



体育英语 实用教程

Practical Sports English Course

上海市体育局 组编



上海科学普及出版社

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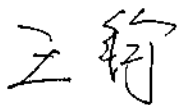
看了上海市体育局送来的《体育英语实用教程》一书,觉得十分难得。因此,我很高兴受编者之托,代为本书作序。

有关英语类书籍非常丰富,但是针对体育领域的专业英语书籍并不多见,该书的出版必将进一步丰富体育专业英语的学习内容,同对也使广大体育工作看多了一部简便实用的体育专业英语参考书。

“人才是第一资源”,科教兴体、提高体育从业人员素质是我国体育事业兴旺发达的关键。随着我国经济社会的快速发展,体育事业也蒸蒸日上,尤其是体育健儿在奥运会等国际大赛中屡创佳绩,充分展示了我国雄厚的体育实力和综合国力。同对,我们也面临着更多的国际间的相互交流和相互学习问题。2008年奥运会申办成功以后,体育战线为适应体育会面走向世界的需要,自觉地兴起了学习外语的高潮;高层体育管理干部的外语培训就得到了上海体育界的大力支持,在上海成功举办了两届,取得了很好的效果。我希望广大体育工作者在提高自身专业素质的同对,能努力掌握一门外语,通过语言工具去与国外同行进行交流和沟通,去吸收和借鉴国外先进理念和知识。尤其是对提高竞技体育水平起主导作用的广大教练员,更应该学会和善于运用外语同国外同行进行交流,查阅国外的资料和文献,不断提升个人的专业素质,把国外的先进经验更好地用于训练和比赛的实践。

在我国体育事业“十一五”规划正式启动之际,《体育英语实用教程》的出版无疑是非常及时的。我希望该书能为体育管理人员、教练员、运动员以及爱好体育的同志学习英语提供一个指导和参考的平台,为我国体育事业的健康和可持续发展起到和提的促进作用。

国家体育总局副局长



2006年12月于北京

前 言

在“科教兴国”的大背景下,体育界提出了要落实科学发展观、走“科教兴体”的可持续发展之路。随着体育事业的快速发展,中国体育已经走向世界,融入国际体育大环境,国内举办的国际体育赛事、体育活动不断增多,与国外的交流也日益频繁。外语作为对外交流与沟通的工具和桥梁,其重要性已越来越受到体育界人士的肯定和认同。

当前,广大体育工作者,尤其是教练员的外语水平亟待提高,以便通应新形势、新任务的要求。《体育英语实用教程》的编写旨在提高体育工作者的英语应用能力,对所从事的工作起到提高与促进作用,同时也可用作教练员准备专业技术职称晋升的英语考试参考书。

《体育英语实用教程》是专门针对从事体育工作和爱好体育运动的各界人士的需要编写的。编者收集了国内外体育类书报杂志、体育组织文献与网络上的众多文章,精心选编为本书的选文。选文突出各专项运动英语的共性、常识性和综合性,注意了趣味性、知识性和可读性,材料新颖,语言规范。部分选文做了必要的删改。本教程的编写原则是:结合语言学习的特点,努力体现基础英语与专业知识的有机结合。

该教程由三部分(基础篇、渐进篇和报高篇)组成,每部分 10 个单元,共计 30 个单元。每单元包括:课文、注释、练习和补充阅读材料。各单元的练习可供学习者正确地理解文章,提高阅读能力,增加词汇量,同时复习已学过的语言知识。

第一部分——基础篇,结合教练员的特点与英语能力,选编了篇幅不长、较为浅显的英语文章。其中有体育基础知识、体育史料、健身常识、体育设施、教练工作、比赛规程与组织,以及有影响的新兴体育运动。

第二部分——渐进篇,选编的主要是与竞技体育工作相关的内容,如运动员的心理、科学训练、体育科技、运动损伤、体育精神等;同时介绍了部分运动

项目。

第三部分——提高篇,选编了部分运动项目的技术规范、竞赛规则或竞赛方法等;同时选编了世界体育运动发展中存在的问题、发展趋势和新的科学技术。为避免千篇一律地介绍各运动项目,所取文章均风格各异,侧重点也不尽相同。

本教程按文章的难易程度排列,循序渐进,以便适应不同英语水平的教练员、运动员和广大体育工作者、体育爱好者学习需求。作者特别精心编辑了可供自学时参考的注释;为部分英文难句提供了中文译文,并对文中的难点给予详细讲解。为了让读者更多地了解英语词汇和短语的用法,在注释中将文章中出现的常用词汇和短语列出,并配以实用例句。

《体育英语实用教程》可用作教练员、运动员、体育工作者及体育爱好者的体育英语学习教材,也可用作体育院校学生体育英语的阅读教材。

编 者

2006 年 12 月

CONTENTS 目录

Elementary Chapter 基础篇

Lesson 1

Text Good Sport Facilities at Birmingham / 3

Reading Physical Fitness / 8

Lesson 2

Text The Change of Roles in Sports / 10

Reading Seeking New Challenges / 15

Lesson 3

Text The Olympic Stamps / 17

Reading Two Games of Football / 22

Lesson 4

Text Jorge Campos / 24

Reading Baseball / 28

Lesson 5

Text Is Losing Weight Hard Work / 30

Reading Nadia Karamazov / 35

Lesson 6

Text Volleyball / 37

Reading Climbing Mount Qomolangma / 42

Lesson 7

Text Relationship Between Coach and Athlete / 45

Reading Sports and Games / 50

Lesson 8

Text Rock Climbing / 52

Reading Sponsors / 57

Lesson 9

Text What Makes Extreme Sports So Popular / 59

Reading Women's Singles Champion in Athens / 64

Lesson 10

Text The Greatest Player in NBA / 66

Reading No. 1 NBA Draft Pick — Dwight Howard / 71

Progressive Chapter 渐进篇

Lesson 11

Text Wrestling / 75

Reading History of the Olympic Games / 81

Lesson 12

Text Do Sports Scientifically / 83

Reading Reduce the Risk of Disease / 89

Lesson 13

Text Mountain Bike / 91

Reading Skiing / 96

Lesson 14

Text Stressful Situations / 98

Reading Definitive Korean Martial Art / 104

Lesson 15

Text Risks of Exercise / 106

Reading A Contest of Skill and Precision / 113

Lesson 16

Text Vital Role of Protein / 115

Reading A Sport on the Programme of Every Olympic Games / 122

Lesson 17

Text Fight Against Doping / 124

Reading The People Playing the Games / 130

Lesson 18

Text F1 — The Most Multinational Sport / 133

Reading A Living Legend of Sport in India / 140

Lesson 19

Text 3,000 Match Officials Wearing the FIFA Badge / 142

Reading The Internationalization of Sports in Japan / 148

Lesson 20

Text Major Problem of Female Athletes / 151

Reading Modern Pentathletes / 157

Advanced Chapter 提高篇

Lesson 21

Text High-Quality Coaching / 161

Reading	The World's First Sliding Sport / 167
Lesson 22	
Text	Archery / 170
Reading	Great Acceptance of Sport Psychologists / 177
Lesson 23	
Text	Sports Massage / 179
Reading	Nutritional Advice / 185
Lesson 24	
Text	Rowing / 188
Reading	Softball / 195
Lesson 25	
Text	Fencing — A Romantic Sport / 198
Reading	A Standard Technique Used by Top-level Athletes / 205
Lesson 26	
Text	The FIFA President's Goals / 208
Reading	Ice Hockey / 216
Lesson 27	
Text	Sports as Entertainment / 219
Reading	Olympic-Style Weightlifting / 226
Lesson 28	
Text	The Man Shining Behind the NBA Superstars / 229
Reading	Effectiveness of Multilateral Development / 236
Lesson 29	
Text	Buildup to the 2008 Beijing Olympics / 239
Reading	New IOC Chief / 246
Lesson 30	
Text	Houston's Main Rocketman From China / 249
Reading	The Sport's Constant Companion / 256

附录

附录 I. Names of Major Sports 主要体育运动项目名称 / 261

附录 II. Common Sports Terms 常用体育术语 / 265

附录 III. Key to Exercises 练习答案 / 283

Elementary Chapter

基 础 篇



Lesson 1

Text

Good Sport Facilities at Birmingham

The facilities at Birmingham University⁽¹⁾ are very good indeed.

The Munrow Sports Centre has a large sports hall, gymnasium, swimming pool, squash courts and special rooms for judo, weightlifting, keep-fit, table tennis and dance. There is an athletic track and tennis courts. A few miles away from the campus at Wast Hills there are 70 acres of playing fields.

In the Lake District at Coniston Water is the university's Raymond Priesley Centre which has facilities for rock-climbing, sailing, canoeing, and other outdoor sports⁽²⁾. Birmingham clubs have an outstandingly successful record in interuniversity championships and other competitions⁽³⁾. In women's sport Birmingham has been the top or second-placed English university since 1970⁽⁴⁾.

For beginners there's a Recreation Scheme organized by the Department of Sport and Exercise Sciences which gives instruction in more than twenty different sport activities⁽⁵⁾. Classes are held each week during the autumn and spring term and all first-year students are encouraged to take part voluntarily in this special scheme⁽⁶⁾. Many departments make allowance in their academic timetable⁽⁷⁾ to enable them to do so. This scheme is unique in British universities. All the students there believe that this special scheme will be very useful and active in their whole life.

(203 words)

New Words

facility (n.)	机构, 场所, 设备
gymnasium (n.)	体育馆
squash (n.)	网拍式墙球
special (a.)	特别的, 特殊的, 专门的
judo (n.)	柔道
weightlifting/training (n.)	举重
athletic track (n.)	田径场
playing field (n.)	运动场
campus (n.)	校区; 校园
rock-climbing (n.)	攀岩

sailing (n.)	航海
canoeing (n.)	划艇运动, 皮艇运动
outdoor (a., ad.)	户外的, 室外的; 在户外
outstandingly (ad.)	杰出地, 仍然存在地
successful (a.)	成功的
record (n.)	记录, 记载
interuniversity (a.)	大学间的, 大学校际的
championship (n.)	竞赛, 锦标赛
top (a.)	最高的, 最大的, 优秀的
second-placed (a.)	第二位的, 第二的
beginner (n.)	初学者, 创始者
recreation (n.)	消遣, 娱乐, 娱乐活动
scheme (n.)	计划, 系统
organize (v.)	组织
instruction (n.)	讲授, 教诲, 指导
encourage (v.)	鼓励, 激励, 支持
voluntarily (ad.)	自动地, 自愿地
department (n.)	(大学的)系
make allowance in	体谅, 原谅; 为……留出余地
allowance (n.)	酌加(减)额; 允许, 认可, 容许
academic (a.)	学校的; 学科的
timetable (n.)	时间表; 课程表, 功课表
enable (v.)	使能够
unique (a.)	唯一的, 独特的, (口语)罕有的

Proper Names

Birmingham University	(英国)伯明翰大学
Munrow Sports Centre	芒罗运动中心
Wast Hills	瓦斯特山
the Lake District	湖区
Coniston Water	科尼斯顿沃特
Raymond Priesley Centre	雷蒙德·普里斯利中心
Department of Sport and Exercise Sciences	体育与运动科学系

Notes

1. Birmingham University: (英国)伯明翰大学。伯明翰是英国英格兰中部一城市。
2. In the Lake District at Coniston Water is the university's Raymond Priesley Centre

which has facilities for rock-climbing, sailing, canoeing, and other outdoor sports. (伯明翰)大学的雷蒙德·普里斯利中心位于科尼斯顿沃特的湖区,该中心有用于攀岩、帆船运动、划艇运动和其他户外运动的各种设备。

“... which has facilities for rock-climbing, sailing, canoeing, and other outdoor sports”是修饰“Centre”(即雷蒙德·普里斯利中心)的定语从句。

3. Birmingham clubs have an outstandingly successful record in interuniversity championships and other competitions. 伯明翰大学俱乐部在大学校际锦标赛和其他比赛中都有显赫的成绩。

4. In women's sport Birmingham has been the top or second-placed English university since 1970. 自1970年以来,在女子体育运动方面,伯明翰大学一直在英国大学中排名第一或第二。

“placed”是过去分词性的形容词,意为“得名次”。

5. For beginners there's a Recreation Scheme organized by the Department of Sport and Exercise Sciences which gives instruction in more than twenty different sport activities. 体育与运动科学系为初学者制订了一项娱乐活动计划,对20多种体育活动给予指导。

“... organized by the Department of Sport and Exercise Sciences which gives instruction in more than twenty different sport activities”是过去分词短语作“Recreation Scheme”的定语,其中包含一个定语从句“which gives instruction in more than twenty different sport activities”,修饰“the Department of Sport and Exercise Sciences”。

6. ... all first-year students are encouraged to take part voluntarily in this special scheme. ……鼓励所有一年级的学生自愿地参加这一专门活动计划。

7. Many departments make allowance in their academic timetable ... 很多系在课程表上留出余地……。

make allowance for: 为……留出余地;体谅,原谅。例如:

We made allowance for his inexperience in international competitions. 我们必须体谅他没有国际比赛经验。

Exercises

I. 阅读理解

请仔细地阅读课文,并根据课文回答下列问题,从每个问题后面所给的4个选项中选择1个最佳答案。

1. In how many places does the university have its sports facilities?

- a. Four. b. Two. c. Three. d. Five.

2. In which sport has the university often gained the highest ranking over the last thirty years?

- a. Men's sport. b. Women's sport. c. Swimming. d. Tennis.
3. Which of the following statements is true?
- a. All the first-year students in Birmingham would take part in at least one sport activity.
- b. All the students in British universities should take part in every activity of the recreation scheme.
- c. Physical education classes are only offered for the first-year students in Birmingham.
- d. Physical education classes are offered for undergraduate students in Birmingham.
4. What does the word "beginners" in line 1 of the last paragraph refer to?
- a. The students who are going to take part in a sport activity.
- b. The students who began to attend the physical education classes.
- c. The students who have just begun to learn how to play a certain game.
- d. The students who have just entered the university.
5. What do the departments do in order to enable the students to take part in this special sport scheme?
- a. The departments offer suitable class time for the students.
- b. The departments allow the students not to have classes.
- c. The departments give the students enough facilities.
- d. The departments arrange more than twenty sport activities.

II. 完形填空

阅读下面的短文,文中有 10 个空白,每处空白给出 4 个选项,请根据短文的内容从 4 个选项中选择 1 个最佳答案。

In many parts of the world, there are four seasons: spring, summer, fall and winter. In the U. S., (1) only three: football, basketball and baseball. That's not completely true, but almost. In every season, Americans have (2) ball. If you want to know what season it is, just look (3) what people are playing. For (4) Americans, sports do not just occupy the sidelines. They take center court.

(5) "the big three" sports, Americans play (6) other sports. In warm weather, people like water sports. Lovers of surfing, sailing and scuba diving go to the ocean. Swimmers and water skiers also enjoy themselves in the wet things. Fishermen try their (7) in ponds, lakes and rivers. In (8) weather sportsmen delight in (9) fun. From the first snowfall, skiers hit the slopes. Frozen ponds and ice rinks (滑冰场) become playgrounds for skating and hockey. People play (10) sports in all kinds of weather. Racquetball(墙球), weightlifting and bowling are year-round activities.

1. a. there is b. there are c. there was d. there were

- | | | | |
|-----------------------|-----------------|-----------------|------------|
| 2. a. a | b. an | c. the | d. / |
| 3. a. up | b. down | c. at | d. upon |
| 4. a. much | b. any | c. many | d. any |
| 5. a. Except | b. But | c. However | d. Besides |
| 6. a. a great deal of | b. a variety of | c. an amount of | d. plenty |
| 7. a. fate | b. luck | c. duty | d. chance |
| 8. a. warm | b. hot | c. cool | d. cold |
| 9. a. freezing | b. frozen | c. freeze | d. froze |
| 10. a. outdoor | b. indoor | c. in | d. out |

III. 词汇选项

下面共有 15 个句子, 每句均有 1 个词或短语下划有底线, 请从每个句子后面所给的 4 个选项中选择 1 个与划线部分意义最相近的词或短语。

- The captain of the football team asked his members to practice at once.
a. striker b. midfielder player c. goal-keeper d. head
- The students in this school come from different places of the country, so each of them is special.
a. happy b. excellent c. ordinary d. unusual
- There are many shops on either side of the street.
a. neither side b. each side c. every side d. both sides
- The tourist crossed the road when the traffic light was green.
a. went along b. went through c. went across d. went over
- Shut down the computer when you leave.
a. Turn over b. Turn on c. Turn down d. Turn off
- Two heads are better than one.
a. cleverer b. larger c. bigger d. quicker
- When someone is in trouble, give him a hand.
a. help him b. put up your hand
c. borrow his hand d. take away your hand
- Life is strange; we don't know what will happen at times.
a. sometimes b. some time c. sometime d. some times
- Thank you for sending me letters by Internet.
a. ordinary letters b. emails c. airmails d. post cards
- You discussed the program this morning, and we did as well.
a. either b. too c. neither d. still
- There is a sport field three miles away from the campus.
a. the sports fields in a university b. the grounds of a university
c. the classroom building of a college d. the activity places in a college