体育英语 / 顾运筠, 户进菊主编. — 北京: 高等教育出版社, 2011. 1

ISBN 978-7-04-030052-9

I. ①实… II. ①顾… ②户… III. ①体育-英语
IV. ①H31

中国版本图书馆 CIP 数据核字 (2010) 第 246625 号

策划编辑 周俊华 贺 刚 责任编辑 贺 刚 封面设计 顾凌芝 责任印制 尤 静

出版发行 高等教育出版社
社 址 北京市西城区德外大街 4 号
邮政编码 100120

经 销 蓝色畅想图书发行有限公司
印 刷 北京东光印刷厂

开 本 787 × 960 1/16
印 张 24
字 数 462 000

购书热线 010-58581118
免费咨询 800-810-0598
网 址 <http://www.hep.edu.cn>
<http://www.hep.com.cn>
网上订购 <http://www.landraco.com>
<http://www.landraco.com.cn>
畅想教育 <http://www.widedu.com>

版 次 2011 年 1 月第 1 版
印 次 2011 年 1 月第 1 次印刷
定 价 39.00 元 (含光盘)

本书如有缺页、倒页、脱页等质量问题, 请到所购图书销售部门联系调换。

版权所有 侵权必究

物料号 30052-00

前言

体育英语具有广阔的应用范围和发展前景。随着中国的发展和对外交流的日益频繁,中外各界人士之间的交流越来越多,而体育是一个适用于各界人士彼此交流的健康、活泼的话题,因此,体育英语的重要性也日益凸显。目前体育产业正积极走向国际化,如:运动员出国培训、各项体育运动的国际交流、健身房面向外籍人士的服务、体育用品店接待国外的顾客、毕业生求职等所有这一切都需要相关人士掌握实用的体育英语。为此,我们决定编写一本《实用体育英语》教材,供高校师生和相关的体育项目、体育产业和体育休闲的从业人员及体育运动爱好者使用。

本书许多章节的编写都参考国外原版书中的常用体育词汇 and 知识。各单元均尽可能由具有一定专业基础的老师执笔,以保证全书的质量。

值得一提的是本书中有些内容是目前国内相关的英文书籍中所没有的。例如“社区体育”。为了编好该章的内容和给社区体育器械命名,我们请 **Caroline** (美籍,原美国七项全能运动员,曾在中国教授英语)和编者一起到社区公园观摩晨练和拍摄相关的器械照片。然后合作编写器械的名称和在器械上所做动作的英语描述。对于武术的相关动作和器械的名称,也和 **Caroline** 拿了照片当面沟通、交流以确保准确无误。

书中还介绍了中西方文化常识。**Kate**(美籍,英语专业毕业,现为上海美国商会资深联络员)和熊翌老师为文化小贴士的编写付出了极大的努力,她们严谨的作风和求实的态度,给我们留下了深刻的印象。

本书每个单元有两篇对话,两篇阅读,配有丰富的练习和词汇库,附有文化小贴士和体育小贴士。书中的语法部分自成一体,涵盖了英语语法的基本内容。

前 10 个单元的内容是日常会话的基础,后 5 个单元的内容是体育运动项目英语。建议读者可以根据自己的实际需要学习,不必面面俱到。各单元的听力内容可以在学完课文以后再进行学习,以免因词汇量不够而影响学习效果。

本书的主要编写人员有:顾运筠、户进菊、Caroline Sheldon、Kate Ryge、李国婷、曹皖苏、金卓、姜威、杨楠、石敏、宋莲霞、金焰、熊翌、王春燕、陈虹、赵永飞、严宁、侯勇、於莉、王振、杨音。

在本书的编写过程中,得到了很多人的帮助,在此一并表示感谢。感谢上海体育职业学院、上海体育学院、黑龙江体育职业学院和安徽体育职业学院的领导的大力支持,以及 UC Davis(加州大学戴维斯分校)校友会、Rober Kerr、Fred Tileston、Reid Tileston、刘建萍、刘莉、郑家鲲、张洋、邱俊、李婷、孙雪、袁佳、陆文龙、陈寅的帮助。他们分别审阅了各专业章节并提出了极具建设性的专业建议。也感谢那些帮助我们收集、购买资料的友人的支持。

感谢高等教育出版社和责任编辑的关心与指导。

由于我们的水平有限,本书可能存在缺点和不足,希望能够得到有关院校师生和各位读者的指正。

编 者

2010 年 11 月

体育英语学习计划

Sports English Study Plan

建议的自我学习计划 (Suggested Self Study Plan):








(🔍 预习 Preview Part

🔍 学习 Working Part










🔍 复习 Review Part)

Goal	Time
Listening:	
🔍 1. 预习听力练习, 弄懂生词。 Preview Listening Exercises, figure out new words.	_____ minutes
🔍 2. 听录音, 填空。 Listen and fill in the blanks.	_____ minutes
🔍 3. 订正错误, 理解全部含义。 Correct the mistakes and understand the whole meaning.	_____ minutes
🔍 4. 在整个单元结束后, 复习听力中有用的词汇和短语。 Review the useful words and phrases after finishing the whole unit.	_____ minutes
Text A:	
🔍 1. 听词汇和短语, 以及课文的录音, 纠正发音错误。 Listen to the new words and phrases, listen to Text A, correct the pronunciation mistakes	_____ minutes
🔍 2. 学词汇和短语, 它们的使用范例。 Study new words and phrases. Sample usage of new words and phrases.	_____ minutes
🔍 3. 流畅地诵读 Text A。 Read Text A fluently.	_____ minutes
🔍 4. 默读 Text A, 理解难点。 Read Text A silently, pay attention to the difficult points.	_____ minutes
🔍 5. 默读 Text A, 注意实用的词汇和单词。 Read Text A silently, pay attention to the words and phrases common in practical using.	_____ minutes

(续表)

Goal	Time
 6. 做 Text A 的练习并改正错误。 Do Text A exercises. Correct the mistakes.	_____ minutes
 7. 复习 Text A 中有用的词汇、短语和句子。做 Text A 的口语练习。在做之前可以学一下 Word Bank。 Review the commonly useful words, phrases and sentences in Text A. Do speaking exercise of Text A. you may study Word Bank before doing speaking.	_____ minutes
 8. 整个单元学完后复习 Text A。背诵实用的单词、短语和句子。 Review the whole Text A after finishing whole unit. Memorize useful words, phrases and sentences by heart.	_____ minutes
Text B:	
..... 和 Text A 相同 ... the same as Text A	_____ minutes
...	...
Word Bank:	
 1. 泛读在今后需要是查阅。 Read briefly. Reference for future need.	_____ minutes
Reading A:	
 1. 浏览 Reading A 的问题。 Read the Reading A questions briefly.	_____ minutes
 2. 阅读 Reading A, 回答问题。 Read Reading A, try to find the answer of each question.	_____ minutes
 3. 订正错误, 理解 Reading A 全篇。 Correct the mistakes, understand the whole meaning of Reading A.	_____ minutes
Reading B:	
..... 和 Reading A 相同 ... the same as Reading A	_____ minutes
...	...
Grammar: (可以跳过 Can skip)	

(续表)

Goal	Time
 1. 清楚理解语法,标注重点。 Clarify the grammatical concept, mark the important points.	_____ minutes
 2. 做练习,并改正错误。 Do grammar exercises, then correct the mistakes.	_____ minutes
 3. 整个单元学完后,复习语法。 Review grammar after finishing the whole unit.	_____ minutes
Practical Writing: (可以跳过 Can skip)	
 1. 若有范例,学懂范例。 Read writing example if any.	_____ minutes
 2. 做写作练习。 Do the writing assignment.	_____ minutes
 3. 在课堂讨论好的写作作品。 Discuss good writing in classroom.	_____ minutes
Culture Tips: (可以跳过 Can skip)	
 1. 阅读理解全文。 Read and understand the meaning.	_____ minutes
 2. 如果感兴趣,在课堂讨论,并上网搜索相关信息。 If interested, discuss in the classroom or search online resources.	_____ minutes
Sports Tips: (可以跳过 Can skip)	
 1. 泛读,理解内容。 Reading Sports Tips briefly and understand the meaning.	_____ minutes

郑 重 声 明

高等教育出版社依法对本书享有专有出版权。任何未经许可的复制、销售行为均违反《中华人民共和国著作权法》，其行为人将承担相应的民事责任和行政责任，构成犯罪的，将被依法追究刑事责任。为了维护市场秩序，保护读者的合法权益，避免读者误用盗版书造成不良后果，我社将配合行政执法部门和司法机关对违法犯罪的单位和个人给予严厉打击。社会各界人士如发现上述侵权行为，希望及时举报，本社将奖励举报有功人员。

反盗版举报电话：(010)58581897/58581896/58581879

反盗版举报传真：(010)82086060

E-mail：dd@hep.com.cn

通信地址：北京市西城区德外大街4号

高等教育出版社打击盗版办公室

邮 编：100120

购书请拨打电话：(010)58581118

目 录

Contents

体育英语学习计划 Sports English Study Plan	001
Unit 1 Applying to Train Abroad	001
Unit 2 Booking Airline Tickets and Boarding the Plane	024
Unit 3 Asking for Directions	044
Unit 4 Hotel	069
Unit 5 Eating	094
Unit 6 Sports Clothes & Shoes	117
Unit 7 Sports Equipment	141
Unit 8 Stadium	166
Unit 9 Banks and Post-offices	191
Unit 10 Visiting	209
Unit 11 Community Fitness	230
Unit 12 Fitness Club	259
Unit 13 Aerobics & Gymnastics	287
Unit 14 Gongfu	317
Unit 15 Yoga	345

Unit 1

Applying to Train Abroad



Goals

Talking About Training Abroad

Visa Application

Procedure of Applying to Train Abroad

Listening: About Training and Training Abroad

Listen and fill in the blanks.

1. The _____ of cultivating a professional player is _____ set up in the _____ of _____ training principles. This foundation usually has _____ main kinds of training _____: technique training, _____ training, strategies training, _____ training, and psychological training.
2. Training abroad is a good _____ for a player since he/she can learn the _____ methods and strategies from foreign coaches and _____ overseas training life.

3. Ma Haijun, from Qinghai Province, won _____ place in circuit racing in _____, and began to receive attention from the public. He trained in _____ for about _____ months. The official of Qing Hai Sport Bureau said that it was a _____ choice to send Ma abroad. He had a _____ experience from his foreign coach and trained _____ high-level athletes daily. His short-term training in Switzerland really enhanced his athletic _____.

➤ Dialogue A: Applying for Training Abroad

Tim: Hi, Matt. Are you all right?

Matt: Hi, Tim. I'm fine. Have you heard the news—coach will pick some of us to train abroad?

Tim: Really? I didn't know that. What are the details?

Matt: I only know a little. I heard that they will offer us a short-term training session in Switzerland.

Tim: Wow, that sounds great. It would be a great chance to experience different training methods.

Matt: Yes. And we can train with their players. It would be good for us to get to know their abilities.

Tim: Exactly. Are you going to apply?

Matt: Of course!

Tim: Me too. Let's go get the details from the coach.

Matt: OK. Let's go.

New Words and Phrases

pick /pɪk/	v.	挑选
abroad /ə'brɔ:d/	adv.	往国外, 海外
detail /'di:teɪl, dɪ'teɪl/	n.	细节, 详情
offer /'ɒfə/	v.	提供(机会)

short-term		短期
session /'seʃən/	<i>n.</i>	一段时间(完全专注某活动的一段时间)
Switzerland /'swɪtsələnd/	<i>n.</i>	瑞士
method /'meθəd/	<i>n.</i>	方法
player /'pleɪə/	<i>n.</i>	运动员
ability /ə'bɪlɪtɪ/	<i>n.</i>	能力
exactly /ɪg'zæktli/	<i>adv.</i>	正确地, 严密地
coach /kəʊtʃ/	<i>n.</i>	教练

I Fill in the blanks below by giving the corresponding translation.

- | | | | |
|----------|----|----------------|-------|
| 1. _____ | 挑选 | 2. player | _____ |
| 3. _____ | 能力 | 4. session | _____ |
| 5. _____ | 方法 | 6. detail | _____ |
| 7. _____ | 教练 | 8. Switzerland | _____ |
| 9. _____ | 短期 | 10. abroad | _____ |

II Answer the following questions according to Dialogue A.

1. What are they discussing in this dialogue?

2. Who want/wants to go abroad?

3. Who knows more information about the abroad program?

4. Where will the athletes train abroad?

5. How long will the athletes go for?

6. What are the advantages of training abroad?

III Read and complete the sentences with the given initial.

1. Have you h_____ the news—the coach will p_____ some of us to t_____ abroad?
2. I heard that they will o_____ us a s_____ -term training session in Switzerland.
3. It is a c_____ to e_____ training m_____ of foreign coaches.
4. You k_____ it is g_____ for us to get to know their a_____.
5. L_____ go to ask the c_____ about the d_____.

IV Translate the given Chinese into English.

1. 你听说那个消息了吗？教练会从中选人去国外训练。

2. 听说是去瑞士短期训练的。

3. 这是一个接受外国教练训练的好机会。

4. 我们能通过这个机会和其他外国选手一起训练。

5. 我们也能看看外国运动员的训练水平。

6. 那我们一起去问问教练详情吧？

V Speak with your partner, practice the content of the dialogue you've just learned. (You may write it down before you speak.)

Example:

A: Have you heard that we are going to train abroad?

- B:** Yes. We will go to Germany for a three-month training session.
- A:** This is the second time the men's saber fencing (男子佩剑) team has had the chance to train abroad.
- B:** It is a good opportunity to learn from foreign athletes and experience different training methods.
- A:** I also heard they will offer us free accommodation and boarding (免费食宿).
- B:** They are generous. They will visit our sports institute six months after we get back.

➤ Dialogue B: Visa Interview

Li Ming (interviewee): Good morning, sir.

Interviewer: Good morning. Mr. Li. In order to process your visa, can you please answer a few questions?

Li Ming: Yes, of course.

Interviewer: Thank you. Can you tell me your full name, please?

Li Ming: My surname is Li, and my given name is Ming.

Interviewer: What is your reason for traveling to Switzerland?

Li Ming: I would like to participate in a short-term training session.

Interviewer: How long will you stay there?

Li Ming: Approximately six months.

Interviewer: Will you try to find a job there?

Li Ming: I don't think so. I will receive a small stipend that I can live on without having to work.

Interviewer: Good. Will you be traveling with a significant other?

Li Ming: No. My girl-friend has a steady job in Beijing as a middle school teacher, so she can't go with me.

Interviewer: One more question. Can you assure me that you will come back to China after your 6 months of training?

Li Ming: Yes, definitely. I have an important competition in July that I need to get back for. And my family is here, I could never live apart from them.

Interviewer: OK. Your application is approved, have a nice trip to Switzerland.

Li Ming: Thanks a lot.

多义词

New Words and Phrases

近义词

visa /'vi:zə/	<i>n.</i>	签证
interviewer /'intəvju:ə(r)/	<i>n.</i>	面试官
interviewee /intəvju:'i:/	<i>n.</i>	接受面试者
process /prə'ses/	<i>v.</i>	处理
surname /'sɜ:neɪm/	<i>n.</i>	姓
participate /pɑ:'tɪsɪpət/	<i>v.</i>	参与, 参加
approximately /əprɒksɪ'mətɪ/	<i>adv.</i>	大约
stipend /'stɪpend/	<i>n.</i>	津贴
significant /sɪg'nɪfɪkənt/	<i>adj.</i>	重要的
steady /'stedɪ/	<i>adj.</i>	稳定的
assure /ə'ʃʊə/	<i>v.</i>	保证, 担保
definitely /'defɪnɪtɪ/	<i>adv.</i>	明确地
competition /kəmpeɪ'tɪʃən/	<i>n.</i>	比赛
application /ˌæplɪ'keɪʃən/	<i>n.</i>	申请
approve /ə'pru:v/	<i>v.</i>	接受
trip /trɪp/	<i>n.</i>	旅行

given name

名

live apart from

和……分开生活

I Fill in the blanks below by giving the corresponding translation.

1. _____ 签证

2. approximately _____

- | | | | |
|----------|-----|-----------------|-------|
| 3. _____ | 稳定的 | 4. interviewee | _____ |
| 5. _____ | 面试官 | 6. assure | _____ |
| 7. _____ | 旅行 | 8. approve | _____ |
| 9. _____ | 姓 | 10. application | _____ |

II Answer the following questions according to Dialogue B.

1. Where do you think the dialogue took place?

2. Why is Li Ming being interviewed?

3. How many questions did the interviewer ask Li Ming?

4. Will Li Ming be traveling with anyone else?

5. How long has Li Ming planned to stay in Switzerland?

6. Did Li Ming get his visa?

III Read and complete the sentences with the given initial.

1. In order to p_____ your v_____ can you please answer a few questions.

2. I would like to p_____ in a short-term t_____ s_____.

3. I don't think so. I will receive a small s_____ that I can live on w_____ having to work.

4. My girl-friend has a s_____ job in Beijing as a m_____ school teacher, so she can't go with me.

5. I have an important c_____ in July that I need to get back for. And my family is here, I could never live a_____ from them.