

CCTV-5

中央电视台体育节目中心
体育英语教学节目

体育英语

Sports English

第一册 奥运篇

外语教学与研究出版社
FOREIGN LANGUAGE TEACHING AND RESEARCH PRESS

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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，所以在这第一部分中主要介绍奥运会的知识。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配的VCD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



Milestone

June 23, 1894, the International Olympic Committee (IOC) was founded in Paris.

1894 年 6 月 23 日，国际奥委会在巴黎成立。

April 6, 1896, the first Modern Olympic Games was held in Athens, Greece.

1896 年 4 月 6 日，第一届现代奥运会在希腊雅典举行。

November 26, 1979, Chinese Olympic Committee resumed its legal seat in the IOC.

1979 年 11 月 26 日，国际奥委会恢复中国奥委会的合法席位。

July 29, 1984, Chinese athlete won the first Olympic gold medal.

1984 年 7 月 29 日，中国体育健儿在奥运会上获得第一枚金牌。

September 23, 1993, Beijing lost its bidding for the 2000 Olympics by two votes.

1993 年 9 月 23 日，北京以两票之差落选，未能获得 2000 年奥运会的承办权。

April 7, 1999, the IOC accepted Beijing's application to bid for the 2008 Olympics.

1999 年 4 月 7 日，国际奥委会接受北京市承办 2008 年奥运会的申请。

July 13, 2001, the IOC chose Beijing as the host city of the 2008 Olympic Games.

2001 年 7 月 13 日，国际奥委会选择北京为 2008 年奥运会的主办城市。

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Chapter 1

Ancient Olympic Games and Pierre de Coubertin 古奥运会和皮埃尔·德·顾拜旦

Olympic Games 奥林匹克运动会

The Olympic Games is the most important sporting event in the world. Held once every four years, its aim is to bring about a better understanding and friendship between the nations of the world through sports.

Olympic Games 是奥运会的统称，它既可以指古代奥运会(Ancient Olympic Games)，也可指现代奥运会(Modern Olympic Games)。今天我们通常所说的 Olympic Games 一般指的是现代奥运会，而且是夏季奥运会。冬季奥运会称为 Olympic Winter Games，在某些时候也称为 Winter Olympic Games。

夏季奥运会还有一个术语，叫 Games of the Olympiad，这里 Olympiad 指的是奥林匹克周期。

The term "Olympiad" designates a period of four successive years. The Olympiad begins with the opening of one edition of the Games of the Olympiad and ends with the opening of the following edition. 奥林匹克周期是指从本届夏季奥运会开始，直到下届夏季奥运会开幕时为止连续四年的时期。注意，Olympiad 只适用于夏季奥运会。



Ancient Olympic Games



古代奥林匹克运动会



Olympia

The history of the Ancient Olympic Games can be traced back over 3,000 years to ancient Greece. While celebrating physical excellence, they were mainly held for religious purposes. 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 meant to cease fire in the Greek world for as long as the games were on. The Hellenic Olympic Games came into being soon afterwards.

But why were the games held at Olympia? Because Olympia was one of the oldest religious centers in ancient Greece. Since athletic contests were regarded by the ancient Greeks as a way to show their respects to their gods, especially Zeus, they chose Olympia, the site of the major temple, as the venue for the Games. The first recorded games were held in 776 BC. After that, they were held once every four years during the second or the third full moon after the summer solstice (in July or August). During their peak time in the fifth century BC, the games would last for five days.

古代奥运会的历史可以追溯到3,000多年前的古希腊。在赞美人的体魄的同时，它主要是一种祭神活动。公元前884年，伊利斯城邦的国王联络其他几个城邦的国王，达成了一项定期举行赛会的协议，并规定在赛会期间实行“神圣休战”，即赛会期间在古希腊范围内进行的战争都要休战。其后不久就产生了全希腊性的赛会。但为什么赛会会选在奥林匹亚举办呢？这是因为奥林匹亚是古希腊最古老的宗教中心之一；再加上当时古希腊人将运动竞技当作是对所信奉的神，特别是对宙斯的尊敬，所以他们选择在主要神庙的所在地——奥林匹亚——举办赛会了。第一次有文字记载的古奥运会（史称第一届古代奥运会）举办于公元前776年，以后赛会每四年举办一次，时间在夏至后即7月或8月的第二或第三个满月的日子。在公元前5世纪的鼎盛时期，赛会要持续五天。



Olympia, Gymnasium

Just like in the Modern Olympic Games, winning athletes in the Ancient Olympic Games were regarded as heroes who put their hometowns on the map. However, only male citizens who spoke Greek and had not been convicted of any crime could compete in the games at that time. Athletes also had to meet other criteria. They were required to swear in front of the God. In addition, they had to receive ten months' training before coming to Olympia. They also had to train for one month at the training site under the supervision of the judge. The games were held only at Olympia



The gate to the ancient Olympia stadium, the site where the Ancient Olympic Games were held.

and did not move around to different places like nowadays. When the Romans incorporated the Greek mainland into their territory, the glory of ancient Olympic years came to an end. However, the Games continued to be celebrated until banned in 393 AD by the Roman Emperor for religious reasons. Later invaders pillaged the site of Olympia and finally, in the fourth century AD, earthquakes and floods covered the area. The site remained virtually undisturbed until 1875 when excavations uncovered the site which gave rise to the revival of the Games.

与现代奥运会相同的是，古代奥运会中的获胜者会成为英雄并名满天下。

所不同的是，参加古奥运会的人必须是具有希腊血统和自由人身份并且没有犯罪记录的男性公民。参加竞技的运动员还必须符合其他条件。运动员们必须要向神宣誓，此外，在来奥林匹亚之前他们还必须要训练 10 个月，并在裁判的监督下在训练场训练一个月。古奥运会只在奥林匹亚举行而不是像现在每次都在不同的地方举行。在罗马人征服了古希腊以后，古代奥运会的辉煌时期就宣告结束了。然而，直至公元 393 年，罗马皇帝以宗教信仰为理由废除了古代奥运会。后来入侵者对奥林匹亚地区进行了疯狂掠夺。最后在公元 4 世纪，地震和洪水又使这个地方长埋于地下。直到 1875 年，考古挖掘才使古奥运会遗迹重见天日，并播撒了奥运会复活的种子。



Rider



Jumper



Discus



Running

More About Ancient Olympic Games

古代奥运会的创始人：伊利斯城邦的国王——伊菲图斯

The more likely story is that the Olympic festival was a local religious event until 884 BC, when Iphitus, the King of Elis, decided to turn it into a broader, pan-Hellenic festival. To accomplish this, he entered into a temporary truce with other rulers, allowing athletes and others to travel peacefully to Olympia while the festival was going on.

有记载的第一个古代奥运会冠军：伊利斯城邦的厨师——科罗巴斯

The earliest recorded winner at the Olympics was Coroebus of Elis who won the 776 BC stade race.

古代奥运会的奖励方式：为优胜者戴橄榄冠

The Olympic Games were what the Greeks called “crowned” Games. There were no cash prizes or prizes in goods, but only a simple wreath of wild olive. The real “prize” was instant popularity. Winners were idolized and became the subjects of many songs and stories. The athletes, and the Games in general, were immortalized through paintings, statues, decorative pottery, coins, and literature. Moreover, unlike the modern Games, only the winner was crowned, with no wreath being offered to the second or third place-getters.

古代奥运会的参赛资格

All male Greeks who were free citizens and had not committed murder or heresy, had the right to take part in the Olympic Games. Women were not entitled to take part, except as owners in the horse races, while being strictly prohibited from watching the games.

古代奥运会的“裸体竞技”

The word “gymnasium” comes from the Greek root “gymnos” meaning nude; the literal meaning of “gymnasium” is “school for naked exercise”. In ancient times athletes practised in the nude to the accompaniment of music. They also performed naked at the Olympic Games. Women were not allowed to participate or even to attend as spectators.

奥林匹克精神：互相了解、友谊、团结和公平竞争

The Olympic spirit requires mutual understanding with a spirit of friendship, solidarity and fair play.



Chariot race



Trainer watching wrestlers



Boxing



Running

KEY WORDS 重点词汇

Olympic Games
Modern Olympic Games
Games of the Olympiad
stadium
athlete

奥林匹克运动会
现代奥林匹克运动会
夏季奥林匹克运动会
运动场，体育馆
运动员

Ancient Olympic Games
Olympic Winter Games
Olympiad
champion
Olympic spirit

古代奥林匹克运动会
冬季奥林匹克运动会
奥林匹克周期
冠军
奥林匹克精神

Father of the Modern Olympic Games:

Pierre de Coubertin



现代奥林匹克之父：皮埃尔·德·顾拜旦



The Olympic Games owes its revival almost entirely to the French aristocrat Pierre de Coubertin who is honored as the father of the Modern Olympic Games. Born in Paris in 1863, de Coubertin had a wide range of sporting interests, including fencing, rowing, boxing and cycling. As an educator, he had a strong belief in the importance of sports for the development of the individual. In 1892, at the age of 29, de Coubertin began his campaign for the revival of the Olympics. He felt that a great deal could be gained by bringing together the youth of the world in a friendly competition like the Olympics. He also regarded the Games as an effective channel for the promotion of world peace. His single-minded efforts paid off. After overcoming a lot of obstacles, the International Olympic Committee (IOC) was founded on June 23, 1894 in Paris. At its first conference, de Coubertin defined the concept of

Olympism, drafted the first IOC Charter and established the structure of the Olympic Movement. His remarkable contribution led to the first Modern Olympic Games in Athens in 1896. Each Olympic Games sees the interpretation of de Coubertin's ideals under specific historical conditions. He served as President of the IOC from 1896 to 1925. During this period the member countries of IOC increased from 14 to 45. Pierre de Coubertin died in Geneva in 1937. But he continues to be remembered as the father of the Modern Olympic Games. According to his wishes, his body

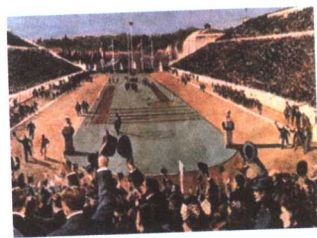


was buried in Laussane, in Switzerland, the headquarter of the IOC, and his heart was buried under the Olympia Mountain, overlooking the site of the Ancient Olympics.

现代奥运会的复兴几乎全部要归功于被誉为现代奥运之父的法国贵族皮埃尔·德·顾拜旦。1863年顾拜旦出生在巴黎，他体育爱好广泛，包括击剑、划艇、拳击和自行车运动。作为教育理论家，顾拜旦深信体育运动对个人发展的重要意义。1892年，29岁的顾拜旦开始了他恢复奥运会的征程。他认为友好的比赛，譬如奥运会，可以把全世界的青年团结起来，并能有效地促进世界和平。他全身心的努力终于得到了回报。1894年6月23日，顾拜旦冲破重重阻力在巴黎创建了国际奥委会。在第一次会议上，顾拜旦提出了奥林匹克主义的概念，起草了国际奥委会的第一部宪章，并建立了奥林匹克运动的结构。1896年，他坚持不懈的努力促成了第一届现代奥运会在雅典的召开，并且每一届奥运会都是在特定的历史环境下对顾拜旦理念的诠释。1896年至1925年，在他任国际奥委会主席期间，国际奥委会的成员由14个发展到了45个。1937年，顾拜旦于日内瓦逝世，作为现代奥运之父，他将永远被人们怀念。按照他的遗嘱，他的遗体葬于国际奥委会总部的所在地瑞士洛桑，而心脏则葬在了奥林匹亚山下，守望着古代奥运会历经沧桑的遗址。



The first Olympic Committee meets in 1896:
Pierre de Coubertin is the second from left.



In 1896, the first Olympic Games of the modern era was held in Athens.

Ode to Sport 体育颂

(Extract 节选)

—— Pierre de Coubertin (皮埃尔·德·顾拜旦)

O sport, delight of the Gods, distillation of life!

*To the mountain tops comes dawn's first glimmer, and sunbeams dappled
the forest's gloomy floor.*

O sport, you are beauty!

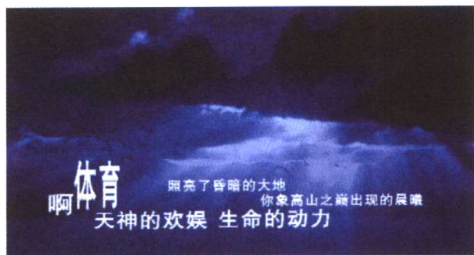
*You—the architect of this house, human body, which may become defiled
by base passions or enriched with wholesome endeavor.*

O sport, you are progress!

To serve you well, man must better himself in body and in soul.

O sport, you are peace!

*You forge happy bonds between the people by drawing them together in reverence for strength which is controlled,
organized and self-disciplined. Through you the young of the world learn to respect one another, thus the diversity of
national traits becomes a source of generous and peaceful emulation.*



啊，体育，天神的欢娱，生命的动力。

你像高山之巅出现的晨曦，照亮了昏暗的大地。

啊，体育，你就是美丽！

你塑造的人体，变得高尚还是卑鄙，

要看它是被可耻的欲望引向堕落；

还是由健康的力量悉心培育。

啊，体育，你就是进步！

为人类的日新月异，

身体和精神的改善要同时抓起。

啊，体育，你就是和平！

你在各民族间建立起愉快的联系。

你有节制、有组织、自律的体力较量中产生，

使全世界的青年学会相互尊重和学习，

使不同民族的特质成为高尚而和平竞赛的动力。

Sports English



Sports English

OLYMPISM 奥林匹克主义

Olympism is an important concept that draws together life and sport. It plays a strong role in both amateur and professional arenas with its emphasis on values. As a global philosophy, Olympism was first described by Pierre de Coubertin, the father of the Modern Olympics at the International Athletic Congress of Paris in June 1894. Years later, Conrado Durantez of Spain, a scholar of de Coubertin, concisely defined Olympism as “a philosophy of life with sport as the motor behind its ideals of education, peace, democracy and humanity.” As described in *the Olympic Charter*, “Olympism is a philosophy of life, exalting and combining in a balanced whole, the qualities of body, will and mind. Blending sport with culture and education,

Olympism seeks to create a way of life based on the joy found in effort, the educational value of good example and respect for universal fundamental ethical principles.” The goal of Olympism is to place sport everywhere at the service of the harmonious development of man, with a view to encouraging the establishment of a peaceful society concerned with the preservation of human dignity.

Olympism is a word foreign to most of us but the concept is familiar. You do not have to be an Olympic athlete to have Olympism. Olympism is about the pride in yourself gained through the glory of participation and the quest for achievement. The five ideals that should guide your life are embodied in the concept of Olympism: vision, focus, commitment, persistence and discipline. Olympism is being the best you can be to build self-confidence, self-esteem, personal effectiveness and the spirit of adventure.

奥林匹克主义是把生活和运动联系起来的重要概念，因其价值观而在职业和非职业运动领域起主导地位。作为国际化哲学，奥林匹克主义是由现代奥林匹克之父皮埃尔·德·顾拜旦于1894年6月在巴黎国际体育代表大会上最先提出的。几年后，研究顾拜旦的西班牙学者 Conrado Durantez 更确切地把奥林匹克主义定义为



“体育是教育、和平、民主、博爱理想的原动力的生活哲学。”正如《奥林匹克宪章》所述：“奥林匹克主义是增强体质、意志和精神并使之全面均衡发展的一种生活哲学。奥林匹克主义谋求体育运动与文化 and 教育相融合，创造一种以奋斗为乐、发挥良好榜样的教育作用并尊重基本公德原则为基础的生活方式。”奥林匹克的宗旨是使体育运动为人的和谐发展服务，以促进建立一个维护人的尊严的和平社会。也许有的人对“奥林匹克主义”一词很陌生但却熟知它的理念。并不是只有参加奥运会的运动员才具有奥林匹克主义。奥林匹克主义是通过参与和对胜利的渴望来实现自我的尊严。奥林匹克主义概念体现的五个理念可以成为我们生活的向导：目标、集中、责任、坚持、纪律。奥林匹克主义是要尽你所能去建立自信、自尊、自身效用和冒险精神。

KEY WORDS 重点词汇

Pierre de Coubertin

International Olympic Committee (IOC)

Olympism

Olympic Movement

Olympic Charter

Ode to sport

皮埃尔·德·顾拜旦

国际奥委会

奥林匹克主义

奥林匹克运动

奥林匹克宪章

体育颂



Chapter 2

The Olympic Charter

奥林匹克宪章¹

The Olympic Charter is the codification of the Fundamental Principles, Rules and Bye-laws adopted by the IOC. It governs the organization and operation of the Olympic Movement and stipulates the conditions for the celebration of the Olympic Games.

《奥林匹克宪章》是国际奥委会制定的基本原则、规则和附则的汇总。它指导着奥林匹克运动的组织和运行，并规定了奥林匹克运动会的举办条件。



WADA
think positive, test negative



[1] 编者注：本文所介绍的是《奥林匹克宪章》2000年版，自2000年9月11日起生效。



The Olympic Charter

奥林匹克宪章

The Olympic Charter is the official constitution of the Olympic Movement. It contains the Fundamental Principles of the International Olympic Committee, its Rules and Bye-laws. It governs the organization and operation of the Olympic Movement and stipulates the conditions for the celebration of the Olympic Games. It also sets out appropriate protocol and procedures for all Olympic ceremonies, appropriate use of symbols, offices with the movement, relationships and definitions. *The Olympic Charter* was drafted by French educator Pierre de Coubertin, the founder of the Modern Olympic Games, at the International Athletic Congress of Paris in June 1894. This marked the revival of the Modern Olympic Games. *The Olympic Charter* provides the basis for the organization and functioning of the Olympic Movement. Any person or organization belonging in the any capacity whatsoever to the Olympic Movement is bound by the provisions of *the Olympic Charter*. The adaptation, modification and interpretation of *the Olympic Charter* is the responsibility of the supreme organ of the International Olympic Committee, the Session. When various organizations, athletes and other persons agree to be guided by *the Olympic Charter*, they become part of the Olympic Movement. In order to belong to the Olympic Movement, it is necessary to be recognized by the IOC. Since it was first published in 1849, *the Olympic Charter* has been amended and revised on a regular basis. The latest version was approved by the 111th IOC Session, and came into force on the 11th of September 2000.



《奥林匹克宪章》是奥林匹克运动的正式章程。它包括国际奥委会的基本原则、规则和附则，指导奥林匹克运动的组织和运行，并规定奥林匹克运动会的举办条件。它还规定了奥林匹克庆典的适当礼仪及程序、标志的合理使用、奥林匹克运动的办事机构，及其关系和定义。《奥林匹克宪章》是由现代奥林匹克之父——法国教育家皮埃尔·德·顾拜旦在1894年6月巴黎国际体育会议上起草的。这标志着现代奥林匹克运动会的复兴。《奥林匹克宪章》为奥林匹克运动的组织和运

作提供了基础。任何属于奥林匹克运动的个人和组织都应受《奥林匹克宪章》条款的约束。国际奥委会的最高机构——国际奥委会全会负责《奥林匹克宪章》的通过、修改和解释。当不同的组织、运动员和个人同意遵循《奥林匹克宪章》时，他们就成为奥林匹克运动的一部分。参加奥林匹克运动必须得到国际奥委会的承认。自1894年第一次发布以来，《奥林匹克宪章》曾作了多次补充和修改。最新的版本由第111次国际奥委会全会通过，自2000年9月11日起生效。

