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SPORTS ENGLISH READING COURSE | II

体育英语阅读教程编写组 编

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Sports English

Reading Course



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出版人 李 飞
责任编辑 佟 晖
审稿编辑 董英双
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田慧 主编

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序



人才培养是高等学校的根本任务，对处于学校工作中心地位的教学工作来说，其质量建设是高等学校的永恒主题。作为传授知识、掌握技能、提高素质的载体，教材在人才培养过程中起着非常重要的作用，是高等学校提高教学质量，促进内涵发展的有力抓手。

一本好的教材，不仅要充分体现教材应有的基础性、示范性和权威性，还要正确把握教学内容和课程体系的改革和创新方向，充分反映学科的教育思想观念、人才培养模式以及教学科研的最新成果，集中展现教材体系的创新，教材内容的更新和教学方法、手段的革新，善于处理好理论与实践、继承与创新、广度与深度、知识与技能、利学与利教的关系，成为开拓学生视野、引导学生探索、鼓励学生奋进的学业与人生兼备的“工具书”。

从中央体育学院到北京体育学院再到北京体育大学，这 60 年的办学历程，是继承发展的 60 年，是改革创新的 60 年，也是教材建设硕果累累的 60 年。学校不断探索教材建设的内在规律，引领高等体育教育教材建设的创新之路，发展了具有自身特色的教材体系，形成了特色鲜明的三个发展阶段。第一阶段是在上世纪 50 年代至 60 年代，我校教师在苏联专家的指导下，制定和编写了各专业的教育计划、大纲和主要教材。这批教师在主持和参与 1961 年国家体委组织的体育院校 18 门课程教材编著工作中发挥了重要作用；而这批教材也成为我国独立编写的、对苏联教材模式有所突破的第一批体育院校教材。第二阶段是上世纪 70 年代末至 90 年代，我校教师在大量承担第二次重编体育院校教材牵头组织工作的同时，针对学校“三结合”的办学目标和人才培养模式，开始了多学科、多专业的自编教材建设。第三阶段是进入 21 世纪以后，特别是国家体育总局于 2002 年下拨教材建设专款 480 万元之后，我校教材建设在数量和质量上都取得了重大突破。至 2010 年共立项建设了涵盖我校各专业课程的 187 项教材，其中有 4 项教材获得国家级优秀（精品）教材称号，14 项教材获得北京市精品教材称号。可以说上述三个阶段的发展，使我校教材建设水平达到了一个空前的高度，为高等体育人才的培养发挥了重要的作用。

为全面提高高等体育教育质量，深化高等体育教育教学改革，继续加强体育学精品教材建设，2012 年初，在北京体育大学教学指导与教材建设委员会的具体指导下，我们启动了高等教育体育学精品教材建设工程。学校遴选教育部新颁布的体育学类所属的体育教育、运动

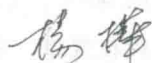
训练、社会体育指导与管理、武术与民族传统体育、休闲体育、运动康复、运动人体科学7个本科专业的部分基础课程和主干课程开展精品教材建设。我们整合了全校的优质资源，组织专家、教授全程参与教材的规划、编写、初审、终审等过程。按照精品教材的要求，以优秀的教学团队编写优质的教材，出精品、出人才为建设思路，编委会优选学术水平与教学水平兼备、具有创新精神的专家、教授担任教材主编，组织优秀教学团队成员参与教材编写；精确定位教材适用对象，准确把握专业知识结构、能力结构和综合素质要求，深刻领会课程内涵，简洁洗练地表达知识点、能力点和素质点；融入最新的教改成果和科研成果，吸收国外优秀教材的先进理念和成果，创新利于学生自学和教师讲授的教材体例；学校还投入专项资金，对教材进行一体规划、一体设计、一体编审，并采用多色印刷技术增加教材的可读性；为全力保证教材编写质量，北京体育大学出版社资深编辑深度介入教材编写的所有环节。当这批教材展现在读者面前时，我们充满了期待。

岁月如流，薪火相传。60年的教材建设成绩斐然，推动着体育学教材建设步入新的起点、站在新的高度。展望未来，一批批体育学精品教材将随世界一流体育大学的建设进程应运而生，不仅在学校内涵式发展的改革进程中发挥重要作用，而且在全国高等体育院校人才培养中做出积极贡献，在高等教育教材建设中留下浓墨重彩的一笔。

北京体育大学校长

校教学指导与教材建设委员会主任

2013年9月



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前言

Preface

《体育英语阅读教程》分为 I、II 两册，每册有十五个单元。每单元围绕同一主题设计一篇主课文 (Text A) 和一篇副课文 (Text B)，主课文用作课堂重点讲解，副课文供学生在教师指导下使用。所有文章都标注了总字数，供学生及时检验并记录自己的阅读速度。在课文前的 Pre-reading Thoughts 中，问题的设计旨在激活学生在相关话题上原有的知识，鼓励学生就这些话题发表初步的看法，待学生读完课文后把自己的知识和看法与文章中所表达的观点进行对比，使学生充分认识到视角的多元性。文章后的 Comprehension Check 根据文章的体裁和题材做出了相关的设计，检验学生在宏观和微观水平上把握文章的能力（包括对文章中语言难点和社会文化知识的理解）。Critical Thinking Starters 部分在课文内容理解的基础上，鼓励学生用学到的知识和语言讨论现实问题，在提高表达能力和分析能力的同时，注重培养学生的思辨能力。在文章的注释中，编者对重要词汇提供了准确、详尽的英文注释，以帮助学生精确掌握词义，同时对文章中出现的人物和文化背景进行了适当的说明，以丰富学生的文化知识。

此外，本书还设计了形式多样的版块内容，以帮助学生了解、掌握更为丰富的体育常识、热点信息和发展趋势，促进学生培养主动思考的习惯和良好的思辨能力。例如，Sports in Focus 着重介绍与文章内容相关的主要体育项目，并提供相关词汇的中文释义，以帮助学生了解主要体育项目，掌握基本体育词汇；在 Expert's View 中，学生可以了解到权威人士对某些重要问题的观点；More to Know 对文章内容进行了必要的补充，以拓宽学生的

视野；Activity Time-Out部分设计了形式多样的课外活动，鼓励学生学以致用；Hot Debate旨在让学生就热点问题进行讨论，培养学生有理有据地表达个人观点的习惯；在Pop Culture中，学生可以了解到与单元主题相关的文学或影视作品，供学生在学有余力的情况下从多角度了解相关信息；Vocabulary Building的设计旨在让学生在学会利用工具书和互联网资源获取信息。这些版块的设计在完成阅读课基本内容的基础上，以更为多样化的形式帮助学生以主动的参与者而不是被动的接受者身份学习课文中所涉及的内容。

本书文章广泛选自英国、美国、加拿大及澳大利亚等英语国家的体育相关著作、报刊、杂志以及相应报刊名下的网址。在CBI（content-based instruction）理念指导下，选材注重体裁和题材的多样性和视角的多元性，同时兼顾题材的系统性，旨在传授相关体育学科知识，开阔学生视野，同时增强其英语阅读能力、表达能力、分析能力和思辨能力。

《体育英语阅读教程》可作为体育院校英语专业学生以及高等院校体育专业的高年级学生、硕士生和博士生的阅读教材，亦适用于广大体育爱好者和体育专业人士阅读参考。

在本书的编撰过程中，我们参考了国外多种著作，并注明了出处，在此谨向原作者表示衷心的感谢。同时也感谢外籍学者Vera E Lee, Margaret Ann Carey和John Patrick Carey对本书的编撰提出的宝贵意见和建议。

由于时间及编者的水平有限，书中疏漏及不妥之处在所难免，敬请广大使用者批评指正。

编者

2014年7月

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1

UNIT



Technology in Sports

Through better nutrition and training, the athletes of today are becoming faster and stronger. Old records are constantly being broken and new ones set. While the vast majority of these achievements are likely due to the athletes themselves, improvements in sports technology have also played a notable role. New sports gear technologies have especially been relevant to the sports of rowing, cycling, swimming and tennis, giving rise not only to new records, but also ways in which the sports are played.

— Suyash Bulchandani





Pre-reading Thoughts

1. It is commonly held that "technology changes life". How has technology changed sport? Give some specific examples.
2. What is the literal meaning of "hawk eye"? What does it actually refer to in sports, especially in tennis?

Text A

Sports and Technology

1 Rapid scientific developments, in terms of both equipment and facilities and recording accuracy, have facilitated the increased public preoccupation with record-breaking. Conditions can now be closely controlled in many sports, and measurements are sufficiently accurate that performances can be assessed according to the nearest thousandth of a second, making even tiny improvements noteworthy. This, combined with other developments, has led to increased frequency at which records are broken, fueling the public desire for more such occurrences.



The NBA is one of the leagues that is embracing new technology in a variety of ways.

2 After a period of rapid improvement in sporting achievements, most sports are now experiencing a reduced rate of improvement. If sporting records are taken as a measure of human performance, then all sports must acknowledge that there is a human performance limit that will eventually be reached, after which no further human improvement will be possible. If society continues to demand that progress is made in sport, then once the biological limit is reached, new methods must be employed. The options for this are: 1) artificially altering the biological limit; 2) improving equipment and other technology utilized by athletes; 3) developing new sports as limits are reached in traditional sports. Because the first two options both possess the capability of significantly altering the nature of current sports, there are various rules regulating the extent and manner in which either of them may be used.

Regulating Technology in Sports

3 In order to ensure that sporting rules are able to achieve what they intend to, it is important to bear in mind why people play sport, why people watch sport and what they want from it. Rules limiting technology use must contend with the seemingly opposing liberal ideals of individual freedom and equal opportunity. With the addition of each new rule, it must be considered: does this rule encourage equal opportunity amongst the athletes or simply inhibit their freedom?

4 Doping has been used since competitive sport's Greek origins as a way to artificially alter the human biological limit, but became much more widespread and problematic in the last half century or so, as rapid medical technological advances were applied to athletes. The term "doping" is notoriously difficult to define, but despite the difficulties associated with definition, it is generally agreed that the practice is unethical and detrimental to the quality of sport. In order to formulate rules banning the practice of doping, different sporting organizations have employed various definitions. One of the most common approaches to avoid problems in defining the broad term is creating a list of banned practices. By avoiding a concrete definition different problems are created though, because regulatory authorities are forced to remain one step behind those who attempt to gain an artificial advantage. Practices can only be outlawed after they are used and discovered. Also, without a definitive idea of what doping is, it may not be clear what it is about doping that makes it unethical. This makes it difficult to attain consistency between rules regarding different types of technology in sport.

5 The second type of sports technology that is strictly regulated is the use of equipment. One

reason for regulating equipment is in order to ensure that it is athletes who are competing rather than their equipment. But the question is—"At what point does technology surpass the influence of an athlete's performance and in the process devalue the performance?" In order to answer this question, a clear understanding of what "value" sport contains is necessary. Motor sports is often cited as an example of technology becoming more important to the competition's outcome than the athlete's (driver's) performance, a progression that most sports do not wish to follow. According to certain experts, sport should be regulated so it deals primarily with genuine, human performances. This is a difficult criterion, as there are some sports where there has always been a significant "non-human" aspect to the sport. Wind-tunnel testing of the AIS (Australian Institute of Sport) women's skeleton team, for example, found a direct correlation between performance and drag coefficient. It is dubious whether drag coefficient can be considered a "human performance". There are many other examples of sports that naturally advantage one body type over others. Rules such as the UCI's which regulate the body position of cyclists in an attempt to prevent people altering a traditionally static property such as drag coefficient merely benefit one arbitrarily chosen body type over another.

6 If all technological influences were eliminated, athletes in some sports would no longer be able to adequately express themselves in the way they compete. This would essentially reduce these sports to a competition between machines. This effect is clearly demonstrated in the attempts to determine the "real" hour record in cycling, by eliminating the influences of technology in order to properly compare cyclists from different periods and therefore different technology levels. The more detailed that hour-record comparisons get, correcting for technology, drag coefficient etc, the more the process resembles a mere comparison of average power output of the athletes. That isn't cycling, and has none of the appeal of cycling. If average power output over one hour was a sport, few would play it or watch it, because it would be intensely boring. The real interest lies in the tactics and mind-games played by the athletes, and the use of technology forms part of this.

7 Furthermore, if equipment technology is completely banned, the only way that athletes are able to keep improving after the natural performance limit is reached is to turn to much less ethical technologies such as doping. By allowing technological developments in equipment, the inherent competitive nature of athletes has an outlet, and difficult to detect and far less ethical practices such as doping (or even potentially genetic modification) are less likely to be abused. By allowing certain types of technology, the process can be controlled more than if it were banned outright, potentially resulting in minimal use of unethical technology.

What Types of Technology Should Be Allowed?

8 Technology that is used in sport can be divided into the categories of those that: 1) make sport possible; 2) improve safety and reduce harm; 3) de-skill or re-skill sports; 4) dehumanize performances; and 5) increase participation and/ or spectatorship. Once again, these distinctions are not straightforward; most technology has aspects of several of these categories.

9 There is little question that technologies whose primary purpose falls into the first two categories should not be restricted. Technologies that cause sports to be de- or re-skilled or dehumanize performances are much more controversial, and a number of sports restrict the use of many such technologies. The purpose of such restrictions is not always clear. The UCI asserts the following as the purpose of its rules regarding technology:

Bicycles shall comply with the spirit and principle of cycling as a sport. The spirit suggests that cyclists compete in competitions on an equal footing. (UCI, 2002)

10 The suggestion that it is possible for athletes to compete “on an equal footing” is ridiculous; even if it were possible, it would certainly not be desirable. The concept of competition is not compatible with equality. The entire purpose of competition is to gain an advantage over one’s opponent. This occurs because of natural talent and training, but technological advantages play a legitimate role too. Technology has always (usually ethically) been used to gain a competitive advantage, from coaching technology to nutrition and physiotherapy. Such usages are legitimate, and so regulating technology in an attempt to create equality between the competitors is futile as well as misguided.

11 The UCI statement goes on to assert that “the primacy of man over machine,” needs to be maintained. This is a legitimate aim for technology regulations, but unfortunately the UCI regulations that attempt to achieve it are poorly implemented. The rules limit specific technological aspects, such as requiring that bikes weigh over 6.8kg. There are also limitations on other aspects of the bicycle including rider position. Despite these rules, the cost of top-end racing bicycles continues to rise, with professional cyclists typically racing on bikes that cost in excess of \$10,000. UCI regulations also often tend to be very inconsistently enforced. Some of the rules are frequently broken, but ignored by officials. Bicycle weight is one example of a rule that is usually not tested. At a recent track cycling event, bicycles were actually weighed, and the majority of riders were

required to put ballast in their otherwise illegal bikes that they had been racing on all season in order to reach the required weight. At other times a legitimate innovation is banned shortly after it is developed. An example of this is Graeme Obree's unusual position being banned in between the qualifying and final rounds of his attempt to defend his world pursuit title in 1994. The result of this inconsistency is that companies, professional teams or countries with large budgets are able to be technologically innovative; the risk of wasted money on an innovation that is subsequently banned is not large compared to their budget. Less wealthy organizations and individuals on the other hand cannot afford to take such a large financial risk. In effect, the UCI technology rules have achieved the exact opposite of what they intended. If the rules were relaxed somewhat, cheaper technologies such as altering cyclist position would have a large enough effect on performance that more expensive technologies would not provide such a significant advantage. Therefore, in my opinion, relaxing the technology restrictions in cycling may well put competitors on a more "equal footing," by giving more affluent cyclists, countries and teams less of an advantage.

12 But suggesting that technology rules be relaxed does not suggest that their removal altogether is desirable. Technology that significantly risks athletes' or spectators' health and safety still ought to be restricted. Equipment that is unstable or unreliable would also be similarly restricted. The UCI requirement that aerodynamic helmets must also meet safety standards is an example of a sensible technological restriction, as was their action to ban a certain brand of wheels that had exhibited catastrophic failure on several occasions, risking not only the cyclist using them but other competitors and spectators as well.

Total words: 1696

Total reading time: _____ minutes _____ seconds

* The text is based on *Ethics of Technology in Sport*

Vocabulary and Expressions

preoccupation /pri:ɒkjʊ'peɪʃən/ *n.* the state of being worried about or thinking about something most of the time

occurrence /ə'kʌrəns/ *n.* happening

skeleton /'skelɪtən/ *n.* a fast winter sliding sport in which a person rides a small sled down a frozen track while lying face down

coefficient /,kəʊ'fɪʃənt/ *n.* a value, in mathematics, that appears in front of and multiplies another value

- static** /'stætɪk/ *adj.* staying in one place without moving, or not changing for a long time
- arbitrary** /'ɑːbɪtrəri/ *adj.* based on chance rather than being planned or based on reason
- tactic** /'tæktɪk/ *n.* (usually plural) a planned way of doing something
- dehumanize** /,di:'hju:mənaɪz/ *vt.* to remove from a person the special human qualities of independent thought, feeling for other people, etc.
- footing** /'fʊtɪŋ/ *n.* be on an equal footing to be in an equal situation
- compatible** /kəm'pætɪbəl/ *adj.* able to exist, live together, or work successfully with something or someone else
- physiotherapy** /fɪziəʊ'θerəpi/ *n.* the treatment of muscle stiffness, pain, and injury, especially by rubbing and moving the sore parts
- primacy** /'praɪməsi/ *n.* the state of being the most important thing
- ballast** /'bæləst/ *n.* heavy matter such as sand or stone that is used at the bottom of a ship or a hot-air balloon to make it heavier, or the small stones on which railways and roads are made
- aerodynamic** /,eə'rəʊdaɪ'næmɪk/ *adj.* designed or arranged to offer the least resistance to fluid flow

Comprehension Check

1. According to the passage, what reduces the rate of improvement in sports? What can be done to maintain the performance progress in sports?
2. How is the term “doping” usually defined? What problems does this definition bring?
3. What are the pros and cons of eliminating technological influences in sports equipment?
4. What does the underlined sentence in paragraph 5 mean? Try to paraphrase it.
5. What does the underlined sentence imply in paragraph 10? What do the first and second “it” refer to respectively?
6. Why does the author say that “regulating technology to create equality between the competitors is futile as well as misguided”? What example(s) does the author use to justify his opinion?

Critical Thinking Starters

1. When technology meets sport, controversy follows. The 2014 FIFA World Cup was the first in which goal-line technology was used, sparking a highly controversial debate. Supporters believe that it can nullify human error and provide clarity while the naysayers counter-argue that it disputes the flow of the game. What do you think? Should the World Cup use goal-line technology?