

奥林匹克文化之旅

A TOUR TO THE
OLYMPIC CULTURE

主编 ● 刘忻 副主编 ● 杨存真 许国彩

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题词

《奥林匹克文化之旅》是一本用英语普及奥林匹克知识的教材。同时它也可以供有兴趣的读者了解奥林匹克运动是什么。内容编排上基本上包括了与奥委会有关的内容。英语的运用上偏向于通俗实用，这恐怕也是一个不错的选择。

我希望《奥林匹克文化之旅》这本书能够对一些人们对其乏会的兴趣，普及奥林匹克知识和推广和提高国民的英语水平上起到一定作用。

魏纪中
2006年4月18日

题
词

I

- 魏纪中先生：中体产业集团股份有限公司总裁特别顾问，北京 2008 奥组委高级顾问，国际排联第一副主席，亚排联主席，亚奥理事会体育运动委员会主席。

序

起源于古希腊，复兴于1896年的现代奥林匹克运动，以其无与伦比的包容性和吸引力赢得了包括拥有13亿人口的中国在内的202个国家和地区的支持和积极参与，被誉为人类历史的千年盛事，也是人类社会罕见的杰作。

奥林匹克运动之所以得到如此广泛的关注与参与，其魅力不仅在于她悠久而灿烂的历史，更在于她将体育与文化、教育紧密融合，使奥林匹克精神得到了继承、传播与弘扬。这正是奥林匹克运动的宗旨要求——“通过没有任何歧视、具有奥林匹克精神——以友谊、团结和公平精神互相了解——的体育活动来教育青年，从而为建立一个和平的更美好的世界做出贡献”。

2008年奥运会正向我们走来，她不仅为我们带来了体育的饕餮大餐，也为我们带来了从这个不断发展变化、不断注入新元素的丰富知识宝库中汲取营养的良好机遇。弘扬奥林匹克精神、传播奥林匹克知识、营造良好的社会环境理应成为体育界和教育界人士应尽的责任和义务。

《奥林匹克文化之旅》一书，以“介绍奥运历史，传承奥运文化”为着眼点，收集了丰富的史料，博采赛事经纬，广辑逸闻趣事，既让学习者了解奥林匹克运动的源远历史、丰厚底蕴，又体现了快乐读书的宗旨。该书融奥林匹克知识、体育专业知识和英语知识学习于一体，不仅仅为英语学习者提供了一套紧贴体育和奥运的学习工具，也为2008年奥运会提供了有力的语言和文化支持，实属不易。相信《奥林匹克文化之旅》一书的出版定能帮助学习者尤其是奥运志愿者提高英语水平，增强交流能力，为办好奥运、让更多的人了解中国出一份力；定能在推动奥林匹克

运动的发展、激发中国人民的奥运热情、建设有中国特色的奥林匹克教育遗产等方面发挥作用。

当全世界将注意力集中在中国，集中在2008年北京奥运会时，《奥林匹克文化之旅》这本书的出版，可以说是件非常有意义的事。



于2006年5月

序

III

前言

奥林匹克文化之旅

前言

当大家都认同了社会的发展需要专业能力强、外语精通的“复合型”人才,要求这些人才能在专业领域里熟练使用英语时,我们在书店却很少能看到和体育英语相关的专业书籍。而随着北京奥运会的成功申办,国际体育交流活动的不断增多,我们需要大量高水平的既懂体育又会英语的体育英语人才。一些国内著名的体育院校相继开设了体育英语专业,一些非体育类的综合性高校也开始开设了普及奥林匹克知识的双语讲座。纵观我国的教材市场,能将英语的语言教学与体育内容相结合的体育英语的相关教材和论著,的确是凤毛麟角。正是在此形势下,我们整理编写了《奥林匹克文化之旅》一书。

本书结合编者多年来英语教学的实践经验和体育院校学生的英语学习特点,在查阅了大量和奥运历史、习俗、文化有关的背景知识的前提下,将英语学习和体育专业知识相结合,为体育院校的高年级学生以及爱好体育的英语学习者的英语学习提供了一个内容丰富、有趣、实践性强的学习平台。

本书内容丰富、趣味性强,语言地道规范,专业针对性强;还精挑细选了大量优秀的体育图片,配备了听力材料,从而使本书的内容更加生动、立体。通过本书的学习,既能掌握必备的奥林匹克知识,还可以学到大量的体育专业词汇、体育术语以及地道的体育英语交流方法和技巧,进而能有效激发学生英语学习的积极性,最大程度地提高学习者用英语进行体育方面的交流与沟通的能力,为北京2008年奥运会培养合格的志愿者。

本书共包括20课,每课都关注于奥林匹克文化的某一方面。比如:古奥运会的历史和传统、顾拜旦与现代奥运会的复兴、奥运圣火、五环和

格言的来历、会徽和吉祥物的诞生、赛事、运动员、科技与兴奋剂等等。
每课分为 5 部分：

- Lead-in Questions: 对本课主题的学前讨论和思考
- Read and Explore: 阅读、学习本课主题
- Content Awareness: 检查对课文阅读的理解
- Brainstorm: 对本课主题更进一步的思考和研究
- Culture Salon: 对本课主题的知识延伸

本书曾在北京体育大学以课堂讲义的形式进行了两轮的使用和检验，并针对学生提出的意见和建议进行了修改，但由于时间仓促，加之编者对这一领域的研究尚乏深度与经验，因此，本书难免会有一些错误和缺点，肯请有关专家和广大读者给予批评指正。编者的联系方式是：
julialiu1996@163.com。

在本书的编写过程中，澳大利亚籍专家 Eloise Cole 对全书做了校对。本书还得到了新东方大愚文化传播有限公司编辑老师的热情相助，外国专家 Rapheal Cooper, Andrea Glover 还为本书课文进行录音，在此一并表示衷心地感谢。

最后，我们衷心希望本书能为渴望在 2008 年北京奥运会贡献力量的每一位朋友提供帮助。

编 者

2006 年 5 月

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Legend of the Ancient Olympic Games

Lead-in Questions

1. Do you know the origin of the Olympic Games?
2. How do you understand the following sentence? What is Pindar trying to tell us?

As in the daytime there is no star in the sky warmer and brighter than the sun, likewise there is no competition greater than the Olympic Games.

— Pindar, Greek lyric poet, 5th century BC

Read and Explore

No one knows exactly how far **back** the Olympic Games **go**, while the history of the ancient Olympic Games can be **traced back** over 3,000 years to ancient Greece.

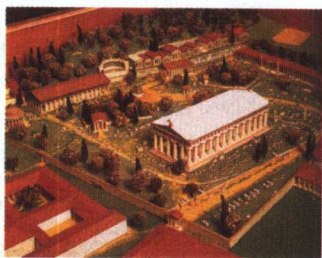


图1 Ruins of the Temple of Zeus at Olympia, Greece.

In ancient Greece sports **played a very important part** in the life of the people. While **celebrating physical excellence**, they were mainly held for **religious** purposes, that is, **athletic** contests were regarded by the an-

cient Greeks as a way to show their respects to their gods, especially **Zeus**. As Greece became a bigger and more important country, the cities started holding a large festival as a sign of **unity**. They eventually chose a place called **Olympia** to hold the festival, partly because of its many religious temples.

In 884 BC, the king of **Elis** reached a **treaty** with the kings of several other city states to hold regular athletic contests and to fulfill the “**sacred truce**”. That



图2 Zeus



图3 “Sacred Truce” sculpted on the stone

meant to cease fire in the Greek world for as long as the games were on. Athletes and spectators were allowed to travel safely to and from the Games.

The first recorded ancient Olympics were held in Olympia in 776 BC, and had only one event, a race of about two hundred yards.

These early Olympics each lasted between one and three days, but from around 400 BC on, the festival was a full five days as more and more events were added. Many of these events are still held today, like **running races**, **javelin** and **discus throws**, **wrestling** and **boxing**. Some other events included **chariot racing** and **contests for boys**.

During 1,000 years after the first “official” Games in 776 BC, Greece came under Roman rule. Eventually, in 394 AD, the Olympics were **halted** by a Roman emperor Theodosius II for some warring areas **no longer** observed a truce. About a century later, earthquakes turned Olympia, the historic area, into ruins. After a long history of about 1,200 years, the Olympic Games **ceased** to exist. (P181)

Language Focus

- go back (to) 追溯

The friendly contacts between the two countries go back to the Tang Dynasty. 这两个国家间的友好交往可以追溯到唐代。

This shop goes back to 1710. 这家铺子开设于 1710 年。

- trace v. 追溯

His ancestors trace back to the 16th century. 他的祖先可以上溯到 16 世纪。

- play a part 扮演角色；参与，起作用，有影响

Mrs. Grant always plays the leading part. 格兰特太太总是扮演主角。

The part I played was very small. 我起的作用微不足道。

- celebrate v. 颂扬，当众赞美

celebrate life 赞美生活

a sonnet that celebrates love 歌颂爱情的十四行诗

- physical excellence 健美的体魄

- religious a. 宗教的；宗教上的

people who have no religious faith 不信宗教的人们

religious belief 宗教信仰

religious meeting 宗教集会

religious freedom 宗教自由

- athletic *a.* 运动的, 体育的; 运动员的; 运动员用的; 强壮的

an athletic field 运动场 athletic shorts 运动短裤

I don't want to be sweet and sensitive, but want to be beautiful and athletic. 我不希望自己可爱而敏感, 我希望自己既漂亮又健康。

- Zeus *n.* 【希神】宙斯(希腊神话中的主神)

- unity *n.* 团结; 联合; 统一

unity in marriage 联姻

They are discussing church unity. 他们在讨论教会的统一问题。

- Olympia *n.* 奥林匹亚(希腊南部一平原, 在伯罗奔尼撒半岛西部, 建有奥林匹亚宙斯神庙, 古代在此举行奥林匹亚竞技。)

- Elis *n.* (古希腊的)伊利斯城邦

- treaty *n.* (尤指国家间的)条约, 协定

a treaty of peace and friendship 和平友好条约

sign a treaty with 与……签订条约

- sacred truce 神圣休战协定

- running races 赛跑

- javelin *n.* 标枪

- discus throws 掷铁饼

- wrestling *n.* 摔跤

- boxing *n.* (古奥运会由摔跤和拳击混合而成的一个竞技项目)混斗; (现代奥运会)拳击

- chariot racing 战车赛

- contests for boys 少年比赛(古奥运会的竞技项目, 竞技者年龄限定为 17~20 岁。比赛项目大多数与成年人的相同, 形式和内容也

基本一致，只是在规则的要求和动作的难度方面要低于成年人。)

● halt v. 停止，尤其指暂停

The soldiers halted for a short rest. 士兵们停下来休息了一会儿。

No one can halt the advance of history. 谁也阻挡不了历史的前进。

● no longer (或 not any longer) 不再；已不

He is no longer living in Shanghai. 他现已不住在上海。

He no longer smokes. 他不再吸烟了。

● cease v. 停；息；停止

At last they ceased working for lack of capital. 他们最终由于缺乏资金而停工了。

Her mother never ceases telling you about her trouble. 她妈妈从来没有停止过向你诉说她的困难。

Content Awareness

1. Why did the ancient Greeks celebrate the ancient Olympic Games?
2. Why were the ancient Olympic Games always held in Olympia?
3. How did the Olympics create a sacred truce?
4. What are the significant meanings of 776 BC and 394 AD?
5. What events were included in ancient Games?

Brainstorm

1. How many differences can you find between the ancient and modern Olympic Games?
2. Can you identify the following Olympic events represented in these pictures?



3. Color an olive branch wreath, which was placed on the head of a winner of the ancient Greek Olympics.



Answers:

1. See Culture Salon 3.
2. Running, Boxing, Wrestling, Discus, Javelin and Riding.
- 3.



Culture Salon

1. Olympia was the site of the first recorded ancient Olympics, and was worshiped with the phrase “a healthy mind in a healthy body”.
2. A cook named Coroebus is the first champion listed, winning the sprint race, a race of about 210 yards.
3. The ancient Olympic Games differ greatly from the modern Games. There were fewer events, and only free men who spoke Greek could compete, instead of athletes from any country. Slaves, women and dishonored persons were not allowed to compete. Many thousands of spectators gathered from all parts of Greece, but no married woman was admitted even as a spectator. The Games were always held at Olympia instead of moving around to different sites every time.