体育英语

Sports English

第 六 册

体育英语 第六册

Sports English

内 容 简 介

本书系根据中央电视台体育节目中心《体育英语》栏目已播出的部分节目整理而成。内容涉及游泳、跳水、花样游泳、水球等奥运会正式比赛项目，每个项目都从项目的历史讲到规则，涉及到很多专业词汇和知识，并在电视节目的基础上增加了一些新的内容。适合从体育知识和英语两方面学习的读者。

随书赠送的电视节目视频光盘将为读者的学习提供帮助。

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编者的话

前几年法国政府做出了一个规定：为了法语的纯洁，所有公共场所的招牌都必须用法文标注。法语是否因此得到纯洁我不知道，知道的只是在那里连点个菜都麻烦。

我也希望2008年参加北京奥运会的外国人都会说中国话，但是这个希望肯定不会成为现实，所以作为东道主我们只好去将就一下客人，所以也就有了《体育英语》这个节目和这本书。

对有些人来说，语言是一种艺术，但对于大多数人来讲语言只是交流的工具。我们这个节目并不是系统地教大家学英语，而是告诉大家体育的东西在英语里怎样表达，告诉大家奥运会里最需要的是哪些英语。这个节目和教材不可能使学习者通过"托福"考试，却可以使具有一定英语水平的人将他们学过的英语用于体育，用于2008年的北京奥运会。

根据以往奥运会的经验，当地志愿者的热情与能力对于在那里举行的奥运会是至关重要的。热情在我们中国是不用担心的，但是能力之中就含有表达的能力，而英语是没有办法一蹴而就的。愿意在2008年北京奥运会中担任一名志愿者的人，《体育英语》可以是一个帮助你实现梦想的工具。

《体育英语》这个节目当然不仅仅是为了帮助志愿者，实际上凡是喜欢中央电视台体育频道的观众都不太可能绕过体育中的英语，特别是在今后几年。因为奥运会的关系，所有国际体育协会都要在2008年之前在北京举行热身赛，体育频道将会制作和播出其中的大部分赛事。当我们播出国内赛事的时候，当然会使用中文字幕和中文的介绍。但是当我们的信号传向全世界的时候，只能使用全世界目前通行的英文。所以知道一点某个项目的英语表达方式，一定会给中国的体育电视观众带来些许方便。

《体育英语》这个节目的初衷是支持北京申办奥运会，所以当梦想成真之后，这个栏目也就顺理成章地成为了要播出到2008年的节目，因此对今后的内容我们会根据2008年的需要设计，会延伸到中国生活的各个方面，将北京生活和国际体育连接得更加紧密。

在这个节目播出之后，我们收到许多观众的询问，希望看到重播，希望得到教材。为了满足这部分观众的要求，我们将节目中的核心内容集中到这本书和随书所赠的光盘里，希望能够给每一个需要的观众一点帮助。
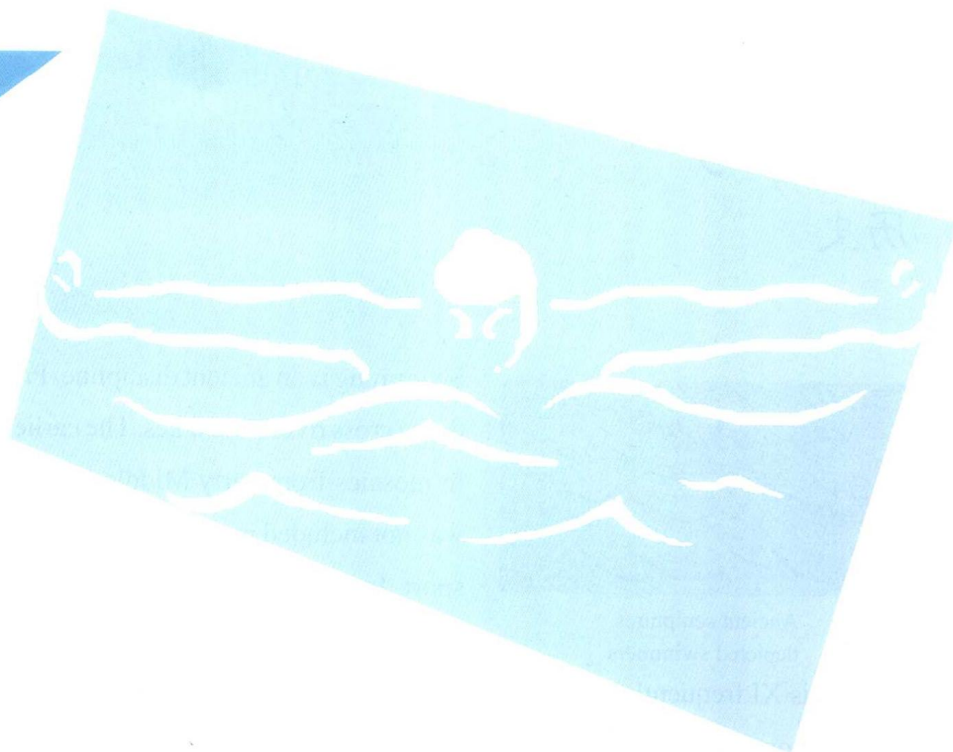
马国力

中央电视台体育节目中心主任

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The Swimming (I)
游泳(一)

Some scientists believe that human beings are born with an instinctive ability to use their arms and legs to stay afloat. That instinct, however, disappears within a few months after birth. Later in life many children and adults learn to swim in order to be safe around the water, to have fun, and to participate in competition.

一些科学家认为人们有一种与生俱来的本能，就是用胳膊和腿来保持身体漂浮在水中。然而这种本能在出生后几周就会消失。而在他们以后的生活里，很多孩子和成人开始学习游泳则是为了在水中能更安全，也更有趣，还有就是参加比赛。
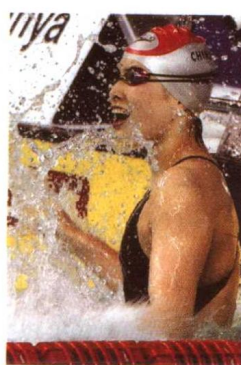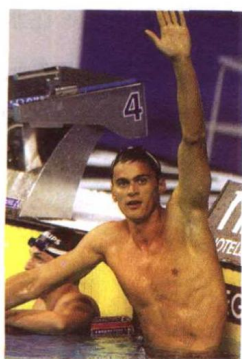
History

历史

Ancient sculptures
depicted swimmers

Swimming is an ancient discipline. Prehistoric man had to learn to swim in order to cross rivers and lakes. The earliest references to swimming can be found in mosaics from early Middle Eastern civilizations. And though swimming was not included in the ancient Olympic Games, the Greeks did practice the sport. In fact, Plato considered a man uneducated if he didn't know how to swim. Both Julius Caesar and Charlemagne were known as great swimmers and Louis XI frequently took swims in the river Seine. The appearance of two North American Indians at a swim meet in London and the travels to South America of an Englishman revolutionized the sport forever. The North Americans shocked the British in 1844 with their dramatic overarm stroke. Their arm motions were likened to windmills on the water. Meanwhile, Frederick Cavill, an Englishman based in Australia, witnessed similar techniques during his travels in South America. Cavill taught the new technique to his six sons, who all went on to be championship swimmers. When asked to describe the new style, one of Cavill's sons said it was "like crawling through the water". It became known as the Australian crawl, the stroke that's now known as the front crawl or freestyle.

游泳是一种古老的运动形式。远古时代，人们为了渡过河流湖泊，必须学会游泳。在早期中东文明的壁画上，能够找到关于游泳的最早记载。尽管古代奥运会不包含游泳项目，游泳对希腊人来说却并不陌生。事实上柏拉图认为不会游泳的人缺乏教养。尤利乌斯·凯撒和查理曼大帝都很擅长游泳，路易十一也常去塞纳河中游泳锻炼。两位北美洲印第安人在一次伦敦举办的游泳比赛上的表现，以及一名英国人在南美洲的所见所闻，彻底改变了这项运动。1844 年，这两位北美洲人以其强劲有力的手臂划水动作震惊了英国。他们手臂的动作就像是风车在水中转动。同时，英籍澳大利亚人弗雷德·卡维尔在游历南美洲时，也亲眼目睹了类似的姿势。卡维尔将这种新姿势传授给他的 6 个儿子，他们相继夺得了游泳比赛的冠军，当谈到这种新方法时，卡维尔的一个儿子描述它"像在水中爬行"。由此，人们称这种泳姿为澳大利亚爬泳，也就是今天的爬泳或自由泳。

"My will to live completely overcame my desire to win. " That was the reaction of 19-year-old Hungarian Alfred Hajos after he won the 1 200 meters

freestyle at the first modern Olympic Games in Athens in 1896. Olympic swimming has come a long way, to temperature-controlled 50-meter pools, wave-killing gutters, lane markers designed to reduce turbulence, and has achieved the status as one of the Games' most glamour events. It is really a far cry from those early tentative days. The Olympics have produced a number of legends in the pool, perhaps the most famous being American Johnny Weissmuller, who followed up his five gold medals in 1924 and 1928 with a career as Tarzan in Hollywood, and Mark Spitz. Between 1968 and 1972, Spitz collected a whopping nine gold medals.

Alfred Hajos

Johnny Weissmuller
in *Tarzan*

"我求生的意念完全超过了获胜的愿望。"这就是 19 岁的匈牙利人阿尔佛雷德·哈约斯，在赢得 1896 年雅典举办的第一届现代奥运 1 200 米自由泳冠军后的心声。奥运会的游泳比赛发展到今天的 50 米常温控游泳池、消除波纹水槽、专为减少水流扰动而设计的泳道标志线，以及成为奥运会中最富魅力的比赛项目之一，走过了一段漫长的道路。与早期相比，真可谓相距甚远。一个又一个传奇在奥运会的游泳池里诞生。其中最享誉盛名的当属美国人琼尼·韦斯缪勒，他在 1924 年和 1928 年先后获得 5 枚奥运金牌，后来又出演了好莱坞系列片《人猿泰山》。还有马克·施皮茨，1968 年至 1972 年间，施皮茨竟史无前例地夺得 9 枚金牌。

Mark Spitz
马克·施皮茨

At the 1972 Olympics in Munich, Spitz not only became the first athlete to take home seven gold medals (three in relays, two in freestyle and two in butterfly), but he set new world records in all seven events. American Spitz had already won a bronze, a silver and two gold medals in Mexico City in 1968; with a total of 11 medals, he shares the record for the most gold medals ever won by Olympians with two other swimmers. Having broken world records 26 times, Spitz has received numerous honors. He was awarded the AAU James E. Sullivan Award in 1971, and was named the 1972 World Athlete of the Year. In 1977 He was inducted into the International Swimming Hall of Fame as an Honor Swimmer.

美国游泳运动员马克·施皮茨在 1972 年慕尼黑奥运会上不仅成为历史上第一位一次获得 7 枚金牌的运动员

（接力赛 3 枚，自由泳 2 枚，蝶泳 2 枚），而且在 7 个项目中全部创造世界纪录。施皮茨在 1968 年墨西哥城奥运会上已获得过 1 枚铜牌、1 枚银牌和 2 枚金牌。这样他共获得 11 枚奖牌，成为奥运史上第三位获得过 9 枚金牌的奥运选手。他 26 次打破世界纪录，因此被授予多项荣誉。1971 年获得美国体育最高奖——沙利文奖，1972 年他被命名为该年度"世界最佳运动员"，1977 年他被列入"游泳名人纪念馆"。
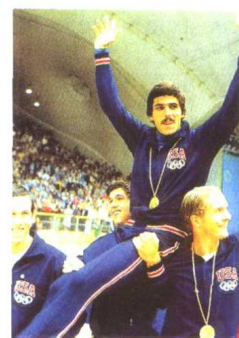
More About Swimming

History of Swimming 游泳的历史

There is no exact date for when swimming was invented，but there is evidence dating the sport back for centuries. Mosaics and drawings from Middle Eastern civilizations and Pompeii show man swimming in a dog stroke. Greeks held swimming in a high regard as well，so much so that men of the ancient times often considered others less worthy if they could not run or swim. A man was considered uneducated by Plato if he could not swim. But it was an 1844 race in London，England that displayed swimming close to what we know today. Thanks to England's Swimming Society，several American Indians were brought over for the race and dominated the competition using windmill strokes resembling today's freestyle. Despite the Indians' advanced style，the English still relied on the breaststroke— the stroke mainly used by Captain Matthew Webb when he became the first to swim across the English Channel in 1875.

Olympic History of Swimming 游泳在奥运会上的历史

Swimming has been held at every Olympic Games. The early events were usually only conducted in freestyle （crawl） or breaststroke. Backstroke was added as of the 1904 Games. In the 1940s，breaststrokers discovered they could go much faster by bringing both arms overhead together. This was banned in the breaststroke shortly thereafter but became the butterfly stroke，which is now the fourth stroke used in competitive swimming. Women's swimming was first held at the 1912 Olympics. It has since been conducted at all the Olympics. Men and women compete in an almost identical pro-

gramme. They have the same number of events but the freestyle distance for women is 800 meters while for men it is 1 500 meters .

List of Events 游泳比赛项目单

100m backstroke 100 米仰泳	200m backstroke 200 米仰泳
100m breaststroke 100 米蛙泳	200m breaststroke 200 米蛙泳
100m butterfly 100 米蝶泳	200m butterfly 200 米蝶泳
100m freestyle 100 米自由泳	200m freestyle 200 米自由泳
200m individual medley 200 米个人混合泳	400m individual medley 400 米个人混合泳
50m freestyle 50 米自由泳	400m freestyle 400 米自由泳
4×100m freestyle relay 4×100 米自由泳接力	4×200m freestyle relay 4×200 米自由泳接力
800m freestyle for women 800 米自由泳（女子）	4×100m medley relay 4×100 米混合泳接力
1 500m freestyle for men 1 500 米自由泳（男子）	

FINA 国际业余游泳联合会

The founding of the Fédération Internationale de Natation （FINA） in 1908 was a pragmatic response to an increase in international sporting events， crowned by the Olympic Games. At the first modern Olympics in 1896， three swimming contests were held. However， no universally accepted rules， regulations or definitions governed the swimming events.

In order to unify the rules and create a forum for international meetings， the leaders of the eight attending countries （Germany， Belgium， Denmark， Finland， France， Great Britain， Hungary and Sweden） met on 19 July 1908 at the Manchester Hotel， London， on the occasion of the Games of the IV Olympiad， and resolved to form a world-wide swimming association.

Priority decisions or goals were clear： to standardise the rules for swimming， diving and water polo； to obtain control of world records and to maintain an up-to-date list of these records； and finally， to ensure the direction of Olympic Games competitions for swimming， diving and water polo.

Now， FINA is the only recognized body in the world which governs Swimming， Open Water Swimming， Diving， Water Polo， Synchronized Swimming， and Masters internationally. FINA has 179 affiliated Federations. [1]

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[1] 截至 2002 年度。

Competition
比赛

Women's swimming events became a regular part of the Olympic Games in 1912, and men and women now compete in 16 events each. They involve four different strokes across a range of distances. Freestyle races cover 50, 100, 200, 400, 800 and 1 500 meters. The 800m is for women only, the 1 500m for men only. The butterfly, backstroke and breaststroke races each cover 100 and 200 meters. All four strokes are used in the 200m and 400m individual medley events. The 4×100m freestyle, 4×200m freestyle and 4×100m medley relays complete the program. Each race has eight swimmers. Preliminary heats in the 50m, 100m and 200m lead to semi-finals and finals based on the fastest times. In relays and individual events of 400 meters or more, the eight fastest finishers in the preliminaries advance directly to the finals.

1912 年，女子游泳比赛登上了奥运舞台，男、女各有 16 个比赛项目，包括不同游距的 4 个大项——自由泳有 50 米、100 米、200 米、400 米、800 米和 1 500 米。800 米单属女子比赛，1 500 米单属男子比赛。蝶泳、仰泳和蛙泳设有 100 米和 200 米比赛。200 米和 400 米个人混合泳采用以上 4 种泳姿，含 200 米和 400 米比赛。后来比赛又增加了 4×100 米自由泳、4×200 米自由泳和 4×100 米混合接力，比赛项目日趋完善。每场比赛有 8 名参赛选手，50 米、100 米和 200 米项目通过预赛、半决赛和决赛决出冠军。400 米及 400 米以上的个人项目和接力赛中，预赛的前 8 名可直接进入决赛。
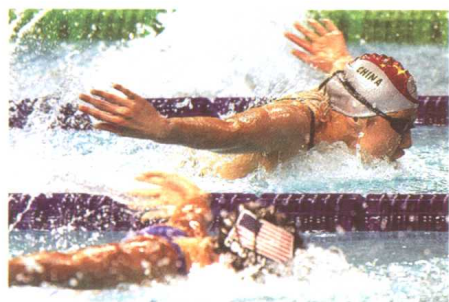
The sprint races—the 50 meters and 100m—are all-out bursts of speed from start to finish. Swimmers want to hit the wall on a full stroke, and not glide into, or reach for the wall. Reaching or gliding could cost a swimmer a tenth of a second, which is a lot in a 50m race. The start is also critical in the sprint, as is the swimmer's head position. The swimmer should keep his or her head straight ahead and maintain concentration because there's a lot of spray in a straight out sprint. The slightest mistake in a sprint can cost a swimmer precious hundredth of seconds and the difference between a medal and fourth place. The middle distance, the 200m, is perhaps the most grueling race because the swimmer

must have a shrewd sense of pace，as well as the ability to swim at a fast，but controlled speed. A swimmer who goes out too fast too early will burn out near the end of the race. At the 100m mark，a swimmer must maintain his or her focus and not fall behind. The three-quarter mark is the most crucial time for the 200m swimmers—it's here that they start their "kick"，or sprint to the end of a race. The 400m，800m and 1 500m races require the swimmer to constantly be aware of where he/she is in the race and how tired he/she is becoming. Swimming the first portion of the race too quickly can sap a swimmer's strength and lead to a weak finish. On the other hand，swimming the first portion of the race too slowly can separate the swimmer from the pack and make catching up impossible. There are two main strategies in distance racing. Swimmers may choose to swim the race evenly（that is to hold the same pace throughout）or they may "negative split" the race—that is swimming the second half of a race faster than the first.

短距离项目的游距为 50 米和 100 米，它要求运动员在比赛时，不能滑行，而要一鼓作气地向终点冲刺。任何触摸或滑行都会浪费运动员的时间，哪怕只是零点几秒。50 米比赛中最重要的是时间，出发也非常关键，尤其是运动员在出发时头部所处的位置。为减小比赛时水流的阻力，运动员的头部必须保持向前，以减小失误。因为在比赛中，即使是 1% 秒也是格外宝贵的，可能仅仅这点差距，就会让选手痛失奖牌。中距离比赛，比如 200 米，可能是最令人精疲力竭的比赛，因为运动员必须对速度有精确的把握，既要游得快又能控制速度，如果刚开始游得太快，快结束时就会耗尽精力，游到 100 米时则要集中注意力，而且绝对不能落后。对于 200 米项目的运动员，最关键的时刻从 150 米开始，这时他们开始"加速打水"，向比赛的终点冲刺。400 米、800 米和 1 500 米比赛，运动员要清楚自己在比赛中所处的位置，以及自己的体能状况。比赛初期游得太快会衰竭体力，致使后期无力冲刺，如果初期游得太慢则会掉队，断送了后来居上的机会。长距离比赛有两个重要战略，其一是运动员可以选择匀速游，即始终保持同样的速度，或者后半程加速游，即第二段游程比第一段快。

In each event，the 24 swimmers with the fastest qualifying times are placed in the last three heats or preliminaries of eight swimmers each. The fastest swimmer swims in the third heat，the second fastest in the second heat，the third fastest in the first heat，then the fourth fastest in the last heat，and so on. If more than 24 swimmers qualify in an event，the rest are seeded in the earlier heats. In relays and individual events of 400m or more，the eight fastest heat swimmers advance straight to the final. In all events of 200m or less，the top 16 from the heats compete in two semi-finals. Again，seeding decides the draw for the semi-finals.

奥运会的游泳比赛，根据运动员的达标成绩，速度最快的 24 名运动员，

分成 3 组参加预赛，每组 8 名选手。比赛时，最快的运动员被安排在最后一轮比赛中，速度第二快的在第二轮，第三快的在第一轮，第四快的在最后一轮，依此类推。如果某项比赛多于 24 名运动员具有参赛资格，剩下的运动员将被安排参加开始的附加比赛。400 米或者更长的接力和个人项目，预赛中前 8 名选手可直接进入决赛。200 米及更短的项目，预赛中前 16 名选手将参加两场半决赛。半决赛也按运动员的比赛成绩进行分组。

More About Swimming

International Competition 国际赛事

The highest level of swimming competition occurs at the Summer Olympic Games, held every four years and governed by the International Olympic Committee（IOC）. The International Federation of Amateur Swimming （FINA） governs almost all other international competitions. The two most important meets are the long-course（50-m） world championships and the short-course （25-m） world championships, which are held in alternate years.

Each winter, FINA also sponsors a World Cup circuit held in 25-m pools.

Many regional meets are held every two or four years. These include the Pan-Pacific Championships for nations in Asia and the Pacific Ocean region, the European championships, the Pan American Games for the countries of North and South America, and the African championships. To participate in international meets, a swimmer must be selected by his or her national federation. Many countries base the selection on performances at national championships or Olympic trials. In addition, swimmers must meet international time standards predetermined by FINA. However, each country is allowed to select one swimmer per event regardless of the swimmer's times.

Lane Assignment 泳道分配

Swimmers and relay teams are seeded according to their heat or qualifying times so that the fastest swimmers are in the central lanes of the pool and the slowest are in the outer ones. The lane assignments are：

Lane	1	2	3	4	5	6	7	8
Speed	7th	5th	3rd	1st	2nd	4th	6th	8th

Open Water Swimming 天然水域游泳

Open water swimming shall be defined as any competition that takes place in rivers, lakes or oceans. Long distance swimming shall be defined as any event in open water competitions up to a maximum of 10 kilometres. Marathon swimming shall be defined as any event in open water competitions over 10 kilometers.

The Pool 游泳池

*A minimum **Depth** of 1.35 metre, extending from 1.0 metre to at least 6.0 meters from the end wall is required for pools with starting blocks. A minimum depth of 1.0 metre is required elsewhere. **Lanes** shall be at least 2.5 meters wide, with two spaces of at least 0.2 metre outside of the first and last lanes. **Water Temperature** shall be 25°—28°.*
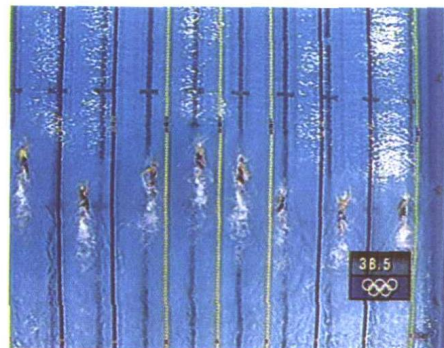
Course 长池

A pool configured for swimming with a 50 metre long racing course.

Course 短池

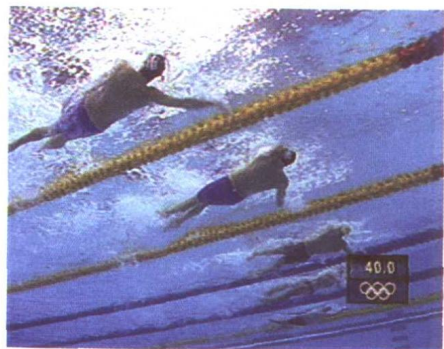*A pool configured in 25-yard or 25-metre lengths.*

Lane 泳道

The area of the pool 50 meters long and 2.5m wide in which each swimmer remains for the duration of the race.

Lane Rope （Lane Line）分道线（水线）

The dividers used to delineate the individual lanes. Made of individual finned disks strung on a cable, rotating on the cable when hit by a wave.

Lane Markings 泳道标志线

The guidelines on the bottom of the pool and in the center of the lanes running from the starting end to the turning end.

Backstroke Turn Indicators 仰泳转身标志线

Flagged ropes suspended across the pool, minimum 1.8 meters and maximum 2.5 meters above the water surface, from fixed standards placed 5.0 meters from each end wall.

Starting Blocks 出发台

The starting blocks from which the swimmer dives into the pool to begin the race. The front edge of the block is 76 centimetres above the surface of the water.

Touch Pad 触摸板

The pad at the end of each lane in the pool where a swimmer's time is registered and sent electronically to the timing system.

Lap Card 圈数牌

A card displayed by a turn judge at each end of a lane to inform swimmers in the longer races how many laps remain.

Gutter 水槽

The area at the edges of the pool into which water overflows during a race to be recirculated into the pool. Deep gutters catch surface waves and don't allow them to wash back into the pool and affect the race.

KEY WORDS 重点词汇			
swimming	游泳	starting blocks	出发台
touch pad	触摸板	lane	泳道
length	泳道单程长度	seeding	泳道
heat	预赛		

The Swimming (II)
游泳(二)

游泳的 4 种泳姿：

Freestyle 自由泳

Breaststroke 蛙泳

Butterfly 蝶泳

Backstroke 仰泳