

基础体育课教材

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TEXTBOOK
FOR
THE BASIC
PHYSICAL
EDUCATION
COURSES



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在本书编写过程中，加拿大英语教师约翰夫妇及美国英语教师白丽丝小姐均对前三章提供过有关资料并为前三章原稿进行了认真的审阅。在此，向他们表示由衷的感谢！

体育部胡嘉樵教授、高世杰教授、外语系李树和副教授和杨发庆副教授以及辽宁省青年干部学院外语系周玉年副教授对本教材的编写工作都给予过耐心的指导和细致的校阅。黑龙江省体育科研所研究员赵荫桐先生及其夫人李淑兰女士为本书提供了《速度滑冰全书》的原文资料。在此，对他们们的热情支持和帮助表示衷心的感谢！

由于本人水平有限，书中一定会有错误之处，敬请读者、同行和专家给予批评指正。

编者

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INTRODUCTION

Dear students, from now on some teachers of Physical Education Department will have Basic Physical Education Courses in English with you together. The purpose for writing this textbook is that it will allow you to study the English expressions and parlanes that will be used in PE classes. It is important that you study this book thoroughly.

The main goal of this class is to improve your overall physical fitness level and at the same time to develop and learn WuShu, speed skating and track and field techniques. Another important goal is to improve your speaking and listening abilities in English. For most part, we will teach in English, although a few explanations will be given in Chinese. The third goal is to master some PE English terms through reading this book. We will teach you PE theory in English each term. We would expect you, the students to speak to the teachers and your classmates in English as much as possible in order to improve your speaking ability. At the end of each term you will be required to write a multiple choice test or other kinds of test in English on basic PE courses.

In order to learn the above basic techniques and theories well, class time will be spent on improving your overall physical fitness level. So, we will train you for passing

through "State Physical Education Exercise Standard". As president Lu Zhongwu said: "Each student should master one or two kinds of exercise methods which will benefit him or her in his/her whole life". We hope that all students will be able to master PE skills and that your English abilities will improve. As an English proverb says, "Practice makes perfect". Perhaps you will enjoy this book and you will like attending this basic PE courses taught in English. We believe that you must be kept fit through more physical exercises. At last, let us remember this very important proverb: "A sound mind in a sound body".

CONTENTS

Introduction	
Chapter 1	Commands in the classs (1)
Chapter 2	Parlances used in doing warm up (6)
Chapter 3	Physical fitness exercise terms (11)
Chapter 4	WuShu (16)
Section 1	The Essential exercise in WuShu (16)
Section 2	The 3th routine of elementary ChangQuan (57)
Section 3	Elementary swordplay (60)
Chapter 5	Speed Skating (67)
Section 1	Straightaway technique (67)
Section 2	Turn technique (103)
Section 3	The start (148)
Chapter 6	Track and field (168)
Section 1	Sprinting (168)
Section 2	Hurdling (172)
Section 3	High jump (176)
Section 4	Long jump (180)
Section 5	Shot put (185)

目 录

第一章 课堂口令用语.....	(1)
第二章 准备活动用语.....	(6)
第三章 身体素质练习用语	(11)
第四章 武 术	(16)
第一节 武术基本功和基本动作	(16)
第二节 初级长拳第三路	(57)
第三节 初级剑术	(60)
第五章 速度滑冰	(67)
第一节 直道滑行技术	(67)
第二节 弯道滑行技术.....	(103)
第三节 起跑.....	(148)
第六章 田 径.....	(168)
第一节 短距离赛跑.....	(168)
第二节 跨栏赛跑.....	(172)
第三节 跳高.....	(176)
第四节 跳远.....	(180)
第五节 推铅球.....	(185)

CHAPTER 1

COMMANDS IN THE CLASS

In this section we will explain the common terms that will be used during class. It is very important that you be familiar with these expressions so that you will understand them and act correctly. For instance, when I give the command “attention” during class you should know what this command means and you should act accordingly.

1. Attention!

Attention means the students should stand with both heels of the feet together at a 60 degree. The body should be in an upright position, the chest is out and the belly is pulled in. Your hands and arms should be held at your side and you should be looking forward.

2. Rest! (At ease!)

Rest means the students should be standing with upper body in the same position as in the “attention” position. The only difference is that the students should move the left leg outward at a 45 degree. The left foot should be resting on the ground at a 45 degree. The left foot should also be about 20—30 centimeters away from the right foot.

3. Eyes right! (Dress right!)

The body remains in the same position as "attention", only the head should turn to the right except the first one of the lines. This command is used to get the rank in a straight line.

4. Eyes front!

This command requires that the students return their heads to the "attention" position.

5. Count off! (Sound off!)

This command is used to determine how many students are present in the beginning of each class time. The students, "count off" starting with the first one to the last one of the first line. Besides "count off" command, count off by twos; count off by threes; count off by fours are also used in PE Class.

6. Report

It is an expression used by the class monitor. After the students have counted off and the teacher requests the class monitor to report to the teacher. The monitor should say , for instance, "There are twenty-eight students in the class, twenty-five are present, three are absent, report is over".

7. The task of this class

When the teacher uses this expression all the students should stand at "Attention". After the students have returned to the "Attention" position the teacher will say something about the contents of the class. For example, The teacher might say, "Today we will review speed skating straightaway technique and then learn speed skating turn

technique. After these we will conduct some physical fitness exercises”.

8. Right face! (Right turn!)

This command requires the students to turn their bodies 90 degree to the right from “Attention” position. You should use the ball of the left foot and the heel of the right foot as the axes during your turning your body to the right.

9. Left face! (Left turn!)

This command requires the students to turn their bodies 90 degree to the left from “Attention” position. But you should use the ball of the right foot and the heel of the left foot as the axes during your turning your body to the left.

10. About face!

This command requires the students to turn their bodies 180 degree to the right from “Attention” position. The turning method just as “right face!” above.

11. At ease march!

This command requires the students to walk together. The students should begin with their left foot so that the entire class marches in the same pace.

12. Column right! (left!)

This command requires the students in two or more than two columns to turn 90 degree to the right (left) at the same spot (s) during marching or running.

13. Double time! (Light jog!)

This command requires the entire class to switch from , “At ease march”, to a jog which is double the rate of march-

ing or walking.

14. Makig time march!

This command requires the students to continue the stepping motion moving forward. But the heads of the columns stepping in standing spots. At this time each student should adjust the space between himself or herself and the person immediately in front of him or her.

15. Halt!

This command requires the students to stop their running, jogging or walking suddenly.

16. In loose order! (In open order!)

Generally, at the beginning of the class the students are required to stand in two lines closely when they don't do warm up and exercises. If the teacher wants the students to do warm up, the teacher should say: stand "In loose order" then the students move their steps quickly. The distance between yourself and the person immediately to the right or left of you should be slightly greater than the total length of your arm lengths.

17. Fall in!

This command requires the students to come up to the teacher and stand in line(s) closely. Generally, at this time, the teacher may teach and explain some actions, or correct some student's motions.

18. Warm-up exercise

It is a kind of exercise which the students are required to do before learning some techniques in order to make their

muscles and joints to be flexible and the central nervous system is a little excited. In this case, they can learn skills or practise well.

19. Cool down exercises

It is an expression of PE class. Every class the teacher requires the students to do this kind of exercises, after finishing all skill exercises and before finishing the class. The students do "cool down" for relaxing their muscles and reducing their strain.

20. Brief summary in class

It means that the teacher wants to summarize what has happened during the PE class. At this time the teacher may also give further instructions to the students such as recommending that the students practise the skills learnt today in their spare time.

21. Class is over

It means that the teacher declares the class is finished and the students may now leave.

22. Dismiss

This command is often used after saying "class is over". It means that the teacher indicates that the students are out of ranks and can leave.

CHAPTER 2

Parlances Used In Doing Warm Up

In this section I will outline some common parlances which will be often used when we are doing warm up exercises in PE class.

1. Shoulders movement

Starting position:

Stand upright with feet shoulder—width apart and toes pointing forward.

Movement:

Circle your arms and hands from your shoulder joints. Sometimes you also may move your bent arms from your shoulder joints.

2. Hip joints movement

Starting position:

Both hands should be placed on the hips with feet shoulder—width apart.

Movements:

Make the hip joints move to the left side, the right side, and then make the hip joints move in circular motion.

3. Knee joints movement

Starting position:

Bend your body forward with both hands placed on the bent knees.

Movements:

Turn the knee joints in a circular motion toward the left side , right side , inside and outside.

4. Ankle movement

Starting position:

Stand with most of your weight on the supporting leg. The foot of the other leg must be placed with the toes touching the ground.

Movement:

Move the left foot with the toes pointing to the ground, inward, and outward and press the instep then move the right foot like this.

5. Neck rotation

Starting position:

Stand upright with feet shoulder width apart and hands on the waist.

Movements:

1) Move head downward, backward, leftside, rightside then the head in a circular motion moving in a clockwise direction.

2) Turn the head in the counter—clockwise direction.

6. Wrist movement

Starting position:

The same as that for “Neck rotation”. But the ten fingers should be crossed.

Movements:

Turn both wrists together in a circular pattern.

7. Circle trunk**Starting position:**

Stand upright with feet slightly wider apart than shoulders and arms hanging easily at sides.

Movements:

1) Bend trunk forward from waist and stretch arms obliquely downward to the leftside. Then circle trunk clockwise.

2) Repeat the movements, reversing "left" to "right" and "clockwise" to "counter-clockwise".

8. Bend forward and Backward**Starting position:**

Stand upright with feet shoulder-width apart and toes pointing forward.

Movements:

Raise arms overhead and bend body backward from waist, swing arms back and forth in keeping with movements of trunk. Keep legs straightened.

9. Press leg in lunge position**Starting position:**

Take a left "lunge position" with left leg bent at knee and right leg stretched behind, raising the heel of the right foot, upperbody is upright. Place left hand on the left knee and right hand on the right hip.

Movements:

Press rear leg by (or with) weight of upperbody and increase the range of movements progressively. Then repeat the movements reversing "left lunge" to "right lunge".

10. Body—Turn Movement

Starting position:

Stand on attention position and eyes seeing forward.

Movements:

1) Step left foot to left side with a shoulder—width apart, at the same time, raising both arms bent to shoulder level then turn upperbody with arms to the left until you cannot turn, then return your upperbody to the 1).

2) Turn your upperbody second time.

3) — 4) Repeat the movements reversing "left" to "right".

11. Kick Leg Movement

Starting position:

Standing on attention position.

Movements:

1) Take left foot forward with an half step, at the same time, raising both stretched arms over head. Eyes seeing upward.

2) Kick right foot stretched as high as possible, toes pointing forward, at the same time, putting both arms and touching the instep of right foot with both hands.

3) Return to 2) position.

4) Return to starting position.

5) — 8) Repeat the movements reversing "left" to