



普通高等教育“十三五”规划教材·公共基础课系列

# 新21世纪 体育英语

盖颖颖◎编著

XIN  
21SHIJI  
TIYU  
YINGYU

天津出版传媒集团

 天津科学技术出版社



普通高等教育“十三五”规划教材·公共基础课系列




# 新21世纪 体育英语

盖颖颖◎编著

**XIN  
21SHIJI  
TIYU  
YINGYU**

天津出版传媒集团

 天津科学技术出版社

图书在版编目(CIP)数据

新21世纪体育英语/盖颖颖编著. —天津:天津  
科学技术出版社,2019.6

ISBN 978-7-5576-6854-9

I. ①新… II. ①盖… III. ①体育—英语 IV.  
①G8

中国版本图书馆CIP数据核字(2019)第146272号

---

新21世纪体育英语

XIN 21SHIJI TIYU YINGYU

责任编辑:傅雪莹

出版:天津出版传媒集团  
天津科学技术出版社

地址:天津市西康路35号

邮编:300051

电话:022-23332372

网址:www.tjkjcs.com.cn

发行:新华书店经销

印刷:天津市蓟县宏图印务有限公司

---

开本 787×1092 1/16 印张 12.25 字数 246 000

2019年6月第1版第1次印刷

定价:48.00元



随着“一带一路”政策的推进和深入,国家在发展政治、经济、文化的同时,对人才也提出了更高的要求。因此,培养体育领域的国际化人才已经成为一项重要课题。《新21世纪体育英语》基于多年教学实践的基础,以英语阅读材料为媒介,以拓展学生的英语知识和专业能力为手段,从语言和文化两个角度讲授体育专业英语知识,旨在提升新时代体育专业大学生的英语语言交际能力和水平。

《新21世纪体育英语》共8个单元,每单元包含3个阅读版块:深入阅读、专业英语阅读和与体育文化阅读。每个单元后附生词、短语、练习、练习参考答案和课文参考译文等辅助学习资料。练习题涵盖理解、分析、推理及翻译等一系列思辨技能训练,使学生通过全方位的训练构建体育专业英语知识与能力。

《新21世纪体育英语》具有以下特点:①内容的实用性。根据社会体育的发展趋势和学生的学习兴趣,选用具有较强实用性、娱乐性和普及性的教学内容,将学生的专业学习和英语学习有机地结合起来。②内容的新颖性。选用地道的体育新闻和报道,涉及对体育明星、体育道德等多种话题的学习,增加学习内容的新颖性,提高学生的学习和阅读兴趣。③内容的专业性。该教材体例规范,语言地道,特别注重体育专业英语的语言学习。④内容的人文性。阅读内容广泛,涉及体育历史、体育道德、体育文化等诸多领域,在培养学生英语技能的同时,渗透体育元素、人文精神,提高学生的人文素养。

本书适合体育专业的本科、专科学生使用。本书是山东省本科高校教学改革研究项目“基于成果导向教育的大学英语教学体系构建研究”(Z016Z029)、德州学院2018年校级教学改革项目“专业学习共同体视角下的高校外语教师专业身份认同研究”(2018024)、山东省企业培训与职工教育重点课题“‘双元四维’理念下外语复合型人才培养模式的探索与实践”(2019-062)以及德州学院2019年横向课题“‘一带一路’背景下复合型外语人才培养研究”的研究成果。书中的阅读材料选自英语学习网站,同时也参考了一些学者的观点,还有部分图片来自互联网。在编写本书的过程中,承蒙德州学院李春光博士、陈阳老师、徐田华博士宋辉老师以及蔡静老师等同行的帮助,在此一并致谢。由于时间仓促,以及本人能力和水平有限,书中难免出现错误和不妥之处,希望广大师生和学者批评指正。

盖颖颖  
2019.07



<b>Unit 1 Sports History</b> .....	1
Text A Five athletes who change the history of sports .....	2
Text B Track and Field .....	11
Text C History of sports in the United States .....	14
<b>Unit 2 Sports Culture</b> .....	21
Text A China Traditional Sports .....	22
Text B Tennis Review: First-ever Gold for Spain .....	29
Text C Women's sports .....	33
<b>Unit 3 Sports Events</b> .....	39
Text A Kay Yow and Betty Jameson: They Changed the World of Sports for Women .....	40
Text B Volleyball .....	47
Text C Olympic Sports .....	52
<b>Unit 4 Sports Stars</b> .....	57
Text A Basketballs Legend: Michael Jordan & Yao Ming .....	58
Text B Basketball .....	66
Text C Athlete .....	69



<b>Unit 5 Sports Life</b> .....	74
Text A Physical Activities in Memory .....	75
Text B Badminton .....	82
Text C Sport .....	86
<b>Unit 6 Sports Spirit</b> .....	90
Text A Good Tears .....	91
Text B The Basic Techniques of Football .....	99
Text C Sportsmanship .....	102
<b>Unit 7 Sports Morality</b> .....	107
Text A One World, One Game .....	108
Text B Wushu .....	115
Text C Unsportsmanlike conduct .....	118
<b>Unit 8 Sports Health</b> .....	123
Text A Home Exercise Equipment - Choosing the Proper Equipment for Your Workout Routine .....	124
Text B Tactics .....	133
Text C Doping in sport .....	136
<b>Appendix I Key to the Exercises</b> .....	140
<b>Appendix II Text Translation</b> .....	155
<b>参考文献</b> .....	190



## Preview

In today's world, competitive sports, an important cultural carrier and window, reflects the pursuit of human civilization and healthy life. From the birth of the modern Olympic movement in 1894 to today, with the progress of human civilization and the continuous development of social economy, culture, science and technology, as well as the resulting changes in the concept of human life, competitive sports have become an increasingly important part of human life. Economic strength, national defense strength and national cohesion are the measures of a country's comprehensive strength, while competitive sports play an irreplaceable role in inspiring national spirit and enhancing national cohesion. Therefore, after entering the new century, competitive sports are more and more widely valued by all countries. However, the development of sports is inseparable from unremitting efforts of athletes.





## Text A

### Five athletes who change the history of sports

#### ① Jackie Robinson

At the time Brooklyn Dodgers President Branch Rickey invited Jackie Robinson to join the Major League Baseball team in 1947; the MLB hadn't had an African American play for it since its segregation in 1889. Jackie Robinson's legendary decade-long baseball career included winning six pennants and one World Series Championship for his team. He was recognized as the National League Rookie of the Year, Most Valuable Player of the Year and was inducted into the Baseball Hall of Fame in 1962.

Long after his death in 1972, Robinson has never left the American consciousness. The world honored him in 1997, the 50th anniversary of his signing with the Dodgers. He was featured on a commemorative stamp, was made the subject of a 2011 biopic starring Harrison Ford as Rickey and Chadwick Boseman as Robinson, and starred in a 2014 Mazda3 commercial, the greatest of all honors.

#### ② Muhammad Ali

Two major media outlets, the BBC and Sports Illustrated, named Ali Sportsman of the



20th Century. He was recognized as one of the most famous faces of the last century, and he made his personality — in which he famously boasted he could “float like a butterfly, sting like a bee” — as big as his boxing skills. There has been no one like Muhammad Ali.

Born Cassius Clay Jr. in Louisville, Kentucky, in 1942, Ali first trained as a boy after his bicycle got stolen and said he wanted to “whup” the thief. Five years later, in 1959, he became a Golden Gloves champion and an Olympic medalist in 1960. After the Olympics, he turned pro and was unbeatable throughout the 1960s, becoming the heavyweight champion of the world.

In 1964, he adapted the name Muhammad Ali (“Praiseworthy One”) after joining the Nation of Islam. He cited his faith as the reason for refusing to fight in the Vietnam War; this decision stirred controversy that took a hit to his career. Making a comeback in 1970, Ali reclaimed victory in elaborately named matches set in exotic locations like the “Rumble in the Jungle” against George Foreman in Zaire and the “Thrilla in Manila” against Joe Frazier in the Philippines. He announced his retirement in 1981 after experiencing some defeats. Since then, the continuously active Ali has supported and donated to numerous charities and received the Presidential Medal of Freedom in 2005.

### **3 Babe Didrikson Zaharias**

Babe Didrikson Zaharias defied traditional femininity and proved that women can make exceptional athletes. As “the World’s Greatest Woman Athlete”, Zaharias dominated tennis, track and field, basketball, golf and baseball. Born Mildred Ella Didrikson, Zaharias got the nickname “Babe” after baseball great Babe Ruth, reflecting her baseball abilities. Her participation in several sports at Beaumont High School in Beaumont, Texas was varied and exemplary. She won two gold medals and a silver medal in track and field at the 1932 Olympics.

Though very athletically talented, it was said that golf was her sport. She won 82 tournaments, including amateur and professional, and was a founding member of the Ladies Professional Golf Association. She met her husband, professional wrestler George Zaharias, while playing golf; they married in 1938. She died from colon cancer in 1956 at age 45. Among Babe Didrikson Zaharias’s legacy are a museum dedicated to her in Beaumont and topping several greatest athlete lists in the media.

### **4 Frederick “Fritz” Pollard**

One of the first black trailblazers of professional football, Frederick Douglass “Fritz” Pollard established a series of firsts. He was the NFL’s first African-American coach and the first black person to play in the Rose Bowl (in 1915). This athletically gifted Chicagoan



attended Brown University on a scholarship from the Rockefeller family in 1915. He played for the Akron Pros in the American Professional Football League (which was renamed the NFL in 1922) and won a championship for them in 1920.

In 1921, Pollard became head coach while still playing pro. He coached NFL teams in Indiana and Milwaukee until the NFL segregated the organization in 1926. Pollard fought back against the NFL's decision until 1937, when he retired to pursue a career in business. Though the NFL discontinued segregation in 1946, actual integration didn't occur until 1962 when Bobby Mitchell signed on with the Washington Redskins. Pollard died in 1986. Three years later, Art Shell became the first black coach (for the Oakland Raiders) in the contemporary NFL. Pollard was inducted into the Hall of Fame in 2005.

### ⑤ Althea Gibson

Althea Gibson was an African-American woman who achieved greatness in not one, but two sports: tennis and golf. She found her athletic calling during a tough childhood, which she spent mostly in the Harlem area of New York City. Gibson won a college scholarship in sports after winning numerous tournaments and championships. She was the first black woman to be invited to compete in Wimbledon in 1951. She won the French Open in 1956 and Wimbledon and U. S. Open titles in 1957 and 1958. She became a tennis professional in 1959.

Her brief professional golf career wasn't as successful as her tennis career, but Gibson nevertheless broke racial and gender barriers in golf as well. After retirement, Gibson was inducted into the International Tennis Hall of Fame in 1971. She served as the New Jersey Commissioner of Athletics and a member of the governor's council of fitness. Gibson died of respiratory failure in 2003.

(extracted from <http://www.kekenet.com/read/201505/372858.shtml>)

895words



### New Words

- league** *n.* a group of sports teams who all play each other to earn points and find which team is best (体育运动队的)联合会, 联赛  
(*informal*) a level of quality, ability, etc. (质量、能力等的)等级, 级别, 水平  
a group of people or nations who have combined for a particular purpose 联盟; 同盟
- segregation** *n.* the act or policy of separating people of different races, religions or sexes and treating them in a different way (对不同种族、宗教或性别的人所采取的)隔离并区别对待, 隔离政策



		( <i>formal</i> ) the act of separating people or things from a larger group 隔离(或分离)措施
<b>legendary</b>	<i>adj.</i>	very famous and talked about a lot by people, especially in a way that shows admiration 非常著名的;享有盛名的 [only before <i>noun</i> ] mentioned in stories from ancient times 传奇的;传说的
<b>championship</b>	<i>n.</i>	(also championships [ <i>pl.</i> ]) a competition to find the best player or team in a particular sport 锦标赛
<b>outlet</b>	<i>n.</i>	a way of expressing or making good use of strong feelings, ideas or energy (感情、思想、精力发泄的)出路;表现机会 (business) a shop/store or an organization that sells goods made by a particular company or of a particular type 专营店;经销店 a pipe or hole through which liquid or gas can flow out 出口;排放管
<b>controversy</b>	<i>n.</i>	~ (over/about/surrounding sb/sth) public discussion and argument about sth that many people strongly disagree about, disapprove of, or are shocked by (公开的)争论,辩论,论战
<b>elaborate</b>	<i>adj.</i>	[usually before <i>noun</i> ] very complicated and detailed; carefully prepared and organized 复杂的;详尽的;精心制作的
<b>dominate</b>	<i>v.</i>	to control or have a lot of influence over sb/sth, especially in an unpleasant way 支配;控制;左右;影响 (sport) to play much better than your opponent in a game (在比赛中)占有优势,占据主动,控制战局
<b>exemplary</b>	<i>adj.</i>	providing a good example for people to copy 典范的;可作榜样的;可作楷模的 [usually before <i>noun</i> ] (law) ( <i>formal</i> ) (of punishment) severe; used especially as a warning to others 严厉的;警戒性的;惩戒性的
<b>amateur</b>	<i>n.</i>	a person who takes part in a sport or other activity for enjoyment, not as a job 业余爱好者;业余运动员 (usually <i>disapproving</i> ) a person who is not skilled 生手;外行
	<i>adj.</i>	[usually before <i>noun</i> ] doing sth for enjoyment or interest, not as a job 业余爱好的
<b>dedicate</b>	<i>v.</i>	~ yourself/sth to sth/to doing sth to give a lot of your time and effort to a particular activity or purpose because you think it is important 把……奉献给 ~ sth to sb to say at the beginning of a book, a piece of music or a performance that you are doing it for sb, as a way of thanking them or



- showing respect (在书、音乐或作品的前部) 题献词
- athlete** *n.* a person who competes in sports 运动员  
(*BrE*) a person who competes in sports such as running and jumping 田径运动员  
a person who is good at sports and physical exercise 擅长运动的人; 健儿
- trailblazer** *n.* a person who is the first to do or discover sth and so makes it possible for others to follow 创始人; 先驱; 拓荒者; 开路先锋
- integration** *n.* the act or process of combining two or more things so that they work together (= of *integrating* them) 结合; 整合; 一体化  
[U] the act or process of mixing people who have previously been separated, usually because of color, race, religion, etc. (不同肤色、种族、宗教信仰等的人的) 混合, 融合
- barrier** *n.* an object like a fence that prevents people from moving forward from one place to another 屏障; 障碍物  
~ (to sth) a problem, rule or situation that prevents sb from doing sth, or that makes sth impossible 障碍; 阻力; 关卡  
~ (between A and B) | ~ (against sth) something that exists between one thing or person and another and keeps them separate 分界线; 屏障; 隔阂



## Phrases and Expressions

African American.	非裔美国人, 美国黑人
Medal of Freedom.	自由勋章(美国授予有杰出成就公民的最高奖赏)
dedicate to	献身; 把(时间、精力等)用于
a series of...	一系列的; 一连串的
fight against ...	对抗; 反对; 与……作斗争
fight back	回击; 抵抗
serve as	担任……, 充当……; 起……的作用



## Culture Tips

### ① Los Angeles Dodgers

The Los Angeles Dodgers are an American professional baseball team based in Los Angeles, California. The Dodgers compete in Major League Baseball (MLB) as a member club



of the National League (NL) West division. Established in 1883 in Brooklyn, New York, the team moved to Los Angeles before the 1958 season. They played for four seasons at the Los Angeles Memorial Coliseum before moving to their current home of Dodger Stadium in 1962.

The Dodgers as a franchise have won six World Series titles and 23 National League pennants. 11 NL MVP award winners have played for the Dodgers, winning a total of 13 MVP Awards; eight Cy Young Award winners have pitched for the Dodgers, winning a total of twelve Cy Young Awards. The team has also produced 18 Rookie of the Year Award winners, twice as many as the next closest team, including four consecutive from 1979 to 1982 and five consecutive from 1992 to 1996.

## **2 Presidential Medal of Freedom**

The Presidential Medal of Freedom is an award bestowed by the President of the United States and is — along with the Congressional Gold Medal — the highest civilian award of the United States. It recognizes those people who have made “an especially meritorious contribution to the security or national interests of the United States, world peace, cultural or other significant public or private endeavors”. The award is not limited to U. S. citizens and, while it is a civilian award, it can also be awarded to military personnel and worn on the uniform.

It was established in 1963 by President John F. Kennedy, [3] superseding the Medal of Freedom that was established by President Harry S. Truman in 1945 to honor civilian service during World War II.

## **3 Major League Baseball (MLB)**

Major League Baseball (MLB) is a professional baseball organization, the oldest of the four major professional sports leagues in the United States and Canada. A total of 30 teams play in the National League (NL) and American League (AL), with 15 teams in each league. The NL and AL were formed as separate legal entities in 1876 and 1901 respectively. After cooperating but remaining legally separate entities beginning in 1903, the leagues merged into a single organization led by the Commissioner of Baseball in 2000. The organization also oversees Minor League Baseball, which comprises 256 teams affiliated with the Major League clubs. With the World Baseball Softball Confederation, MLB manages the international World Baseball Classic tournament.

Today, MLB is composed of 30 teams; 29 in the United States and 1 in Canada. Teams play 162 games each season and five teams in each league advance to a four-round postseason tournament that culminates in the World Series, a best-of-seven championship series between the two league champions that dates to 1903. Baseball broadcasts are aired on television,



radio, and the Internet throughout North America and in several other countries throughout the world. MLB has the highest season attendance of any sports league in the world with more than 73 million spectators in 2015.



## Exercises

### I. Words in Use

legendary	exemplary	outlet	trailblazer	elaborate
barrier	dominate	controversy	amateur	league

1. She had prepared a very \_\_\_\_\_ meal.
2. Her behavior was \_\_\_\_\_.
3. Global warming and climate change have been the focus of \_\_\_\_\_ and debate for nearly half a century - Is global warming real?
4. She always says a lot in meetings, but she doesn't \_\_\_\_\_.
5. Sport became the perfect \_\_\_\_\_ for his aggression.
6. The Yangtze River is a natural \_\_\_\_\_ to the north-east.
7. United were \_\_\_\_\_ champions last season.
8. \_\_\_\_\_ Li already had the distinction of being the first player from an Asian country to reach a grand slam singles final at the Australian Open in January.
9. Her patience and tact are \_\_\_\_\_.
10. The tournament is open to both \_\_\_\_\_ and professionals.

### II. Questions and Answers

1. Who is Jackie Robinson?
2. Who was recognized as one of the most famous faces of the last century?
3. What brought a blow to Muhammad Ali's career?
4. Who defied traditional femininity and proved that women can make exceptional athletes?
5. As one of the first black trailblazers of professional football, what history did Frederick Douglass make?
6. Alcia Gibson is an African-American woman. In what areas has she made remarkable achievements?

### III. Translation:

1. He was recognized as one of the most famous faces of the last century, and he made his



personality — in which he famously boasted he could “float like a butterfly, sting like a bee” — as big as his boxing skills.

---

---

2. Babe Didrikson Zaharias defied traditional femininity and proved that women can make exceptional athletes.
- 
- 

3. Though very athletically talented, it was said that golf was her sport.
- 
- 

#### **IV. Reading Comprehension**

In ancient Greece athletic festivals were very important and had strong religious associations. The Olympian athletic festival held every four years in honor of Zeus, king of the Olympian Gods, eventually lost its local character, became first a national event and then, after the rules against foreign competitors had been abolished, international. No one knows exactly how far back the Olympic Games go, but some official records date from 776 B. C. The games took place in August on the plain by Mount Olympus. Many thousands of spectators gathered from all parts of Greece, but no married woman was admitted even as a spectator. Slaves, women and dishonored persons were not allowed to compete. The exact sequence of events uncertain, but events included boy's gymnastics, boxing, wrestling, horse racing and field events, though there were fewer sports involved than in the modern Olympic Games.

On the last day of the Games, all the winners were honored by having a ring of holy oliveleaves placed on their heads. So great was the honor that the winner of the foot race gave his name to the year of his victory. Although Olympic winners received no prize money, they were, in fact, richly rewarded by their state authorities. How their results compared with modern standards, we unfortunately have no means of telling.

After an uninterrupted history of almost 1,200 years, the Games were suspended by the Romans in 394 A. D. They continued for such a long time because people believed in the philosophy behind the Olympics; the idea that a healthy body produced a healthy mind, and that the spirit of competition in sports and games was preferable to the competition that caused wars. It was over 1,500 years before another such international athletic gathering took place in Athens in 1896.

Nowadays, the Games are held in different countries in turn. The host country provides vast facilities, including a stadium, swimming pools and living accommodation, but competing



courtiers pay their own athletes' expenses.

The Olympics start with the arrival in the stadium of a torch, lighted on Mount Olympus by the sun's rays. It is carried by a succession of runners to the stadium. The torch symbolized the continuation of the ancient Greek athletic ideals, and it burns throughout the Games until the closing ceremony. The well-known Olympic flag, however, is a modern conception; the five interlocking rings symbolize the uniting of all five continents participating in the Games.

1. In ancient Greece, the Olympic Games \_\_\_\_\_.
  - A. were merely national athletic festivals
  - B. were in the nature of a national event with a strong religious color
  - C. had rules which put foreign participants in a disadvantageous position
  - D. were primarily national events with few foreign participants
2. In the early days of ancient Olympic Games \_\_\_\_\_.
  - A. only male Greek athletes were allowed to participate in the games
  - B. all Greeks, irrespective of sex, religion or social status, were allowed to take part
  - C. all Greeks, with the exception of women, were allowed to compete in Games
  - D. all male Greeks were qualified to compete in the Games
3. The order of athletic events at the ancient Olympics \_\_\_\_\_.
  - A. has not definitely been established
  - B. varied according to the number of foreign competitors
  - C. was decided by Zeus, in whose honor the Games were held
  - D. was considered unimportant
4. Modern athletes' results cannot be compared with those of ancient runners because \_\_\_\_\_.
  - A. the Greeks had no means of recording the results
  - B. they are much better
  - C. details such as the time were not recorded in the past
  - D. they are much worse
5. Nowadays, the athletes' expenses are paid for \_\_\_\_\_.
  - A. out of the prize money of the winners
  - B. out of the funds raised by the competing nations
  - C. by the athletes themselves
  - D. by contributions



## Text B

# Track and Field

### 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 50m dash to the outdoor 42. 195km marathon and 50km race walking. Track events longer than 3000m 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