

TRACK and FIELD + ATHLETICS =

У Ч Е Б Н О Е П О С О Б И Е

ЛЕГКАЯ АТЛЕТИКА



С П О Р Т

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В пособии подобран материал по спортивной тематике на примере легкой атлетики. Студентам предлагается ряд текстов, послетекстовых лексических упражнений, имеющих целью обогащение профессионального словаря и формирование устных разговорных навыков по теме.

Учебно-методическое пособие предназначено для студентов вузов и факультетов физической культуры.

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TEMA 1. WHAT IS TRACK AND FIELD ATHLETICS

TRACK AND FIELD ATHLETICS

https://en.wikipedia.org/wiki/Track_and_field

Прочитайте и переведите текст:

Track and field athletics is a world-wide sport that has grown in popularity since the days of the Greeks. Records of organized competitions in track events date back from the first Olympic Games in 776 B. C. It is a sport in which techniques constantly change as stronger athletes taught by better coaches break through new record barriers. Because of its popularity track and field athletics is often called the “Queen of Sport”.

Track and field is a sport which combines various athletic contests based on the skills of running, jumping, and throwing. The name is derived from the sport’s typical venue: a stadium with an oval running track enclosing a grass field where the throwing and jumping events take place.

The running events, which include sprints, middle and long-distance events, and hurdles, are won by the athlete with the fastest time.

The jumping and throwing events are won by the athlete who achieves the greatest distance or height. Regular jumping events include long jump, triple jump, high jump and pole vault, while the most common throwing events are shot put, javelin, discus and hammer.

There are also “combined events”, such as heptathlon and decathlon, in which athletes compete in a number of the above events. Most track and field events are individual sports with a single victor, but a number are relay races. Events are almost exclusively divided by gender, although both the men’s and women’s competitions are usually held at the same venue.

Track and field events take place in a sports stadium, either on the running track, or on the field inside the running track.

At the international level, the two most prestigious international track and field competitions are athletics competition at the Olympic Games and the IAAF World Championships in Athletics. The International Association of Athletics Federations is the international governing body.

Records are kept of the best performances in specific events, at world and national levels, right down to a personal level. However, if athletes are deemed to have violated the event’s rules or regulations, they are disqualified from the competition and their marks are erased.

The majority of athletes tend to specialize in just one event (or event type)

with the aim of perfecting their performances, although the aim of combined events athletes is to become proficient in a number of disciplines.

Track and field events are divided into three broad categories:

Track events; Field events; Combined events.

Other athletics events that are **NOT *track and field***, include cross country running, road running, marathon, and race walking – these events take place outside a sports stadium.

TRACK EVENTS

Track events involve running on a track over a specified distances and, in the case of the hurdles and steeplechase, obstacles may be placed on the track. There are also relay races in which teams of athletes run and pass on a baton to their team member at the end of a certain distance.

FIELD EVENTS

There are two types of field events: jumps, and throws.

In jumping competitions, athletes are judged on either the length or height of their jumps. The performances of jumping events for distance are measured from a board or marker, and any athlete overstepping this mark is judged to have fouled. In the jumps for height, an athlete must clear his or her body over a crossbar without knocking the bar off the supporting standards. The majority of jumping events are unaided, although athletes propel themselves vertically with purpose-built sticks in the pole vault.

The **throwing events** involve hurling an implement (such as a heavy weight, javelin or discus) from a set point, with athletes being judged on the distance that the object is thrown.

COMBINED EVENTS

Combined or multi-discipline events are competitions in which athletes participate in a number of track and field events, earning points for their performance in each event, which adds to a total points score.

The Ancient Olympic pentathlon, comprising long jump, javelin, discus, the stadion race, which was literally a race from one end of the stadium to the other, and wrestling, was a precursor to the track and field combined events and this ancient event was restored at the 1906 Summer Olympics. A men's decathlon was held at the 1904 Summer Olympics.

Упражнение 1. Ответьте на вопросы:

1. Is track and field athletics a world-wide sport?
2. What activities did it derive from?
3. When and where did the first competitions in track and field take place?

4. Name the main track and field events.
5. Name running events.
6. Name jumping events.
7. Name throwing events.
8. Name combined events.

Упражнение 2. Образуйте существительные от глаголов при помощи суффиксов –ing (процесс) и –er (исполнитель) и переведите их на русский язык:

to run		
to throw		
to jump		
to walk		
to wrestle		
to box		
to skate		
to ski		
to swim		

ТЕМА 2. TRACK EVENTS. RUNNING

Прочитайте и переведите текст:

Running is both a competition and a type of training for sports that have running or endurance components. As a sport, it is split into events divided by distance and sometimes includes permutations such as the obstacles in steeplechase and hurdles. Running races are contests to determine which of the competitors is able to run a certain distance in the shortest time. Today, competitive running events make up the core of the sport of athletics. Events are usually grouped into several classes, each requiring substantially different athletic strengths and involving different tactics, training methods, and types of competitors.

SPRINTS

Races over short distances, or sprints, are among the oldest running competitions. Sprinting events are focused around athletes reaching and sustaining their quickest possible running speed. Three sprinting events are currently held at the Olympics and outdoor World Championships: the 100 metres, 200 metres, and 400 metres.

At the professional level, sprinters begin the race by assuming a crouching position in the starting blocks before leaning forward and gradually moving into an upright position as the race progresses and momentum is gained. Athletes remain in the same lane on the running track throughout all sprinting events, with the sole exception of the 400m indoors. Races up to 100m are largely focused upon acceleration to an athlete's maximum speed. All sprints beyond this distance increasingly incorporate an element of endurance. Human physiology dictates that a runner's near-top speed cannot be maintained for more than thirty seconds or so because lactic acid builds up once leg muscles begin to suffer oxygen deprivation. Top speed can only be maintained for up to 20 metres.

100 METRES

<http://www.iaaf.org/>

How it works

Runners race for 100m down the home straight of a 400m track. They start from blocks and run in lanes.

A reaction time – measured by sensors in the starting pistol and on the blocks – of less than 0.1 is deemed a false start and runners will be recalled, and the responsible athlete disqualified.

History

The 'stade' (192m race) was part of the Ancient Olympics. In more modern times, the 100 yards (91.44m) was adopted as the foremost sprint – it was part of the Commonwealth Games until 1966 – but the classic 100m distance, the Blue Riband event, has been part of the Olympics since 1896.

Did you know

Sprinters will typically reach their peak speed between 50m and 60m.

Gold standard

Of the 28 Olympic finals to date, US men have won more than half of them with 17. But Jamaica has taken the four most recent Olympic golds with Usain Bolt and Shelly-Ann Fraser-Pryce achieving back-to-back wins in 2008 and 2012.

Icons

Jesse Owens

The phenomenal US athlete humiliated Adolf Hitler, who intended to use the 1936 Olympic Games in Berlin as a showcase for 'Aryan superiority', by winning gold in the 100m, 200m, long jump and 4x100m.

Gail Devers

This US sprinter bounced back from Graves' disease, a thyroid disorder, to win back-to-back Olympic 100m titles in Barcelona (1992) and Atlanta (1996). She also landed three world 100m hurdles titles in a long and prolific career.

Комментарий

Commonwealth Games – Игры Содружества

Blue Riband event – главный забег соревнований, победитель которого награждается голубой шелковой лентой (ордена Подвязки)

Aryan superiority – арийское превосходство

Упражнение 3. Переведите предложения со словами-заместителями. В случае затруднений обратитесь к грамматическому справочнику в конце книги.

1. Most championship competitions involve six jumps per competitor, although usually a number of them, **those** with the shorter marks, are often eliminated after three jumps.

2. Stride length is reduced, so to achieve competitive speeds, race walkers must attain cadence rates comparable to **those** achieved by Olympic 800-metre runners and they must do so for hours at a time since the Olympic events are the 20 km race walk (men and women) and 50 km race walk (men only).

3. Full-size indoor arenas (i.e. **those** fully equipped to host all events for the World Indoor Championships) bear similarities with their outdoor equivalents.

Упражнение 4. Переведите предложения, содержащие степени сравнения прилагательных. В случае затруднений обратитесь к грамматическому справочнику в конце книги.

1. A walker can move along the distance **faster** than anyone else and not get to the finish line.

2. The only difference between then and now is that in 1896 Burke of the USA made the victory run in 12 seconds flat whereas nowadays the winner runs at least two seconds **faster**.

3. That makes him to become the 9th **fastest** man in history over this distance.

4. The running events, which include sprints, middle and long-distance events, and hurdles, are won by the athlete with the **fastest** time.

5. He also boasts the second-**fastest** relay split in history with his 42.93 from the 2007 World Championships.

200 METRES

<http://www.iaaf.org/>

How it works

Runners race for 100m around a bend and 100m down the home straight. They start from blocks and run in lanes.

A reaction time – measured by sensors in the starting pistol and on the blocks – of less than 0.1 is deemed a false start and runners will be recalled, and the responsible athlete disqualified. A runner can also be disqualified if he or she steps out of their designated lane.

History

A slightly shorter race than the current 200m (192m, one length of the stadium) was part of the Ancient Olympics. The 200m (for men) was added to the Olympic programme in 1900 and has been part of all subsequent Games, except 1906.

Women have contested the distance in every Olympics since 1948.

Did you know

The second half of a 200m race is often quicker than the first half, as athletes approach the final 100m at full speed. When Usain Bolt set his 19.19 world record, he covered the final 100m in 9.27 seconds.

Gold standard

US men have won 17 Olympic titles, one more than their tally of 100m gold medals. There has been at least one Jamaican medalist in each of the past nine women's Olympic finals.

Icons

Usain Bolt

The Jamaican superstar is dominant in both the 100m and 200m, but it's the latter where he first made his name, winning world youth and world junior titles several years before his first Olympic triumph and world record in 2008.

Gwen Torrence

The US sprinter won a cluster of medals during a lengthy career. She was a two-time world champion but enjoyed her greatest moment when she won Olympic gold in 1992. She would have won a world title in 1995, too, but was disqualified for running out of her lane.

Упражнение 5. Найдите в тексте эквиваленты следующих слов и выражений:

вплоть до; финишная прямая; по отдельным дорожкам; на сегодняшний день; один за другим/подряд; восстановиться; по повороту/по выражу; на одно (один) больше; по крайней мере; завоевать известность

*Упражнение 6. Переведите предложения с парными союзами **both ... and**. В случае затруднений обратитесь к грамматическому справочнику в конце книги.*

1. Running is **both** a competition **and** a type of training for sports that have running or endurance components.

2. Knees are brought high on every stride with the elbows at 90° angle on **both** the foreswing **and** the backswing.

3. **Both** the passer **and** the receiver should have arms extended to their fullest.

4. This continued until the 1906 Intercalated Games in Athens, which featured **both** the ancient style **and** the increasingly popular modern style of turning and throwing.

5. Events are almost exclusively divided by gender, although **both** the men's **and** women's competitions are usually held at the same venue.

6. Cross country is **both** an individual **and** team sport.

7. Races, for **both** teams **and** individuals, are run on either grass or woodland courses.

8. He won five consecutive double victories between 2002 and 2006 in **both** the long course **and** now-discontinued short course races.

9. **Both** men and women contest the shorter of the two international championship distances for race walking.

10. Russia and China are currently the dominant nations in **both** the men's **and** women's 20km events.

Упражнение 7. Переведите преозитивные атрибутивные сочетания. В случае затруднений обратитесь к грамматическому справочнику в конце книги.

one – lap runner; last-minute addition; track and cross country career; 1991 junior women's title; now-discontinued short course; unprecedented sixth senior men's long course victory; baton-changing rules; charity races; fire service; 400m lap; list of official world records; world governing body; key member; Olympic hammer title; women's global crown; 2009 IAAF World Championships; world all-time list; metal-tipped javelin; women's ultimate all-round test; overall winner

400 METRES

<http://www.iaaf.org/>

How it works

Competitors run once around a 400m track. They start from blocks set in staggered positions and run in lanes.

A reaction time – measured by sensors in the starting pistol and on the blocks – of less than 0.1 is deemed a false start and runners will be recalled, and the responsible athlete disqualified. A runner can also be disqualified if he or she steps out of their designated lane.

History

One of the original events at the Ancient Olympics was the ‘diaulos’, a race around two marks on a course roughly equivalent to the current 400m.

The 400m for men has been in every Olympic Games since 1896. Women first contested the distance at the 1964 Tokyo Games.

Did you know

When Cathy Freeman won Olympic gold in the 400m at her home Games in Sydney 2000, it drew record TV audiences in Australia of around 7 million viewers.

Gold standard

This is arguably the strongest event for American men, having won 20 of the 27 Olympic titles to date. But their female counterparts have won just two Olympic golds.

Icons

Michael Johnson

The first man to win the Olympic 400m twice (and the only man to win the 400m and 200m at the same Games), Johnson is the greatest one-lap runner. The Texan took gold in the Atlanta (1996) and Sydney (2000) Games. He also won four World titles, and in 1999 set a world record – 43.18 – that still stands today.

Marie-Jose Perec

France’s Perec was the first runner of either gender to win Olympic gold twice, crushing the opposition at the 1992 Barcelona and 1996 Atlanta Games – where, like Johnson, she performed a double by snatching 200m glory, too. Long-legged and graceful, she also won two World titles.

Упражнение 8. Найдите в тексте эквиваленты следующих слов и выражений:

колодки; расположенные уступами; по отдельным дорожкам; около 7 миллионов зрителей; женская копия; единственный человек; приблизительно равный; бегун одного круга; сохраниться до настоящего времени

Упражнение 9. Прочитайте и переведите текст “Instructions: “Get Set”– Position”. На основе текста составьте диалог “тренер -спортсмен”, где тренер инструктирует спортсмена, а спортсмен уточняет детали:

Instructions: “Get Set”– Position

There are two main positions in sprinting: “get set”– position and “go”– position.

The hips move upward to the same level of the head, and the back is straight and about parallel to the ground. The eyes fixed at a point approximately 1 m 20 cm ahead on the ground. It is essential to distribute weight between the arms and the legs. There must be enough weight resting on the rear leg so that the runner can get good push off this leg at the start.

Упражнение 10. Прочитайте и переведите текст “Instructions. “Go”– Position”. На основе текста составьте диалог “тренер -спортсмен”, где тренер инструктирует спортсмена, а спортсмен уточняет детали:

Instructions: “Go”– Position”

In this position arms and legs operate in the following order:

- 1) Left arm out and up.
- 2) Right arm back.
- 3) Right leg drives forward about 75 cm.
- 4) Left leg forward about 1 m.

All four of the above motions should follow each other within a half second or less. There should be a vigorous pumping of the arms. The body takes the erect position gradually in the first three or four strides. Knees are brought high on every stride with the elbows at 90° angle on both the foreswing and the backswing.

Упражнение 11. Переведите предложения с парными союзами **either ... or**. В случае затруднений обратитесь к грамматическому справочнику в конце книги.

1. Races, for both teams and individuals, are run on **either** grass **or** woodland courses and might also include stretches of gravel paths, road and hills.

2. Track and field events take place in a sports stadium, **either** on the running track, **or** on the field inside the running track.

3. In jumping competitions, athletes are judged on **either** the length **or** height of their jumps.

4. High jumpers typically cleared the bar feet first in the late 19th century, using **either** the Scissors, Eastern cut-off **or** Western roll technique.

MIDDLE-DISTANCE RUNNING EVENTS

https://en.wikipedia.org/wiki/Track_and_field

Прочитайте и переведите текст:

Middle-distance running events are track races longer than sprints. The standard middle distances are the 800 metres, 1500 metres and mile run.

Runners start the race from a standing position along a curved starting line and after hearing the starter's pistol they head towards the innermost track to follow the quickest route to the finish.

In 800 m races athletes begin at a staggered starting point before the turn in the track and they must remain in their lanes for the first 100 m of the race. This rule was introduced to reduce the amount of physical jostling between runners in the early stages of the race. Physiologically, these middle-distance events demand that athletes have good aerobic and anaerobic energy producing systems, and also that they have strong speed endurance.

1500 metres also known as the metric mile, this is a premier middle-distance race, covering three and three-quarter laps around a standard Olympic-sized track. In recent years, races over this distance have become more of a prolonged sprint, with each lap averaging 55 seconds for the world record performance by Hicham El Guerrouj of Morocco (1998, Rome). Thus, speed is necessary, and it seems that the more aerobic conditioning, the better. This is a difficult distance at which to compete mentally, in addition to being one of the more tactical middle-distance track events. The distance is often witness to some of the most tactical, physical races in the sport, as many championship races are won in the final few metres.

Упражнение 12. Переведите предложения со словами – заместителями. В случае затруднений обратитесь к грамматическому справочнику в конце книги:

1. All competitors have three attempts per height, although they can elect to 'pass', i.e. advance to a greater height despite not having cleared the current **one**.
2. On Wednesday or Thursday I usually have one practice, and instead of the second **one** I go to a banya.
3. The athletes would take a short run up and jump into an area of dug up earth, with the winner being the **one** who jumped farthest.
4. A 3200 metre run over 5 barriers (**one** landing in water) every 400 metres.
5. This is a difficult distance at which to compete mentally, in addition to being **one** of the more tactical middle-distance track events.