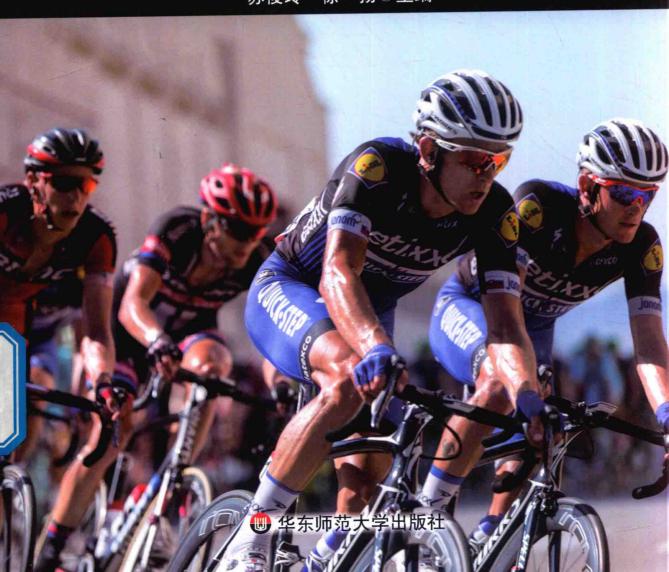
English for Sports Majors

体育专业英语

苏俊玲 徐 扬◎主编



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体育专业英语

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一、编写背景

近年来,随着我国综合实力的不断提升,国民参加体育运动的热情也在不断高涨。与此同时,体育竞赛、体育研究、体育产业、体育文化等国际交流活动也日趋频繁,英语作为全球使用最为广泛的语言,在其中扮演的角色更是不可替代。2015年7月,北京成功赢得2022年冬季奥运会举办权,也由此成为全球唯一一座既举办过夏季奥运会、又将举办冬奥会的城市,这将使中国在继2008年之后再度掀起体育热潮。为了让我国更多从事体育运动的人适应体育全球化发展的需要,同时让更多普通大众掌握国际体育赛事基本知识,我们必须加强体育英语教育。

目前我国体育领域高端人才需求旺盛,体育高等院校以及高等院校体育专业的英语教学面临极大挑战,普通综合英语教材已经难以满足专业化的需求,而 ESP 教学正在得到越来越多的关注。基于此,本书结合体育专业学生特点,历经五年的策划、调研、编写和试用,现正式出版本书。

二、使用对象

本书的使用对象主要为攻读体育专业硕士学位的研究生、体育专业的大学生、有志报考国际裁判的运动员、教练员以及其他与体育教育相关的教学研究人员。此外,热爱体育运动、喜欢观看体育比赛的人也可以在本书中获得有关体育锻炼、奥运会、以及各体育比赛项目的基础知识,帮助自己更好地参加体育锻炼,了解和欣赏体育比赛。

三、教材特色

1. 专项选择合理

本书所选择的 22 个运动项目,几乎涵盖了目前我国高校高水平运动队招生计划所涉及的全部专项,同时也是我国中小学及大学开展得比较成熟的体育教学项目。此外,本书还纳入了冬季奥运会的四个比赛项目,为普及冰雪运动知识、迎接 2022 年北京冬奥会提供了参考资料。

2. 内容贴近生活

本书除了介绍运动知识之外,还融入了生活对话的内容,为体育教师双语授课、体育专业的学生以及其他体育工作者出国学习与生活提供了全方位的指导。

3. 练习设计多样

本书遵循英语学习的特点,参考不同体育专项国家及国际级裁判考试的题型及标准,为每个单元设计了丰富的练习。题型从填空、翻译、判断正误、多项选择,到连词成句、词语搭配、回答问题,以及情景模拟训练等,旨在帮助学习者更深入地了解各体育专项知识,更有效地掌握所学内容并加以运用。

4. 篇幅长短合适

本书严格控制书中22个单元的篇幅,根据各专项的特点,在不同方面予以强调,并以小标

题形式呈现,但编写体例结构保持相对一致,便于学习者在课后有针对性地进行深入研究,有重点地补充课堂所学内容。

5. 资料来源可靠

本书的每个专项内容都参考其国际管理机构官方网站的大量最新原版资料,同时,尽量避免了一些过于时效性的数字与表述,使得整个运动项目的介绍客观严谨,准确可信。

6. 配套资源丰富

除了教材当中的22个专项运动项目之外,本书还于在线资源中补充了其他项目,包括奥运、非奥运、中国传统以及现代项目等在内的20个项目,几乎能够满足所有观看运动比赛和对外交流的需求。与此同时,针对体育专业人员从事研究的需要,本书还补充了大量的国际体育教学与研究领域的知识、国际体育运动管理机构的官方文件、体育专业术语汇总,以及教学课件和视频资料等,为广大体育教师和研究人员打开思路、拓宽视野以及寻求进一步深造提供了宝贵的素材。上述在线资源可至http://edu.ecnupress.com.cn上进行阅览及下载。

四、教材结构

本书 22 个单元基本按照奥运项目(含球类、水上、冰雪项目等)和非奥运项目(包括现代、传统项目等)分类,每单元基本结构为:

Part A:运动项目介绍(Sports Event)。从基本词汇入手,以图文搭配的方式引入运动主题;之后是主体课文,从起源、场地、人员、基本规则等 5—8 个方面详细介绍本章项目;同时每单元列出生词和经过分类的专门术语,并配以与课文内容及词汇相关的练习。

Part B:体育与生活(Sports and Life)。根据交际英语的功能划分,将问候、祝愿、购物、就餐、看病、旅游、泊车、问路、看比赛、住酒店等22个场景有机地与体育相关内容结合,在学习功能性表达语句的基础之上,完成对话填空,同时练习生活口语。另外,前六单元还补充了体育教师课堂教学用语,为广大中小学体育教师进行双语教学提供参考。

Part C: 拓展阅读(Extensive Reading)。主要包含三个方面的内容,一是体育锻炼基本知识,包括体育锻炼的概念、功能、原则、方法等;二是奥运知识,全面细致地介绍了奥运会起源、发展等相关知识;三是体育研究,包括如何撰写体育论文以及体育论文的选题等。

本书由华东师范大学、上海交通大学等高校的英语教育与体育教育工作者共同撰写。主编苏俊玲为华东师范大学外语学院副教授,于 2013 年开始主持本校体育硕士英语建设项目。2015—2016 年赴美国北卡罗莱纳大学教堂山分校访学,其间收集了有关美国大学体育文化的一手资料。主编徐扬为上海交通大学体育系教师、国际级篮球裁判和上海市篮球协会中心组成员,在实践中积累了丰富的带队比赛经验和系统的体育专业知识。副主编韦玮、薛姝姝、赵燕宁,均为在高校从事多年英语教学和教材编写工作的资深讲师与副教授。副主编马成国为华东师范大学体育与健康学院副教授、体育专业学位中心主任,曾赴加拿大阿尔伯塔大学访学,同样从事体育教学与研究工作多年。在本书的撰写过程中,撰写团队力图以本领域内的专业视野为基点,以长期的教育实践为切入口,使本书的专业性得到最大程度的彰显。

最后,本书在撰写过程中也得到了其他专家和同事的支持与帮助。感谢华东师范大学研究生院专业学位办公室的大力支持,感谢华东师范大学外语学院魏葆霖教授在教材编写理念

及整体结构框架方面的指导与建议,感谢美国北卡大学教堂山分校凯瑟琳·梅利教授在英语语言方面提供的支持,感谢赣南师范大学体育学院兰师文副教授在体育运动知识方面的大力协助!另外,本书所使用的图片大部分来自网络,无法一一注明出处,在此特向原作者表示衷心的感谢!

编者 2018年1月

组者的话

《体育专业英语》教学建议

Arrangement for Teaching and Learning English for Sports Majors

本书共22个单元,另有在线资源补充20个单元以及体育研究相关资料,教师可根据实际情况增减内容。

教学内容	教学目标	课时 安排	教学建议
Part A 运动项目	 掌握课文基本词汇,会拼读,会翻译; 掌握运动项目的起源、管理机构、场地构造、基本规则、基本技术等,会翻译及简短回答与课文内容相关的问题; 掌握运动项目的术语,会区分不同类别的专有名词; 能运用运动项目官方文件及网络知识对课文进行补充,并在课堂做汇报展示。 	4	1. 教师通过 PPT展示图片,引入与本单元运动项目相关的基本词汇和知识; 2. 学生拼读、理解、记忆课后生词与词组; 3. 教师讲解课文,突出重点句段,辅以相关图片、视频等,帮助学生更好地了解运动项目; 4. 教师用分组、图片呈现等方式讲解术语,帮助学生理解与记忆; 5. 学生完成课后练习,巩固所学知识,教师课堂抽查。
Part B 口语练习	 掌握日常生活口语,包括问候、就餐、购物、就医、银行、邮局、旅行、交通、娱乐等场景下的各种表达; 掌握课堂教学用语,包括用英语自我介绍、熟悉学生姓名、给学生分组、以及进行课堂教学、喊口令等。 	2	 教师可通过让学生听录音、带读等方式让学生掌握基本用语; 让学生根据情境运用基本用语完成对话; 学生再次听录音或教师朗读,检查对话完成情况; 学生两两之间练习对话,直至完全掌握,并在课堂展示。
Part C 补充阅读	 掌握体育教学、体育活动以及体育 锻炼的基本概念和其他相关知识; 全面了解奥运会,对奥运会起源与 发展、国际奥委会组织架构、申奥 流程、残奥会、青奥会以及其他奥 运相关知识做深入学习; 了解美国大学体育专业课程设置基 本情况,并能与中国做对比研究; 掌握英文体育论文的基本写作方法, 了解体育论文写作的基本选题情况。 	1	 教师课堂适当给一些阅读提示, 学生课后完成阅读; 教师可以出一些简单的小测验题 目,如搭配、选择等,以检查学生 的自学情况。 学生根据阅读要求,完成拓展性 练习,如采访、角色扮演、撰写调 查报告等。

加部馬馬

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1	Track and Field	Greetings and Introductions Self-introduction	Concept and Function of Physical Education
2	Football	Gratitude and Apology Get to Know Students	Benefits of Physical Exercise
3	Basketball	Invitation, Welcome and Farewell Form Groups or Teams	NCAA in the USA
4	Volleyball	Blessing and Wishes Organize a PE Class (1)	Principles of Physical Exercises
5.	Table Tennis	Answering the Phone Organize a PE Class (2)	Ways of Physical Exercises
6	Badminton	Time and Weather Organize a PE Class (3)	Plans for Physical Activities
7	Tennis	Eating out and Paying	Origin and Development of Olympic Games
8	Baseball	Shopping and Payment	Introduction to IOC
9	Swimming	Buying Clothes and Shoes	Operational Structure of the Olympic Games
10	Rowing	Customer Service	Introduction to IPC and the Paralymic Games
11	Shooting	Studying Abroad	Youth Olympic Games
12	Fencing	Health and Describing Symptoms	Olympic Games in China

Unit	Part A Sports Event	Part B Sports and Life	Part C Extensive Reading	
13	Taekwondo	Medicine	Bid for Olympics	
14	Skiing	Parking and Refueling	Winter Olympic Games	
15	Skating	Traffic Accident	Olympic Host Cities	
16	Ice Hockey	At the Post Office	The Olympic Flame and Torch Relay	
17	Curling	In the Bank	The Opening and Closing Ceremonies of Olympic Games	
18	Aerobics	Travel	Olympic Motto, Oath and Creed	
19	Orienteering	Living in a Hotel	Olympic Rings, Flag, Mascots and Medals	
20	Rock Climbing	Sports Competitions	Courses for Sports Majors in the USA Universities	
21	Wushu	Transportation	How to Write a Sports Research Paper	
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国显

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Unit 1

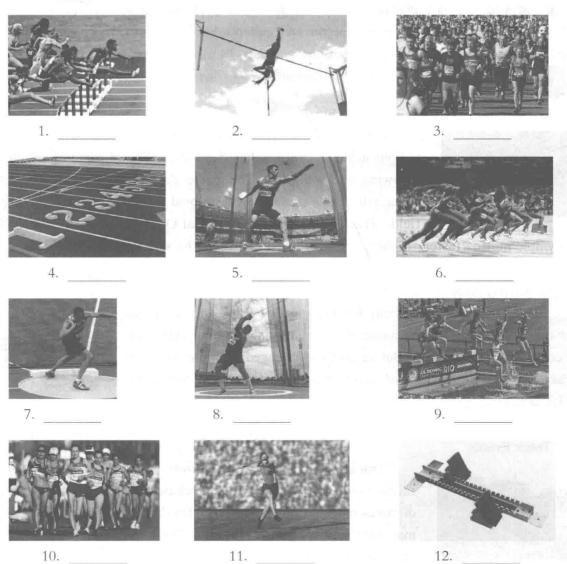
Track and Field



Part A Sports Event

A1 Warm-up

Directions: Get to know the following words and expressions about Track and Field. Match the pictures with their names in English and Chinese.









a. running track e. sprint

b. steeplechase f. race walking c. marathon g. high jump d. hurdles

i. javelin throw

j. starting block

k. long jump

h. pole vault l. hammer throw

m. discus throw

n. relay

o. shot put

E. 起跑器

A. 短跑

B. 掷标枪

C. 障碍跑

D. 撑竿跳

F. 接力赛

G. 马拉松赛跑 H. 跳远

I. 推铅球

J. 跳高

K. 掷铁饼

L. 掷链球

M. 跑道

N. 跨栏赛跑

O. 竞走

Text

1. General Introduction to Track and Field



Track and field, also called athletics, is a sport which combines various athletic contests based on the skills of running, jumping, throwing and walking. The name derives from the competition venue which is a stadium with an oval running track around a grass field. Track and field is the original Olympic sport and the modern

Olympic motto "faster, higher, stronger" best expresses the spirit of this game.

2. Governing Body of Track and Field

The world governing body for the sport of track and field was founded in 1912 with the name of International Amateur Athletics Federation at that time. But in 2001, it changed its name into the current form International Association of Athletics Federations (IAAF).



3. Track Events



Track events consist of sprints, middle and long-distance races, marathon, hurdles, steeplechase and relays, with different distances ranging from the indoor 50 m dash to the outdoor 42. 195 km marathon and 50 km race walking. Track events longer than 3000 m are considered distance events. Sprints should be run in lanes from

start to finish. Besides, it is compulsory for sprinters to adopt a crouch start and use starting blocks in the races. The long distance races require lots of stamina while in sprints the speed is the most important. The results of track events are usually measured by time, accurate to one hundredth of a second.

4. Field Events

Jumping and throwing belong to the field events, and their results are judged by height and distance in meters and centimeters. In formal competitions, jumping events include the high jump, long jump, triple jump and pole vault. The aim of long jump and triple jump is to cover the maximum horizontal distance with one or three jumps respectively. In the high jump, the aim is



to clear a bar at a height, while in the pole vault the aim is to clear a bar with the aid of a pole. Each of the four jumps consists of four phases: approach, takeoff, flight and landing. Throwing events include javelin throw, discus throw, shot put and hammer throw. Each of the throws has the following five phases: start, movement or momentum building, throwing or "power" position, delivery and recovery. Angle, height and speed of release are the three parameters that have influence on the throwing distance.

5. Multi-events



There are also combined events in athletics. Today Olympics multi-events include decathlon and heptathlon. Decathlon is a 2-day contest for men, comprising 100 m, 110 m hurdles, 400 m, 1500 m, long jump, high jump, pole vault, shot put, discus throw, and javelin throw. The heptathlon is a contest for women, consisting of 100 m

hurdles, 200 m, 800 m, long jump, high jump, shot put, and javelin throw.

6. Basic Requirements of Track and Field Players

Track and field requires highly specialized techniques and skills. The athletes should show a good combination of speed, strength, endurance, balance, flexibility, stamina, fine footwork and coordination, as well as self-confidence, concentration and tough-mindedness.





New Words and Expressions

- 1. athletics $[æ \theta' letiks] n$.
- 2. venue ['venju:] n.
- 3. oval ['auval] adj.
- 4. IAAF (International Association of Athletics Federations)

田径;竞技运动

场地;场所

椭圆的

国际田联(国际田径联合会)

- 5. track events
- 6. sprint [sprint] n.
- 7. dash [dæʃ] n.
- 8. marathon ['mærə θ on] n.
- 9. distance events
- 10. compulsory [kəm'pʌlsəri] adj.
- 11, crouch start
- 12. starting block
- 13. stamina ['stæminə] n.
- 14. field events
- 15. jumping events
- 16. throwing events
- 17. momentum building
- 18. release [ri'lis] n.
- 19. parameter [pəˈræmitə] n.
- 20. combined events competition
- 21. coordination [kəuˌɔːdi'neiʃən] n.
- 22. tough-mindedness ['tʌf'maindidnis] n.

径赛

短跑

短跑

马拉松跑

长距离项目

强制性的

蹲踞式起跑

起跑器

耐力

田赛

跳跃比赛项目

投掷比赛项目

动量积聚

投掷出手

参数

全能项目比赛

协调性

意志坚强



Technical Terms

Group

bend 弯道 straight 直道 inner lane 内道 outer lane 外道

Group 2

start line 起跑线 finish line 终点线 takeover zone 交接棒区 acceleration zone 加速区

Group 3

hurdle race 跨栏跑 steeplechase race 障碍跑 relay race 接力跑 race walking 竞走

Group 4

high jump 跳高 pole vault 撑竿跳高 long jump 跳远 triple jump 三级跳远

Group 5

nishot put 推铅球 discus throw 掷铁饼 hammer throw 掷链球 javelin throw 掷标枪

Group 6

uprights 跳高架 crossbar 横杆 relay baton 接力棒 stop board 投掷挡板

Group 7

approach 助跑 takeoff 起跳 flight 腾空 landing 落地

Group 8

scissors jump 剪式跳高 western roll 滚式跳高 straddle 俯卧式跳高 Fosbury Flop 背越式跳高

AB		
A5	Exercis	es
V 100		-

1. Translate the	following express	sions into English.		
1) 国际田联		. 197		
2) 中长距离跑		illa i		74 75 1
3) 蹲踞式起跑				
4) 奥运会口号		The state of		and the
5) 管理机构		Sala Tar		والمراجع والمرافع
		2 -1	7 7 7 1	out .
2. Decide whether	er the following s	statements are Tru	e or False. Write	"T" for True and "F"
for False.				
1) Athletics i	s a sport based on	the skills of running	ng, jumping, throw	ing and walking.
2) Track eve	ents should be run	n in lanes from sta	art to finish and th	e athletes should use
starting block	s in the races.			
3) The resul	ts of track event	s are usually meas	sured by time whil	e the results of field
events are jud	ged by distance.		-20	
	-			
3. Fill in the blan	ks with the word	ds or phrases you'r	ve learned from the	e text.
1) The name of t	rack and field de	erives from the cor	npetition venue wh	nich is a stadium with
		und a		
				elease are the three
		on the throwing		
				n athletics, including
		for v		
4. Answer the fo	llowing question	s with the informa	ation you've got from	om the text.
			de in formal comp	
		•	2154,65	
2) What phases of	do the jumping e	vents have?		
The second secon	j			
3) What phases of	do the throwing	events have?		
or mar phases	and this thing t	c. caro anti-		

0.	CHOOSE THE COLLECT FI	indigit exhicasions to	materi the crimese on	63.
1)	直道	内道	弯道	外道
	A. inner lane	B. bend	C. outer lane	D. straight
2)	起跑线	交接棒区	加速区	终点线
	A. acceleration zone	B. start line	C. takeover zone	D. finish line
3)	接力棒	跳高架	横杆	投掷挡板
	A. uprights	B. crossbar	C. stop board	D. relay baton
4)	竞走	跨栏跑	障碍跑	接力跑
	A. race walking	B. steeplechase race	C. relay race	D. hurdle race
5)	三级跳远	撑杆跳高	跳远	跳高
	A. long jump	B. pole vault	C. high jump	D. triple jump
6)	剪式跳高	背越式跳高	滚式跳高	俯卧式跳高
	A. Fosbury Flop	B. western roll	C. scissors jump	D. straddle
7)	助跑	起跳	腾空	落地
	A. takeoff	B. approach	C. landing	D. flight
8)	标枪	铅球	铁饼	链球
	A. javelin	B. discus	C. shot put	D. hammer

Part B Sports and Life

Greetings and Introductions

Directions: Learn the following expressions about how to give greetings and introductions. Then fill in the blanks in the dialogues with the help of them.

- 1. How is everything going?
- 2. Good! /Pretty well! /Not bad. /Same as usual.
- 3. It's great to see you again.
- 4. It has been a long time.
- 5. Long time no see.
- 6. Hi, my name is.... What's your name?
- 7. May I have your name please?
- 8. Allow me to introduce myself. I'm..., and my last name is....
- 9. Hi, Mr.... Can I take a minute of your time? I'd like to introduce my friend,..., to you.
- 10. Hi, It's my great honor to meet you.
- 11. Nice to meet you, Please call me....
- 12. Here's my business card. It has my e-mail address and cell phone number.

Dialogu	te 1
Hannal	h: Hi, my name is Hannah (1)?
George	: I'm George, George Brown(2).
Hannal	n: Nice to meet you, too.
George	: So, what do you do for a living?
Hannal	h: I work as a PE teacher in a high school. What about you?
George	: I'm a basketball coach and I work in a club. Here's my(3).
Hannal	n: Oh, it's great that we both work in sports. So, Mr. Brown, can I take a minute
	of your time? (4), Charles, to you. He's also
	a coach, but a badminton coach.
George	: Sure.
Hannal	h: Charles, this is George, George Brown. He's a basketball coach.
Charles	s: Oh, (5), Mr. Brown.
George	: Me, too.
Dialogu	ne 2
Eric:	Hi, Mary! Great to see you again here!(6).
Mary:	Yes, long time no see(7)?
Eric:	(8)! I have just got a chance to train abroad in the USA
	for one year.
Mary:	Wow, that's great! Congratulations!
Eric:	Thank you. How about you?
Mary:	(9). I still work in the gym but I don't like the job very
	much. I'm also thinking of going abroad for further education.
Eric:	That sounds exciting. Have you decided where to go?
Mary:	Not yet, but USA is also my first choice.
Eric:	Oh, that's wonderful!
Mary:	Eric, this is my new business card.
	Constant Secretary with a second constant of the constant of t
	(10). Let's keep in touch.
Mary:	

B2 Self-introduction

Directions: Read a brief self-introduction made by a middle school PE teacher in his first lesson at the very beginning of a new semester, then make a self-introduction of your own.

Hello everybody! Welcome to our school, and welcome to my class! First, let me introduce myself. My name is Wang Liming. From today on I will be your physical education teacher.

As you know, our school is one of the largest schools in Shanghai with more than 100 teaching staff. It has a long history and modern facilities. There are three basketball