

田 径 技 术 英 语

中 国 田 径 协 会
《田径指南》编辑部

前 言

我国多项运动技术已达到世界先进水平，而田径技术也取得可喜的成就。随着中外田径技术交流及国际间的频繁比赛，做为当代田径工作者若能直接阅读（或翻译）国外田径资料，及在国际比赛中能说一说裁判工作英语，这是十分需要而惬意的。本资料即本着这个目标而编译出来的。

“田径技术英语”主要取材于当代美国田径技术，并择录一些国际比赛用语。内容共分四部分：（一）径赛项目；（二）跳跃项目；（三）投掷项目；（四）国际比赛用语。在前三项课文中皆有原文、词汇、注解、译文等四项，其内容与效能如下：

（一）原文：采用美国田径技术为课文，其优点有四：

（1）不仅能学到地道的专业英语，且对美国当代田径技术亦得到概括了解；

（2）课文中单词与词组皆是田径常用语，且又是国外田径资料中常见到的；

（3）能熟识国外文章的表达方式，这对看懂田径外语资料有很大帮助；

（4）外国田径资料与课文水平基本一致。读过这六篇课文做基础，再阅读国外田径资料基本上皆可迎刃而解。

（二）词汇：词汇（包括单词与词组）是文章的基础。本书除课文标出的词汇外，很据未选到的项目又增加一些补助词汇；连同未标出的词汇，大约共有1500条，这给看懂英语田径资料打下良好基础。

(三) 注解：对课文中一般难懂的句型，采用词法、句法及一般译法加以注解；从而能加深对句子的分析与理解。

(四) 译文：在各原文后而皆有汉语译文，这不仅能加深对原文的理解，并有助于提高翻译技巧。且为了学习的需要，译文采取逐词逐句地直译。因直译是翻译的基础，这样更便于初学者的理解与学习。

(五) 另外，在国际比赛用语中，有裁判工作用语，及国际比赛常用术语。这些都是国际比赛中不可缺少的。

总之，本书可供田径教师与教练，在学习本专业英语中参考；特别是体育院系的田径专业学员，当学过基础英语后，再学习本资料尤为适合；而用做辅助教材或自学资料皆可。

本书在编译过程中，承蒙我院基础课部主任牛兴华教授、朱英志副教授，分别在外语教学和田径专业上给予重要的指导及鼓励。在出版上又蒙北京市田协主席刘世亮副教授、天津市高教局体卫处张永耀副处长、以及我院教务处闫述昌处长，殷切关怀，并大力支持。特别是国家体科所熊斗寅研究员，在百忙中对本书逐词审校，使书的质量进一步提高，我这里一并表示崇高的敬意及衷心的感谢。

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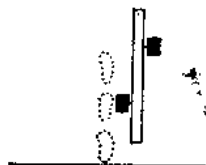
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Part 1 Running Events

(A) Sprinting

Fig. 1 Placement of the starting blocks, showing the relative positions of the frame and the respective blocks in terms of foot lengths from the starting line.¹¹



Starting Procedures

1. On Your Marks. This is the command given by the starter prior to the race. Upon receiving the command, the runners move to their starting blocks. Most sprinters step in front of the starting line, stretch, and back into the blocks. The hands are placed on the track, at shoulder width, just behind the starting line. The preferred foot is placed against the front block, part of the weight is shifted to the hands, and the opposite foot and leg are extended rearward to release muscular tension. This foot is next placed against

the rear block, and the weight is shifted to the supporting knee. The runner makes herself comfortable permits her head to hang in a relaxed and natural position, and awaits the second command (figs. 2 and 3).②

2. Get Set As this command is given, the sprinter takes a deep breath, rocks up and forward over straight arms, getting set for the starting signal. The weight is shifted to the hands as the shoulders move three to four inches ahead of the starting line. The feet are placed securely against the blocks, with the heels consciously pressed backward to produce the longest possible driving lever. The muscles are placed on stretch, the front leg assuming an angle of about eighty degrees, the rear leg an angle of about one hundred thirty degrees. The hips are elevated slightly above the shoulders, the back is straight, and the head is held comfortably in line with the body. The eyes are focused ahead of the runner at a distance which permits her to hold her position without strain for a period of two full seconds (fig. 4).③

There are at least two modifications which girls may have to make in the set position. Both of these stem from their lack of strength. It may be necessary for girls to support their weight on

the knuckles rather than on the fingers, and it may be necessary for them to minimize the forward lean. These adjustments will have an effect on initial speed out of the starting block, but when they are made, they will permit almost every girl to start from the four-point stance.

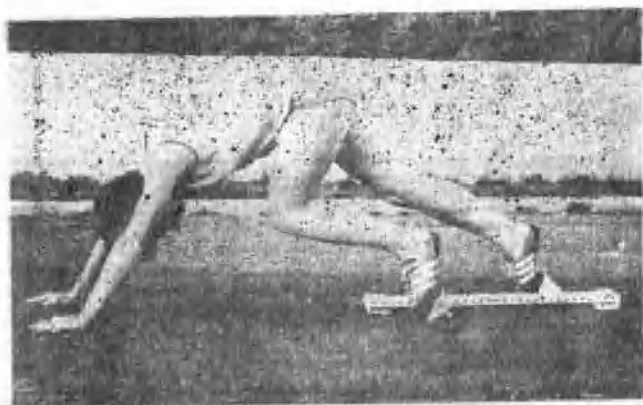


Fig 2 The sprinter backs into her starting blocks, placing her feet solidly against the foot supports

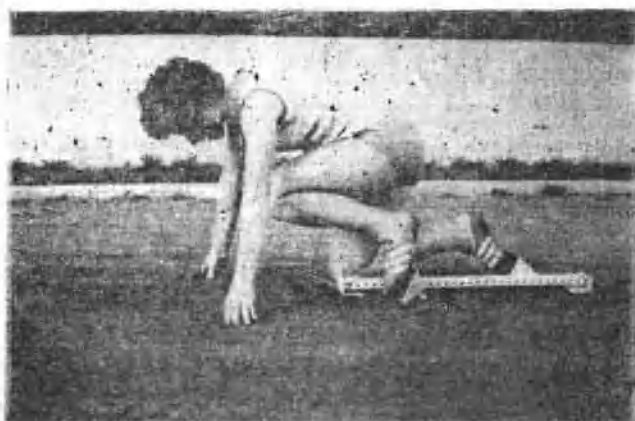


Fig. 3. The initial starting position is relaxed, the weight being equally distributed between the hands, the knee, and the feet.

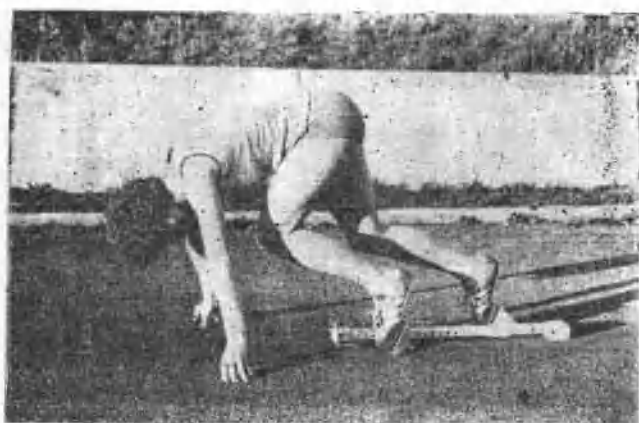


Fig. 4. In the set position the weight is shifted forward, placing the driving muscles in an optimum position for applying explosive force.

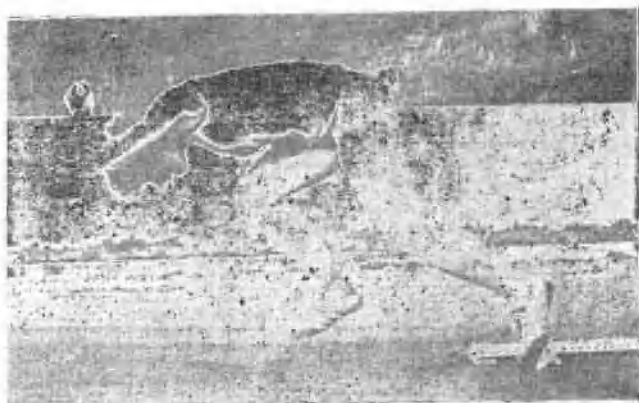


Fig. 5. The sprinter must stay low during the acceleration period to maximize her forward speed.

Fig. 6. Arm action is vigorous.



3. Go. Though there is some controversy over the focus of attention in the set position, the writers believe that the sprinter should concentrate on exploding out of the blocks. The gun merely triggers the action which is perceived in the mind. The action sequence (for the sprinter with the right foot back) is left arm, right arm, right foot, and left foot. The left arm, counterpoising the right-leg drive and step, is up and out in a forceful thrusting action. The right arm is up and back. The first stride is quick, though not choppy, as the foot contacts the track about twenty-four inches ahead of the starting line. The left leg continues to drive against the front block throughout this sequence of action.

The sprinter must stay low during the acceleration period so that maximum force can be expended to drive the body forward. A good starter will relax, use her arms vigorously, and keep her knees high (figs. 5 and 6). Each stride will increase in length as the body gradually assumes a balanced running posture. Maximum acceleration is attained during the first fifteen or twenty yards. Beyond this point, the sprinter's attention is focused on a spot fifteen yards in front of her, and every effort is made to maintain forward progress with a minimum of tension④

Sprinting Stride

The sprinting stride is long and powerful. The weight is caught and transferred by the toes as extensor muscles of the feet, legs, and hips react explosively to expend their force almost directly through the body. Arm action continues to be vigorous and perfectly coordinated with the driving legs. The forward leg action is out, down, and back in a pawing motion. Each new base of support is established directly beneath the body to avoid a breaking action and subsequent loss of speed. It is essential that the sprinter continue to relax. Tension chokes off power and restricts the stride length. Because beginners frequently tense up, teachers must find ways to help them run with little effort. Some teachers constantly remind their sprinters with signs and verbal commands—"relax, relax, relax." More than one sprinter has discovered that taking a breath twenty or thirty yards before the finish of the 100-yard dash helps her to relax.⑤

Finish

Races are frequently won and lost during the final two or three strides. For this reason a run-

ner, and particularly a sprinter, should run to a point beyond the finish line. This will prevent a last instant let-down and ensure the maintenance of speed through the entire race. The actual finish of a sprint race may be negotiated in one of two acceptable ways. During the final driving surge for the tape, the runner may extend herself forward in an attempt to move her chest beyond those of her opponents, or she may turn one shoulder toward the tape in a final burst of energy. Both of these techniques make it appear that one sprinter has crossed the finish line ahead of her more erect opponents and may well constitute a margin of victory. While leaning and turning are acceptable techniques, a runner never dives for the tape.

A dive may result in injury and certainly is slower than sprinting through the tape.⑥

(1) WORDS AND EXPRESSIONS TO THE TEXT

Sprint	短跑
Fig. 即 figure figə n.	图像
respective (rɪs'pektɪv) a.	各自
term (tɜ:m) n.	条件
"On Your Marks".	"各就位"
command (kə'ma:nd) n.	口令
prior ('praɪə) ad.	首先地
starting blocks.	起跑器
most sprinters	多数短跑运动员
step (steɪp) vi.	踏, 走上
stretch (stretʃ) vi.	伸展
'back (bæk) vi.	退, 倒退
width (wɪdθ) n.	宽度
just behind	恰在……后面
preferred ('prɪə'fəd) adj.	优先的、有力的
against (ə'geɪnst) prep	依靠
part of the weight	重量分布
shift (ʃɪft) vi.	移动
opposite ('ɒpəzɪt) a.	相对的
extended (ɪks'tendɪd) a.	伸展的
release (rɪ'li:s) vi.	放松

muscular (ˈmʌskjʊlə) a.	肌肉的
tension (ˈtɛnʃən) n.	紧张
supporting knee	支撑膝
comfortable (ˈkʌmfətəbl) a.	舒展的
permit (pəː ˈmit) vt.	许可, 让
hang (hæŋ) vi.	悬(文内可译为处于)
await (əweɪt) vt.	等待
get set	预备
deep breath	深呼吸
rock (rɒk) vi.	摆动
starting signal	起跑信号
three to four inches	3至4英寸
ahead (əˈhed) ad.	在前
securely (siˈkjʊəli) adv.	牢牢地
consciously (ˈkɒnʃəsli) adv.	有意识地
press (ˈpres) vt.	靠紧
lever (ˈli:və) n.	杠杆
assume (əˈsju:m) vt.	呈, 采用
about eighty degrees	大约80度
hip (hip) n.	臀部
slightly (slaitli) adv.	少量地, 稍微地
focus (ˈfoukəs) vt.	注视
hold (hould) vi.	保持
strain (streɪn) n.	费力
period (ˈpiəriəd) n.	期间
two full seconds	2秒钟整
at least	至少

modification [ˌmɒdɪfɪ'keɪʃən]n.	变更
stem [stem]n.	主因
lack [læk]n.	缺少
knuckle ['nʌkl]n.	指关节
rather than	宁……而不顾
lean [li:n]n.	倾斜
adjustment [ə'dʒʌstmənt]n.	调整
initial speed	初速
four-point stance	四点姿势(两手两足着地)
"Go" [gou]vi.	“跑”
controversy ['kɒntɹəvɜːsi]n.	争论
concentrate ['kɒnsentreɪt]vi.	集中
explode [ɪks'pləʊd]	爆发
merely ['miəli]adv.	仅仅, 只不过
trigger ['trɪgə]vt.	发射
perceive [pə'si:v]vt.	发觉
sequence ['si:kwəns]n.	连续
counteroppose [kəʊntəpəʊz]vt.	相对
thrusting ['θrʌstɪŋ]n.	推进
choppy ['tʃɒpi]a.	不连贯的
throughout [θru(:)'aʊt]adv.	始终地
sequence of action	连续动作
acceleration period	加速阶段
so that	如此……使得……
expend [ɪks'pend]vt.	耗尽
vigorously ['vɪgərəsli]adv.	有力地

increase [in' kri:s]vt.	增加
assume [ə'sjuim]	采取、呈
gradual ['grædjuəl]a.	逐渐的
beyond [bi' jənd]prep.	除……外
spot [spot]n.	点，位置
yard [j :d]n.	英尺
maintain [men'tein]vt.	保持
progress ['prəugres]n.	前进
minimum of tension	紧张达到最小
caught [kɔ:t]	下压，（词根 是catch）
transfer [træ ns'tɜ:]vt.	转换
react [ri' ækt]vt.	反应
pawing motion	扒地动作
base of support	支撑基础
avoid [ə' void]vt.	避免
breaking action	破坏动作
subsequent ['sabsikwənt]a.	随后的
loss of speed	失去速度
relax [ri'læks]vi.	放松
restrict [ris' trikt]vt.	收缩
frequently ['frikwəntli]adv.	经常地
find ways	想办法
remind [ri'maɪnd]vt.	提醒
verbal command	语言口令
more than adv	更多地
won and lost	胜与负