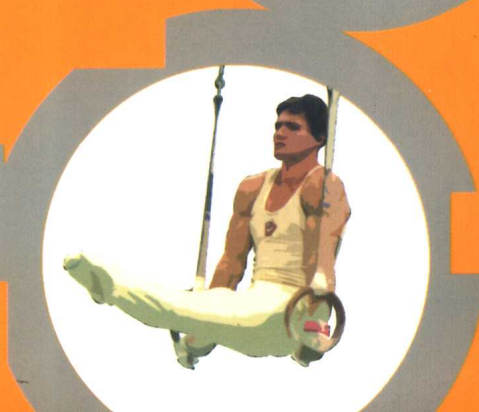
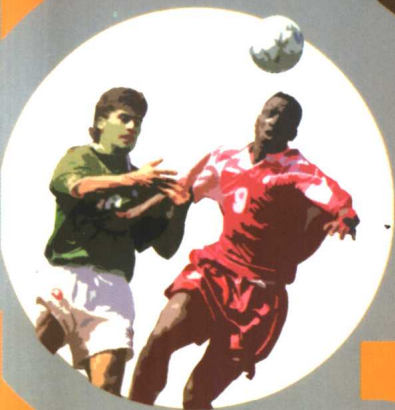


跟我看奥运

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Follow Me to the World of Olympic Sports
狄瑞鹏 狄洁

狄瑞鹏 狄洁文 韦庆峰 编著



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狄瑞鹏 狄洁文 韦庆峰 编著

外语教学与研究出版社

FOREIGN LANGUAGE TEACHING AND RESEARCH PRESS

北京 BEIJING

(京)新登字 155 号

图书在版编目(CIP)数据

跟我看奥运/狄瑞鹏等编著. —北京:外语教学与研究出版社,2004.6
ISBN 7-5600-4148-5

I. 跟… II. 狄… III. 英语—语言读物—体育 IV. H319.4:G

中国版本图书馆 CIP 数据核字(2004)第 038819 号

跟我看奥运

编著:狄瑞鹏 等

* * *

责任编辑:王霖霖

出版发行:外语教学与研究出版社

社 址:北京市西三环北路 19 号 (100089)

网 址: <http://www.fltrp.com>

印 刷:北京市鑫霸印务有限公司

开 本:850×1168 1/32

印 张:6.625

版 次:2004 年 5 月第 1 版 2004 年 5 月第 1 次印刷

书 号:ISBN 7-5600-4148-5/G·2094

定 价:9.90 元

* * *

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序

2001年7月13日是一个令全国人民欢欣鼓舞的日子，在这一天国际奥委会最终将2008年第29届奥运会的主办权交给了中国北京。全世界的炎黄子孙无不为此欢欣鼓舞。举办奥运会是中华民族加强与世界各民族交流、向世界展示良好形象的窗口，是实现民族伟大复兴进程中的一件大事，也是促进世界和平及体育事业发展的契机。

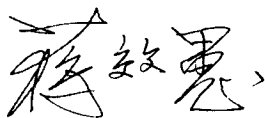
“人文奥运、科技奥运、绿色奥运”是我们在申办过程中的一句口号，也是我们举办奥运会的主导思想。为实现将“北京奥运会办成历史上最好的奥运会”这一承诺，全国人民都在努力工作和学习，盼望着能够为奥运会贡献一份力量。

在“人文奥运”的意义上，作为东方文化的代表，中国希望向世界展现自己独有的风采，世界也迫切需要了解中国。其中非常关键的一个问题便是语言交流。没有融洽顺畅的沟通，无论多么精彩深厚的文化也会黯然失色。这自然是人们所不愿看到的。并且，无论是文化交流，还是赛事期间的专业工作抑或是志愿服务，沟通的质量在很大程度上决定着奥运会的举办质量，从这个意义上说，北京奥运会迫切希望人们能够在国际化标准平台上向世人展示风采。令我们欣喜的是，全国人民已经自发地掀起了外语学习的热潮。北

京更是首当其冲，许多行业已经开始了面向2008年奥运会的外语培训。

感召于“跟我看奥林匹克精神”的鼓舞，秉承清华大学“厚德载物”的校训，为承担向奥运会及国家尽一份学者所应尽义务的责任，清华大学的瑞鹏先生、洁文女士与庆峰小友合作推出了《跟我看奥运》这本著作。本书以作为奥运会官方语言之一的英语为媒介，面向2008年北京举办奥运会这样一个大舞台，把握奥林匹克运动项目的跳动脉搏，从奥运会各项体育运动、尤其是为广大人民群众所喜闻乐见的运动项目入手，通过对话的方式为大家奉献出来，是一本深入浅出、声情并茂的好书，即适合体育专业学生和运动员学习，也适合体育爱好者翻阅。

希望本书能够开风气之先，吸引更多的学者和群众投身到为2008年奥运会服务的洪流中来。

A handwritten signature in black ink, reading '蒋晓阳' (Jiang Xiaoyang) from right to left.

第29届奥林匹克运动会组织委员会 副主席



· 作者简介 ·

狄瑞鹏

现任教于清华大学经济管理学院国际贸易与金融系，兼EMBA项目副主任。美国新奥尔良大学金融经济学博士（1997年），北京大学国际经济学硕士（1989年），北京大学国际经济学学士（1986年）。主要研究兴趣：公司财务，投资管理，体育管理与体育资本市场，证券市场研究。讲授课程公司理财，国际贸易，国际金融。曾供职美国新奥尔良大学体育系，负责中国台湾优秀运动员硕士班的运作。2001年首届《世界体育论坛》嘉宾演讲者，清华大学国家体育社科基地特聘研究员，国家社科基金重点课题《举办2008年奥运会与我国经济社会发展关系研究》、《中国体育资本市场研究》负责人，北京市体育局《北京体育产业融资战略研究》课题负责人，广厦建设集团《国家游泳中心项目经营公司投标方案》顾问。

狄洁文

建设部中国建筑业协会对外联络部翻译，北京外国语大学英语文学学士（2000年），曾参与多个奥运建设国际合作项目。

韦庆峰

清华大学国家体育总局社科重点研究基地硕士研究生，北京体育大学管理学院体育经营管理专业管理学学士（2002年）。曾参与中国篮协男篮体育公司营销策划和世界汽车拉力赛北京段的组织工作。

Foreword

Dr. Ruipeng Di is to be commended for creating an interesting and informative book concerning the Summer Olympics. His technique of providing history, sport overview, and rules in a narrative featuring two friends in conversation makes for a highly readable book. As readers we enjoy the company of Ken and Ling immediately and want to “ease drop” on their conversation.

Dr. Di’s knowledge of sport is obvious by his understanding of the nuances of each of the sport as told through the observations of Ling. Moreover, the use of the question and answer technique demonstrates that he understands the psychology of human behavior, about how to capture and maintain the interest of his readers.

Through the voice of Ling, we are introduced to the rules of the sports that comprise the Summer Olympics in a way that is not boring or tedious. The authenticity of the dialogue was amplified by Dr. Di’s anchoring the sports to prominent national teams such as Cuba’s dominance in volleyball. He

wisely appealed to his primary readers by commenting on China's strong involvement in the Olympic movement and by indicating the sports in which China excels such as diving, volleyball, and badminton. Thus, not only is the reader made aware of the history, action, and rules of each sport, he or she also is made aware of the traditional powerhouses of the sports described.

As a person that has actively participated in most of the sports described, I was pleased to note that his description of the action and procedures of the sports were authentically described. So as not to over use the conversation technique, Dr. Di wisely placed the definition of terms, rules, and other technical terms in a glossary at the end of each chapter. The glossary was remarkable in that the terms were inclusive and fully described.

In summary, I found the book to be highly interesting for the novice sports fan. As the 2008 Olympics become a reality, the book will be a must read for those wanting to understand both the technical and nuances of the sports that comprise the Summer Olympics.

Bobby L. Eason, Ed.D.

Professor of Sport Management and Sport Psychology
University of New Orleans, New Orleans, Louisiana, USA

作者自序

在新的世纪里,中国体育以前所未有的速度快速向前发展,在悉尼奥运会上的巨大成功,首都北京 2008 年奥运会主办权的获得,大众体育运动的蓬勃开展,显示了体育这种运动文化的强大渗透力和生命力,无论是体育学者还是体育爱好者,无不以此成就而备感欣喜。然而作为学者,在欣喜之余,也感受到了一名学者所应肩负的责任。体育作为一种大规模的社会实践活动,其整体性素质需要建立在广大体育从业者和体育爱好者素质提高的基础之上,这也是体育事业和体育产业本身所要求的群众基础和有效需求。因此,普及体育知识,尤其是普及以奥运会体育项目为代表的体育运动知识便具有了现实性和基础性的意义。

当今世界是一个开放的世界,全球化的浪潮如涛涛江水,浩浩荡荡,整个地球越来越变成了一个村落。我国在 2001 年成功加入 WTO,预示着我国也将以越来越开放的姿态迎接全球化的潮流。全球化的潮流也同样要求全球化的游戏规则,正所谓挑战与机遇并存,那么我们将如何应对全球化的挑战?在全球化的浪潮面前,中国体育准备好了么?正是背负着这种种的责任,在首都北京获得 2008 年奥运会主办权的感召之下,作者有志于将普及奥运会体育运动的知识与普及国际化的体育英语两种想法结合在一起,从而促成了本书的诞生。

本书从一名体育学者的专业角度出发,立足 2008 年北京将举办奥运会这样一个面向全世界表演的大舞台,把握奥运会运动



项目跳动的脉搏,从奥运会各项体育运动、尤其是为广大人民群众所喜闻乐见的运动项目入手,力争为运动员、体育专业的学生和体育爱好者提供一个国际化标准的语言平台,以使大家能够获得一个共同性的语言基础。通过对运动项目本身及其历史的介绍,使读者能够对该项运动得到一个总体性的印象,并介绍了一些规则,随后则通过深入浅出、声情并茂的对话来寓教于乐,使读者能够在笑声中获得体育运动的知识。本书所有部分均采用中英对照的方式,力求使得中英文的匹配标准、完整,使读者在短时间内获得尽可能多的高可信度信息。因此,本书既适合运动员和体育专业的学生学习,也适合体育爱好者们在闲暇时间翻阅,以扩大自己的知识面。

在成书的过程当中,作者得到了美国新奥尔良大学体育系主任博比·伊森(Bobby L. Eason)教授的热情鼓励和支持,伊森教授还亲自为本书作序。

本书能够得以出版,必须感谢为本书做出许多贡献的清华大学及北京体育大学管理学院的各位研究生和本科生,他们是清华大学经济管理学院韩美娜女士,清华大学研究生钟玮同学,北京体育大学管理学院的本科生王树宁和徐芳同学,他们做了大量的前期准备工作,并且提供了很好的创意。此外,还要特别感谢《解放日报》记者裘寅先生为写作本书所提供的帮助。

最后,还要感谢外语教学与研究出版社的编辑,正是由于他们的努力,才使得这本书与读者见面。

希望这本书能够在中国举办奥运会的过程中做出一些实实在在的贡献。

作者 2003年初夏于清华园

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1 Ken and Ling Talking About the Olympics

肯和玲谈论奥运会

T 对话 he Conversation

K: Congratulations! Beijing has finally won the right to host the Summer Olympic Games.

肯：恭喜！北京终于赢得了夏季奥运会的主办权。

L: I'm so proud! You know, the moment I heard about the IOC's decision, I burst into tears. My friend and I joined the crowd and partied all night long.

玲：我真自豪啊！你知道吗，听到奥委会决定的那一刻，我激动得哭了！我和朋友一起狂欢了一个通宵。

K: I feel happy for Beijing too. Do you know how the Olympic Games got started, Ling?

肯：我也为北京高兴。玲，你知道奥运会是怎样起源的吗？

L: A little bit. According to legend, the ancient Olympic Games were founded by Heracles, a son of Zeus. But the first Olympic Games with written records were held in 776 BC. The ancient Olympic Games grew and continued to be played every four years for nearly 1200 years. In 393, the Roman emperor Theodosius I, a Christian, abolished the Games because of their pagan influences.

玲：知道一些。根据传说，古代奥运会是宙斯的儿子赫拉克勒斯发起的。但第一届有文字记载的奥运会是在公元前776年举行的。古代奥运会不断发展，每四年举办一次，共持续了1200年。公元393年罗马皇帝狄奥多西一世——一个基督徒——因宗教原因废止了奥运会。

K: You sure sound like you know a lot about the origin of the Olympic Games. How did the modern Olympic Games get revived then?

肯：听起来你了解不少古代奥运会的知识。那现代奥运会又是如何得以恢复的呢？

L: For that, we have to thank a Frenchman by the name of Pierre de Coubertin. Coubertin was a French aristocrat who after examining the education of the German, British, and American children, decided that it was exercise, more specifically sports, that made a well-rounded and vigorous person. Though Coubertin was not the first to propose the revival of the Olympic Games, he was certainly the most well-connected and persistent of those to do so. In 1892, Coubertin organized a meeting with 79 delegates who represented nine countries. The delegates at the conference voted unanimously for the Olympic Games. The delegates also decided to have Coubertin construct an international committee to organize the Games. This committee became the International Olympic Committee (IOC; Comité Internationale Olympique) and Demetrious Vikelas from Greece was selected to be its first president. Athens was chosen for the revival of the Olympic Games and the planning was begun.

玲：这就要感谢法国人顾拜旦了。顾拜旦是法国贵族。他在考察了德国、英国、美国的儿童教育后认定：运动，更明确地说体育可以造就一个全面的生机勃勃的人。尽管顾拜旦不是第一个倡议恢复奥运会的人，他无疑是关系最广、最坚持的人。1892年顾拜旦组织了一个代表9国、有79人参加的会议。与会代表一致同意恢复奥运会。代表们还决定由顾拜旦组建一个国际委员会来组织奥运会。这个委员会就成为了国际奥委会，希腊人维克萨斯被选为第一任主席。雅典被选为第一届现代奥运会主办地，准备工作随即开始。

K: So the first modern Olympic Games were held in Athens.

肯：所以第一届现代奥运会在希腊举行。

L: You are right. The very first modern Olympic Games opened in the first week of April 1896. Since the Games were not well publicized internationally, contestants were not nationally chosen but rather came



individually and at their own expense. Some contestants were tourists who happened to be in the area during the Games. Athletes wore their athletic club uniform rather than a national team one. Sprints, shot put, weight lifting, swimming, cycling, target shooting, tennis, marathon and gymnastics were all events at the first Olympics.

玲：对。第一届现代奥运会于1896年4月的第一周开幕。由于国际宣传不够，选手并不是代表国家而是以个人名义参加，费用自理。有些选手还是碰巧在此旅游的游客。选手穿着运动俱乐部的服装而不是国家队的服装。比赛项目包括短跑、铅球、举重、游泳、自行车、射击、网球、马拉松和体操。

K: I heard about the term Olympiad, what does it mean?

肯：我听过一个词叫“奥运周期”，是什么意思？

L: An Olympiad is a period of four successive years. The Olympic Games celebrate each Olympiad. For the modern Olympic Games, the first Olympiad celebration was in 1896. Every four years celebrates another Olympiad; thus, even the Games that were cancelled (1916, 1940, and 1944) count as Olympiads. The 2004 Olympic Games in Athens was the Games of the XXVIII Olympiad.

玲：一个奥运周期为四年。奥运会每四年举办一次。第一届现代奥运会在1896年举行。尽管1916、1940、1944年的奥运会未能如期举行，它们仍然被算作奥运周期。2004年雅典奥运会是第28届。

K: The Olympic Games consist of Summer Games and Winter Games. What's the difference between them?

肯：奥运会还分为夏季奥运会和冬季奥运会，那么它们有什么区别呢？

L: Summer Games include 28 sports such as archery, athletics, badminton, basketball, and so on. Winter Games include sports such as biathlon, bobsleigh, curling, ice hockey, skating and skiing.

玲：夏季奥运会的比赛项目包括射箭、田径、羽毛球、篮球等28个项目；冬季奥运会的比赛项目包括冬季两项、雪橇运动、冰壶、冰球、滑冰、滑雪等项目。

K: What does the official Olympic flag symbolize?

肯: 奥运官方旗帜代表什么?

L: Created by Pierre de Coubertin in 1914, the Olympic flag contains five interconnected rings on a white background. The five rings symbolize the five significant continents and are interconnected to symbolize the friendship to be gained from these international competitions. The rings, from left to right, are blue, yellow, black, green, and red. The colors were chosen because at least one of them appeared on the flag of every country in the world. The Olympic flag was first flown during the 1920 Olympic Games.

玲: 奥运旗帜是顾拜旦在1914年创造的, 为白色背景下的五个相交的环。五环代表五大洲, 相交则代表通过国际比赛获得友谊。从左至右, 五环的颜色分别为蓝、黄、黑、绿、红。选择这五色的原因是因为每个国家的国旗上至少出现这五种颜色中的一种。奥运旗帜在1920年的奥运会上首次升起。

K: Do you know what the Olympic Motto is?

肯: 你知道奥运口号是什么吗?

L: Of course. In 1921, Pierre de Coubertin, founder of the modern Olympic Games, borrowed a Latin phrase from his friend, Father Henri Didon, for the Olympic Motto: Citius, Altius, Fortius ("Swifter, Higher, Stronger").

玲: 当然知道。1912年, 顾拜旦这位现代奥运的创始人, 从他的朋友迪东神父处借用了一句拉丁语, 意为“更快、更高、更强”。

K: What about the Olympic Creed?

肯: 那奥运宣言又是什么呢?

L: Pierre de Coubertin got the idea for this phrase from a speech given by Bishop Ethelbert Talbot at a service for Olympic champions during the 1908 Olympic Games. The Olympic Creed reads:

“The most important thing in the Olympic Games is not to win but to take part, just as the most important thing in life is not the triumph



but the struggle. The essential thing is not to have conquered but to have fought well."

玲：顾拜旦从1908年奥运会冠军颁奖礼上塔尔博特大主教的发言中得到启示，写下了奥运宣言：“奥运会最重要的不是获胜，而是参与，正如生命中最重要的不是胜利，而是奋斗。重要的不是征服过，而是拼搏过。”

K: Tell me the story behind the Olympic Flame, please.

肯：请告诉我有关奥运火炬的情况。

L: The Olympic Flame is a practice continued from the ancient Olympic Games. In Olympia (Greece), a flame was ignited by the sun and then kept burning until the closing of the Olympic Games. The flame first appeared in the modern Olympics at the 1928 Olympic Games in Amsterdam. The flame itself represents a number of things, including purity and the endeavor for perfection. In 1936, the chairman of the organizing committee for the 1936 Olympic Games, Carl Diem, suggested what is now the modern Olympic Torch Relay. The Olympic Flame is lit at the ancient site of Olympia by young women wearing ancient-style robes and using a curved mirror and the sun. The Olympic Torch is then passed from runner to runner from the ancient site of Olympia to the Olympic stadium in the hosting city. The flame is then kept alight until the Games have concluded. The Olympic Torch Relay represents a continuation from the ancient Olympic Games to the modern Olympics.

玲：奥运火炬传递的做法由古代奥运会相传至今。在希腊奥林匹亚，圣火由太阳引燃，一直燃烧到运动会结束。1928年圣火首次出现在阿姆斯特丹举行的现代奥运会上。圣火代表多重含义，包括纯洁和追求完美。1936年，奥运组委会主席迪姆建议火炬接力。奥运火炬在古代奥林匹亚发祥地由身穿古代服装的少女借助曲面镜和太阳点燃。然后火炬从古代奥林匹亚发祥地用跑步接力的方式传递到奥运会主办城市的体育场。火焰一直燃烧到比赛结束。奥运火炬传递代表现代奥运会对古代奥运会的继承。

K: I understand women were not allowed in the Olympic Games until 1900.

肯：我记得女子直到1900年才被允许参加奥运会。