

Sports English Textbook

运动项目英语系列教材

总主编 李在辉



ENGLISH FOR
TRACK AND FIELD
田径英语

汤飞 李梦楚 主编

复旦大学出版社

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前 言

我国体育高等院校英语专业在高年级中开设了体育英语课程。经过十几年的探索与发展,体育英语课程逐步细化为具体项目的运动项目英语课程。自2008年“北京奥运会”之后,越来越多的国际顶级赛事落户中国,2022年北京冬奥会申办成功更使得中国的体育国际化进程加快,对体育与翻译的复合型人才的需求大大增加,体育高等院校与各级体育机构的合作不断加深。这些都从不同层面上为运动项目英语的教学研究提供了大量实践平台、经验和素材。但是,运动项目英语各门课程的教学仍然在较长时期内以教师自我经验和自备讲义为主,缺乏具备完整系统的正式教材作为支撑,使得这些课程的教学研究滞后于社会实践,跟不上现实发展的需求。

运动项目英语系列之《田径英语》的编写,以田径这个所有体育项目的基础大项为主要内容,对其起源、发展、规则、基本技术及田径的部分衍生项目等进行介绍讲解,为田径英语的教学提供了一个完整的系统和平台,使教师能够以一个多彩的教学模式为学生授课,同时学生亦可全方位地了解田径,学习田径英语。

本教材供一学期使用。教师可根据班级的具体情况对本书各部分灵活选择,因材施教。在教学中建议采用以课堂授课为主、规则场地实践为辅的教学模式。每单元的课文、项目单词部分主要由教师讲解,课后的补充阅读则给学生提供一个全新的自学模式,每单元的田径英语句子翻译可以让学生充分理解田径英语的表达和特点,让学生在课后仍可有更多田径英语知识摄入。

本书还可供体育院校英语专业作为高年级专业核心课程教材使用,亦可为体育教育、运动训练专业的田径专业学生或高等院校体育学院用作体育英语教材或参考书,同时可供广大田径爱好者、田径专业的在读硕士、博士及具有一定程度的英语自学者作为进修读物。

本书在编选过程中,曾参考了国内外出版的许多田径方面的书籍以及各类来自网络、媒体的素材和资料。注释部分也参照了有关资料的注释,在此不一一例举。

编者
2018年7月

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Unit 1

The Development of Athletics



Preliminary Work — Clues

You are supposed to read the article below and find the related information about the Clues, then fill in the blanks with the useful information you have found.

Athletics is (1) _____ of sporting events that involve competitive running, jumping, throwing, and walking. The most common types of athletics competitions are (2) _____, (3) _____, (4) _____, and (5) _____.

Formalized track and field was first recorded (6) _____ of 776 BC in Olympia, Greece. The introduction of the (7) _____ marked a step towards track and field as it is recognized today. The track and field comprised a five-event competition of (8) _____, (9) _____, (10) _____, (11) _____, and (12) _____.

As we know, the ancient Roman and Greek warriors often incorporated running into their training. Daily dose of (13) _____, (14) _____, (15) _____ and (16) _____ were routine forms of training.

The Ancient Olympics, deeply seeded in (17) _____, commanded extensive cultural significance. But it is the first recorded organized games which includes the events of athletics.

Text

Athletics is a collection of sporting events that involve competitive running, jumping, throwing, and walking. The most common types of athletics competitions are track and field, road running, cross-country running, and race walking.

The sport of track and field has its roots in the animalistic nature of man. Track and field style events are among the oldest of all sporting competitions, as running, jumping and throwing are natural and universal forms of human physical expression.

Formalized track and field was first recorded at the Ancient Olympic Games of 776 BC in Olympia, Greece. The single event contested was a footrace of roughly 200 yards called the stade or stadion, from which we get the word “stadium”. The scope of the Games expanded in later years to include further running competitions, but the introduction of the Ancient Olympic pentathlon marked a step towards track and field as it is recognized today — it comprised a five-event competition of long jump, javelin throw, discus throw, stadion footrace, and wrestling.

During these times the Olympics remained the main stage for all track and field events and it only showcased such events every four years. The events began to evolve over the centuries as a number of new track competitions were incorporated as well as non-track-and-field events. It is often said that the ancient Roman and Greek warriors often incorporated running into their training. Daily doses of running through hills, jousting, wrestling and hand-to-hand combat were routine forms of training.



The Ancient Olympics, deeply seeded in Greek mythology, commanded extensive cultural significance. But it is the first recorded organized games which includes the events of athletics. Wars halted for the Games. Qualifiers swore oaths before Zeus, their highest god, that they had adequately prepared for competition. Poets wrote verse about each Olympic champion, and their deeds were chronicled for future generations. Eventually, though, the Games were abolished by early Christians



in an effort to wipe out polytheism. There is no game or even recorded organized athletics sports thereafter until the sport has become modernized in 18th century — an era of industrialization.



Notes

1. athletics: 田径运动
2. track and field: 田径; 田径赛
3. the Ancient Olympic Games: 古代奥林匹克运动会
4. polytheism: 多神论



New Words

animalistic /ˌæniˈmæˈlɪstɪk/ *a.*

动物性的

formalized /ˈfɔːməlaɪzd/ *a.*

形式化的; 正式的

pentathlon /penˈtæθlən/ *n.*

五项全能运动

incorporate /ɪnˈkɔːpəreɪt/ *vt.*

使具体化; 包含

oath /əʊθ/ *n.*

誓言, 誓约

chronicle /ˈkrɒnɪkl/ *vt.*

将(某事物)载入编年史; 记录

n.

编年史, 年代记; 记录

Extensive Reading

The Classification of the Events in Athletics

The sport of athletics is defined by many events which make up its competition program. The International Association of Athletics Federations, the sport's governing body, defines athletics in five disciplines: track and field, road running, race walking, cross-country running, and mountain running. All forms of athletics are individual sports with the exception of relay races. However, athletes' performances are often tallied together by country at international championships, and in the case of cross-country the finishing positions of the top athletes from each team or country are

combined to declare a team victor.

Track and field competitions emerged in the late 19th century and were typically contested between athletes who were representing rival educational institutions, military organizations and sports clubs. The sport is defined by the venue in which the competitions are held — the track and field stadium. A variety of running events are held on the track which fall into three broad distance categories: sprints, middle-distance, and long-distance track events. The field events come in two types — jumping and throwing competitions. There are four common jumping events: long jump and triple jump are contests measuring the horizontal distance an athlete can jump, while high jump and pole vault are decided on the height achieved. Combined events, which include the decathlon (typically competed by men) and heptathlon (typically competed by women), are competitions where athletes compete in a number of different track and field events, with each performance going toward a final points tally.

Road running competitions are running events (predominantly long distance) which are mainly conducted on courses of paved or tarmac roads, although major events often finish on the track of a main stadium. In addition to being a common recreational sport, the elite level of the sport — particularly marathon races — are one

of the most popular aspects of athletics. Road racing events can be of virtually any distance, but the most common and well-known are the marathon, half marathon, 10km and 5km.

Cross-country running is the most naturalistic of the sports in athletics as competitions take place on open-air courses over surfaces such as grass, woodland trails, and earth. It is both an individual and team sport, as runners are judged on an individual basis and a points scoring method is used for teams. Race walking is a form of competitive walking that usually takes place on open-air roads, although running tracks



Farah at the 2016 Olympics podium with his two gold medals



are also occasionally used. Race walking is the only sport in athletics in which judges monitor athletes on their technique.

A Chart for Event Classification of Athletics (Olympic Mode)

Athletics	Track and Field				Road Race		Cross-Country
	Track	Sprint	60m, 60m hurdles, 100m, 100m hurdles, 110m hurdles, 200m, 400m, 400m hurdles		Running	5km, 10km, 15km, 20km, Half Marathon, 25km, 30km, Marathon, Ekiden, Ultramarathon	3km~5km
Middle Distance		800m, 1,500m, 3,000m, 3,000m steeplechase					
Long Distance		5,000m, 10,000m					
Field	Jumping	Horizontal	Long jump Triple jump	Walking	10km, 20km, 50km, 100km	3km~5km	
		Vertical	High jump Pole vault				
	Throwing	Shot put, Discus Hammer, Javelin					
Relay	4 × 100m , 4 × 400m						
Combined	Women	Heptathlon					
	Men	Decathlon					



Notes

1. International Association of Athletics Federations (IAAF): 国际田径联合会
2. the sport's governing body: 体育主管团体



New Words

tally /'tæli/ <i>vt.</i>	测量,计数;通过做记号记录;加标签于;使吻合
<i>vi.</i>	符合,吻合;记录,计分
<i>n.</i>	计数器;标签;记账
emerge /ɪ'mɜ:dʒ/ <i>vi.</i>	出现,浮现
predominantly /prɪ'dɒmɪnəntli/ <i>ad.</i>	占主导地位地;显著地,占优势地
tarmac /'tɑ:mæk/ <i>n.</i>	沥青碎石路面
<i>vt.</i>	以碎石沥青铺盖(某物)表面
recreational /ˌrekrɪ'eɪʃənəl/ <i>a.</i>	消遣的;娱乐的
naturalistic /ˌnætʃərə'lɪstɪk/ <i>a.</i>	自然的;自然主义的;博物学(家)的



Track and Field Sentences

1. The sport of track and field has its roots in the animalistic nature of man. Track and field style events are among the oldest of all sporting competitions, as running, jumping and throwing are natural and universal forms of human physical expression.

田径运动起源于于人类的动物性。田径式赛事是所有体育比赛中最古老的赛事之一,跑步、跳跃和投掷是人类身体表达的自然及普遍形式。

animalistic *a.* 动物性的

2. The scope of the Games expanded in later years to include further running competitions, but the introduction of the Ancient Olympic pentathlon marked a step towards track and field as it is recognized today — it comprised a five-event competition of long jump, javelin throw, discus throw, stadion footrace, and wrestling.

后来奥运会的规模逐渐扩大,包括进一步的赛跑,但古代奥运五项全能运动的引入标志着向今天所谓田径又迈出了一步——这五项运动包括跳远、掷标枪、掷铁饼、体育场赛跑和摔跤。

3. It is often said that the ancient Roman and Greek warriors often incorporated



running into their training. Daily doses of running through hills, jousting, wrestling and hand-to-hand combat were routine forms of training.

人们常说,古罗马和希腊的战士经常把他们的跑步融入到训练中。日常穿越山丘、骑马、摔跤和徒手搏击是常规的训练形式。

4. Eventually, though, the Games were abolished by early Christians in an effort to wipe out polytheism. There is no game or even recorded organized athletics sports thereafter until the sport has become modernized in 18th century — an era of industrialization.

然而,最终基督徒们为了消灭多神教而废除了奥运会。直到18世纪进入工业化时代使这个运动变成现代化之前,没有比赛,甚至也不存在有记录有组织的田径运动。

polytheism *n.* 多神论

5. Emelia leads the team having overcome a frustrating run of injuries to win the Women's Trials race in Liverpool and earn her debut in the senior event.

艾美莉亚率领全队克服了一连串难忍的伤痛,赢得了利物浦的女子选拔赛,并在高级赛中获得了首次亮相。

debut *n.* 首次亮相,初次露面

6. Sprint disciplines include short, sharp, powerful events such as the 100m and 200m. The sprint hurdles (100m for women, 110m for men) require the same explosion of speed, but with the added element of having to clear a number of barriers. There's also the one-lap 400m race and the 400m hurdles.

全速短跑包括100米和200米短而敏捷却有力量运动项目。短跑跨栏(女子100米,男子110米)需要同样的速度爆发,但增加了不得不跨越一些障碍的因素。还有一圈400米的比赛和400米的障碍赛。

7. Athletics offers the widest range of choice of any sport as its various disciplines provide the opportunity to throw, run or jump.

在所有运动中,田径运动提供的选择最广泛,因为它的多项目为投掷、跑或跳提供了机会。

8. You might want to be the next Mo Farah, or just want to get fit and see how well you can do — either way, athletics can be the sport for you. It includes a huge variety of disciplines, so whether you want to run, jump or throw, you can find an activity that suits you.

你可能想要成为下一个莫法拉,或者只是想要健身,并且看看你能做多好——无论哪种方式,田径运动都可以成为你的运动。它包括了各种各样的科目,所

以无论是想跑步、跳跃或投掷,你都可以找到一个适合你的活动。

After-reading

I. Choose the right answer to complete each of the following sentences.

- () 1. Who defines athletics in five disciplines: track and field, road running, race walking, cross-country running, and mountain running?
- A. The International Olympic Committee (IOC).
B. The International Association of Athletics Federations.
C. The event sponsors.
D. The international referees of Athletics.
- () 2. When did track and field competition emerge?
- A. In the late 19th century.
B. In the early 19th century.
C. In the late 18th century.
D. In the early 18th century.
- () 3. Which event is the only sport in athletics in which judges monitor athletes on their technique?
- A. Marathon.
B. Relay races.
C. Race walking.
D. Sprints.

II. Mark "T" (True) or "F" (False) at the end of each of the following sentences according to the text.

- () 1. All forms of athletics are individual sports.
- () 2. A variety of running events are held on the track which fall into three broad distance categories: sprints, middle-distance, and long-distance track events.
- () 3. Marathon is the most naturalistic of the sports in athletics.
- () 4. Race walking is a form of competitive walking that usually takes place not on open-air roads.



III. Translate the following items.

1. the Ancient Olympic Games _____
2. polytheism _____
3. stadium _____
4. javelin throw _____
5. (骑士)骑马用长矛比武 _____
6. 国际田径联合会 _____
7. 全速短跑 _____
8. 十项全能运动 _____

Unit 2

Sport of Athletics in Modern Era



Preliminary Work — Clues

You are supposed to read the article below and find the related information about the Clues, then fill in the blanks with the useful information you have found.

After the (1) _____ Olympics, the popularity of athletics, or rather, a revival of athletic competition, took place around the world. National athletics federations from (2) _____ countries got together to form an international governing body and in (3) _____, the (IAAF) was born. It adopted its current name, the (4) _____, in (5) _____. The IAAF established separate outdoor World Championships in 1983. In modern times, athletes can receive money for racing, dropping the word (6) “_____” that existed before.

Text

The Cotswold Olimpick Games, a sports festival which emerged in 18th century England, featured athletics in the form of sledgehammer throwing contests. The 1796



Olympiade marked the introduction of the metric system into the sport. Athletics competitions were held about 1812 at the Royal Military College, Sandhurst, and in 1840 in Shrewsbury, Shropshire at the Royal Shrewsbury School Hunt. The Royal Military Academy at Woolwich held an organized competition in 1849, and a regular series of closed meetings open only to undergraduates, was held by Exeter College, Oxford from 1850. The annual Wenlock Olympian Games, first held in 1850 in Wenlock, England, incorporated athletics events into its sports program.

Running and other athletic events have long been a part of many cultures, but in the 19th century, such activities were becoming more popular, particularly in Europe and the United States, school curricula included athletics. The first modern-style indoor athletics meetings were recorded shortly after in the 1860s, including a meet at Ashburnham Hall in London which featured four running events and a triple jump competition.

The Amateur Athletic Association (AAA) was established in England in 1880 as the first national body for the sport of athletics and began holding its own annual athletics competition — the AAA Championships. The United States also began holding an annual national competition — the USA Outdoor Track and Field Championships — first held in 1876 by the New York Athletic Club. Athletics became codified and standardized via the English AAA and other general sports organizations in the late 19th century, such as the Amateur Athletic Union (founded in the US in 1888).

An athletics competition was included in the first modern Olympic Games in 1896 and it has been as one of the foremost competitions at the quadrennial multi-sport event ever since. Originally for men only, the 1928 Olympics saw the introduction of women's events in the athletics program. After the 1896 Olympics, the popularity of athletics, or rather, a revival of athletic competition, took place around the world. National athletics federations from 17 countries got together to form an international governing body and in 1912, the International Amateur Athletic Federation (IAAF) was born. It adopted its current name, the International Association of Athletics Federations, in 2001. The IAAF established separate outdoor World Championships in 1983. In modern times, athletes can receive money for racing, dropping the word “amateurism” that existed before.