



ENGLISH FOR STUDENTS OF PHYSICAL EDUCATION

Навчальний посібник для здобувачів вищої освіти першого (бакалаврського) рівня спеціальності «Фізична культура і спорт».

Укладачі: Куліш І.М., Рогульська А.В., Глущенко А.В.



E N G L I S H

FOR STUDENTS OF PHYSICAL EDUCATION

A SOUND MIND IN A SOUND BODY

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English for Students of Physical Education. Навчальний посібник для здобувачів вищої освіти першого (бакалаврського) рівня спеціальності «Фізична культура і спорт». Укладачі: Куліш І.М., Рогульська А.В., Глущенко А.В. – Київ: Видавець Цибульська, 2025. – 45 с.

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Навчальний посібник сформований у відповідності до програми з іноземної мови за професійним спрямуванням для здобувачів вищої освіти першого (бакалаврського) рівня спеціальності «Фізична культура і спорт».

Навчальний матеріал розташований за тематичним принципом (за розділами) та має комплексний характер. Два розділи охоплюють навчальний матеріал з іноземної мови професійного спрямування та комплекс вправ для застосування отриманих знань на практиці та автоматизації навичок спілкування.

Робота за темою в межах одного розділу організовується на базі тексту професійного спрямування, лексичних вправ та завдань комунікативного характеру професійного та загального спрямування, текстів для додаткового читання, комплексу вправ репродуктивного та творчого характеру. Посібник вміщує завдання для самостійної роботи студентів та вправи для контролю умінь та навичок студентів.

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ПЕРЕДМОВА

Навчальний посібник призначається для студентів 1 курсу ННІ фізичної культури, спорту і здоров'я. Мета посібника – формувати у студентів навички читання та розуміння літератури фахової професійної тематики на основі активізації знань загальнонавчальної лексики та основ граматики. Поряд з цим у посібнику реалізується мета комплексного оволодіння студентами всіма видами мовленнєвої діяльності на основі комунікативного підходу до вивчення іноземної мови. Посібник базується на різноманітному автентичному матеріалі, який підібрано з урахуванням комунікативного підходу у вивченні англійської мови та спрямовано на розвиток позитивної мотивації до вивчення іноземної мови.

Навчальний матеріал професійного спрямування посібника розподілено на два тематичних розділи “My Speciality” та “Olympic Games”, текстовий матеріал яких згруповано за такими темами професійного інтересу студентів, як наш університет, університет фізичної культури і спорту, спортивна спеціальність, спортивне тренування, урок фізичного виховання та інші. Кожний розділ, в свою чергу, вміщує декілька текстів професійного спрямування, які з різних сторін висвітлюють тему, та текстів, які несуть додаткову інформацію за певною тематикою.

Навчальний матеріал загального спрямування має на меті розвиток комунікативних навичок у щоденному спілкуванні, сприяючи розвитку навичок говоріння, аудіювання, читання та письма. Комунікативні вправи мають різноплановий вплив на навчальний процес та стимулюють пізнавальний інтерес особистості студента.

Граматичні вправи вміщують основні програмні явища англійської мови, які необхідні для розуміння даного лексичного матеріалу, тобто, основну інформацію про частини мови, їх особливості та специфіку вживання. Граматичні вправи спрямовані на засвоєння необхідного граматичного матеріалу, ефективне його повторення та практичне застосування отриманих знань.

Навчальний посібник включає граматичний довідник, призначений для самостійної роботи студентів з метою повторення раніше вивченого граматичного матеріалу.

UNIT I MY SPECIALITY

LESSON 1 OUR UNIVERSITY

(From Website of the Cherkasy Bohdan Khmelnytsky National University. cdu.edu.ua)



Universities are sources of scientific knowledge and culture. There are some establishments of higher education in our city. Cherkasy National University is the oldest one.

It was founded in 1921 as a Pedagogical Institute that trained teachers of secondary schools. Now it is a modern classical university of the European level, educational and scientific complex, center of education, science, culture, and spirituality of the land of Bohdan Khmelnytsky and Taras Shevchenko.

The University has some departments: Day-Time Department, Extra-Mural Department, and Preparatory Department. Nowadays, Cherkasy National University has 8 educational and scientific institutes, 2 faculties, 4 educational and scientific centers and a military department, 16 scientific research institutes and scientific research centers, 10 scientific research laboratories and 14 scientific schools, 7 specialized scientific councils, a scientific library named after M. Maksymovich, technology and innovation support center, “Pragma” analytical research center, Zvenyhorodka educational center.

The essence and purpose of the educational process is to provide a high-level education that gives the graduate the knowledge, skills, and competences necessary for starting a scientific career or professional work, conducting research that will be a serious contribution to the development of science, the economy, and contribute to the development of Cherkasy, Cherkasy region, and all Ukraine.

1. Find the English equivalents in the text:



Джерело наукових знань, заклад вищої освіти, бути заснованим, готувати вчителів, середня школа, навчально-науковий комплекс, духовність землі, денне відділення, заочне відділення, підготовче відділення, навчально-науковий інститут, науково-дослідний центр, центр підтримки технологій та інновацій, мета освітнього процесу,

забезпечити освіту високого рівня, проводити дослідження, серйозний внесок, сприяти розвитку.

2. Translate the following words and word-combinations:



Sources of scientific knowledge and culture, an establishment of higher education, to train teachers of secondary schools, Day-Time Department, Extra-Mural Department, educational and scientific institute, scientific research laboratory, technology and innovation support center, analytical research center.

3. Complete the following sentences:



- 1) Our university was founded in _____.
- 2) Our university was a Pedagogical Institute that trained _____.
- 3) Now our university is _____.
- 4) Nowadays, Cherkasy National University has _____.

- 5) The purpose of the educational process is _____.

4. Read the text. Put 3 questions to it. Discuss it with your groupmates:

University Facilities



The powerful basis of the personnel potential of the Cherkasy National University is 85 Doctors of Science, Professors, and 285 Candidates of Science, Associate Professors.

Currently, the university has 5 modern hostels, in which about two thousand students live. There is an educational hotel for 19 places, and a restaurant business laboratory here.

At the service of students and teachers there are 2 cafes with 83 seats, a publishing department, 11 sports halls and gyms, 7 sports fields and 1 football field with an artificial surface, a botanical garden, a sports

club “Bogdan”, an educational and scientific base “Sokyrno”, a student space “ChNU Hub”.

The university has established itself as an institution of higher education of the European model. The pages of the century-old glory of the University include academicians and honoured educators, heroes of military and peaceful victories, artists, and Olympic champions.

5. Agree or disagree with the statements:



- 1) 85 Doctors of Science and Professors work at the Cherkasy National University.
- 2) About two thousand students live in the 19 hostels of the university.
- 3) There are 7 sports and gyms, 11 sports fields and 1 football field with an artificial surface at the university.
- 4) There is a sports club “Bogdan” at the service of students and teachers.
- 5) There are Olympic champions in the history of the university.

6. Look at the photos and say what you can see:



7. Match the notions and their definitions:

University	a corridor type and block type buildings with rooms designed to be shared by 3-4 students
Secondary school	a large public room, often part of a school, college, etc. where you can play a range of different sports
Student hostel	a school that offers courses leading to a degree (as a bachelor's, master's, or doctoral degree) and where research is done
Sports hall	a club, building, or large room, usually containing special equipment, where people go to do physical exercise and get fit
Gym	a high school or a school of corresponding grade, ranking between a primary school and a college or university

8. Answer the following questions:

- 1) Are Universities sources of scientific knowledge?
- 2) When was the Cherkasy National University founded?
- 3) What establishment is the university now?
- 4) What departments does the University have?
- 5) How many educational and scientific institutes are in the university?
- 6) What is the purpose of the educational process?
- 7) How many Doctors of Sciences and Candidates of Sciences work at the university?
- 8) How many student hostels does the university have?
- 9) How many sports halls and gyms are there in the university?
- 10) What sports club is there at the service of students and teachers?

LESSON 2

NATIONAL UNIVERSITY OF PHYSICAL EDUCATION AND SPORT OF UKRAINE



(National University of Ukraine on Physical Education and Sport. Retrieved from: <https://uni-sport.edu.ua/node/2734>)

The National University of Physical Education and Sport of Ukraine takes a prominent place in the international system of physical education and sports science. During the years of its existence it has turned out into branched scientific, educational and sports complex, well-known in the world.

The students of the University obtain deep knowledge in various general and special disciplines which allows them to become skilled teachers of physical education, coaches, and specialists in rehabilitation and recreation physical culture or managers at different levels of sports system.

Educational process at the University has organic and harmonious integrity with scientific studies in wide and various aspects. The results obtained are efficiently implemented into practice in numerous areas. Specialists of the National University of Physical Education and Sport of Ukraine cooperate successfully with their national and foreign colleagues. Friendly and business-like contacts result in fruitful and mutually beneficial cooperation with not only related higher educational institutions of different countries but also with the International Olympic Committee, International Olympic Academy, etc.

The University has prepared a great number of outstanding athletes known as the winners of the Olympic Games, World and European Championships, major international competitions.

Training process is planned and realized on the basis of the latest scientific and scientific-methodical elaborations.

Scientists of the University actively participate in international congresses, symposia, conferences held in different countries as well as host foreign guests participating in the same scientific forums.

In 1955 the institution began to admit foreign citizens for training in physical culture and sport. Diplomas in higher education were obtained by 1500 foreigners from 50 countries.

At the National University of Physical Education and Sport of Ukraine there is a Preparatory Department for International Students (Pre-admission course) where they may study Ukrainian, physics, chemistry, biology, mathematics and other subjects depending on the chosen field of instruction, pass tests and examinations and receive the Certificate on completing the course.

1. Find the English equivalents of the following words and word-combinations in the text:

Займати провідне місце, отримувати глибокі знання, вчитель фізичного виховання, тренер, спеціаліст з відновлювальної фізкультури, гармонійна єдність, отримані результати, співпрацювати із закордонними колегами, плідна співпраця, Міжнародний Олімпійський Комітет, переможець світового чемпіонату, науково-методична розробка, брати участь у конференції, приймати іноземних громадян на навчання, підготовче відділення.

2. Translate the following terms and phrases:

The National University of Physical Education and Sport of Ukraine, to take a prominent place, to obtain deep knowledge, physical education, rehabilitation and recreation physical culture, business-like contacts, mutually beneficial cooperation, higher educational institutions, outstanding athlete, Preparatory Department, field of instruction.

3. Match the notions and their definitions:

1	Physical education	someone whose job is to train and organize a sports team	
2	Coach	refers to a contest or rivalry between two or more competitors	
3	Rehabilitation	an event where a number of people come together to discuss a particular subject or share information	
4	Competition	an education which brings improvement in human performance with the help of physical activities	
5	Conference	a set of interventions designed to optimize functioning and reduce disability in individuals with health conditions in interaction with their environment	

4. Complete the sentences with the following words and phrases:

Coaches

Sports competitions

Scientific conference

Physical activities

Rehabilitation

- 1) _____ is care that can help you get back, keep, or improve abilities that you need for daily life.

- 2) _____ teach amateur and professional athletes the skills they need to succeed at their sport.
- 3) _____ refer to organized events where athletes or teams compete against each other based on specific rules to demonstrate their skills and achieve high performance levels.
- 4) _____ is an event, usually organized by a scientific society or a group of researchers, at which scientists give short presentations describing their research.
- 5) _____ range from simple walking to jogging, running, sprinting, hopping, jumping, climbing, throwing, pushing, pulling, kicking, etc.

5. Answer the following questions:

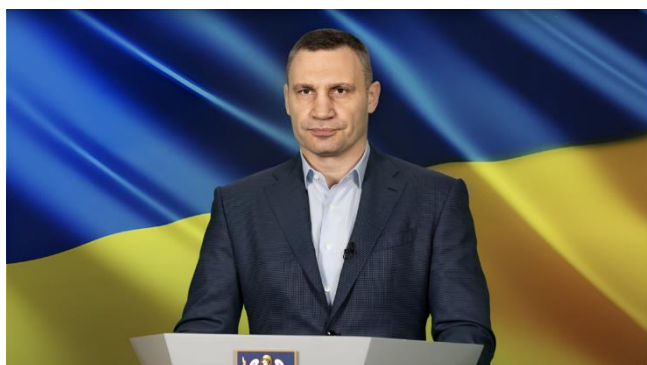
1. What place does the National University of Physical Education and Sport of Ukraine in the international system of physical education and sports science?
2. What specialists may the students of the University become?
3. What do international contacts of the University result in?
4. Whom has the University prepared?
5. What do the scientists of the University participate in?
6. Does the University admit foreign students?
7. What may international students do at the Preparatory Department?

6. Work in pairs. Imagine that you are a foreign student. Ask you partner about his university and training process here.

7. Read the article and put 3 questions to it to discuss it in the group:

Vitaliy Klychko

*(From Boxers: Vitaliy Klychko. Retrieved from:
<https://biography.com.ua/en/vitali-klitschko/>)*



Vitaliy Klychko is a famous boxer, politician, philanthropist, scientist and mayor of Kyiv. His name is known not only in Ukraine, but all over the world as a symbol of strength, courage, intelligence and patriotism.

His father was a military pilot and his mother was a teacher.

Vitaliy has a younger brother, Volodymyr, who also became a famous boxer, and an older sister, Iryna.

Since childhood, Vitaliy has been interested in sports, especially martial arts. He started kickboxing and boxing, where he showed his talent and will to win. He became a world champion in kickboxing among amateurs and professionals, and also took part in the 1996 Olympic Games in Atlanta, where he lost only in the semifinals.

He graduated from Pereyaslav-Khmelnytsky Hryhoriy Skovoroda State Pedagogical University with a degree in Physical Education in 1996. In 2000, he graduated from the National University of Physical Education and Sports of Ukraine with a degree in boxing coaching. In 2001, he defended his PhD thesis on “Professional training of boxers in different weight categories”. In 2005, he entered the Taras Shevchenko National University of Kyiv, Faculty of Sociology, graduating in 2008. In 2015, he became a student at the National Academy for Public Administration under the President of Ukraine to study for a Master of Public Administration.

Vitaliy Klychko is one of the most successful and recognized boxers in the world. He became the world boxing champion in the heavyweight category according to the WBO, WBC and The Ring. He has fought 47 professional fights, winning 45 of them, 41 of them by knockout. Vitaliy Klychko is one of the brightest and most influential personalities of modern Ukraine.

8. Read and translate the expressions about sport and health. Try to remember as much as possible for 3 minutes (compete with your friends):

1. An apple a day keeps a doctor away.
2. It's early bird that catches a worm.
3. Early to bed and early to rise makes a man healthy, wealthy and wise.
4. A sound mind in a sound body.
5. Health is better than wealth.

LESSON 3

MY SPECIALITY



We are students of the Physical Training Faculty. The students of our faculty began to go in for sport before entering the University. At the University they get various sporting specialities. Some students specialize in sport games such as basketball, volleyball, football, handball and others. Other students specialize in swimming, rowing, track-and-field athletics, gymnastics, wrestling, boxing, weightlifting and others. They train regularly and take part in the competitions. Our students occupy first places and win medals. After graduating from the University, they become coaches and teachers of Physical Culture.

Track-and-field athletics is one of the most popular sports. It includes many different events such as running, jumping, throwing, walking and others. Nowadays it is called “the Queen of Sport”. Athletes can train at the stadiums, sports grounds and in the Palaces of Sport.

Sport makes people healthy and strong. We must go in for sport to keep fit. Enjoy your sport and success will come your way.

1. Translate the following words and word-combinations:



Факультет фізичного виховання, займатися спортом, отримувати спортивні спеціалізації, спортивна гра, брати участь у змаганнях, займати перше місце, завойовувати медалі, поступити в університет, закінчити університет, стати тренером, стати вчителем фізкультури, бути здоровим і бадьорим.

2. Find the equivalents in the first and second columns:

плавання
веслування
легка атлетика
гімнастика
боротьба
бокс
важка атлетика
біг
стрибки
метання

weightlifting
jumping
rowing
wrestling
swimming
throwing
walking
boxing
track-and-field athletics
gymnastics

3. Match the terms and their definitions:

1	sport game	the course where students learn about fitness, the state of being physically healthy, and developing physical fitness	
2	Physical Education	a sport that includes athletic contests based on running, jumping, and throwing skills	
3	track-and-field	to stay healthy and strong, especially as a result of exercise	
4	sport	competition, or activity needing physical effort and skill that is played or done according to rules, for enjoyment and/or as a job	
5	to keep fit	all forms of physical activity that contribute to physical fitness, mental well-being and social interaction	

4. Complete the sentences with the following sport terms and phrases:



- 1) Running is a great way *to keep fit*.
- 2) **sport** helps you build muscles and improves your coordination and muscle memory.
- 3) **Physical education (PE)** teachers work in schools and colleges, teaching sport and fitness to young people.
- 4) Football, basketball, and hockey are all team **sport games**.
- 5) **Track events** are running events that range from short distance sprints to middle distance runs or to long distance runs, like marathon.
- 6) **Field events** include strength events, such as the shot put and discus, and throwing events, such as the javelin and hammer.

5. Ask your friend to answer these questions:



1. When did the students begin to go in for sport?
2. What sporting specialities do they get at the University?
3. Do they train regularly?
4. What results do they show at the competitions?
5. What professions do they get after graduating from the University?
6. How is track-and-field athletics called?
7. What does track-and-field athletics include?

8. Where do athletes train?
9. What must we do to keep fit?

6. Read the text and answer the questions:

- 1) *Who is an inspiring sportsperson for the author of the story?*
- 2) *Is it professional sportsperson?*
- 3) *What are the sports achievements of this sportsperson?*

Amazing tennis players

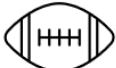
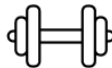
(From British Council: Learn English. Retrieved from:

<https://learnenglishkids.britishcouncil.org/read-write/writing-practice/level-3-writing/inspiring-sportsperson>)

My favourite sport is tennis, and the Williams sisters were amazing tennis players. They started playing when they were four and became professional by the age of 14. They often played matches against each other. Serena has won more tournaments than Venus. She won 23 women's singles titles in Grand Slam tournaments (the four major tennis tournaments worldwide), which is an amazing achievement! Serena and Venus Williams have been role models for many young players. Venus once said 'Just believe in yourself. Even if you don't, just pretend that you do and, at some point, you will.' I love that!

7. Look at the picture and write down the kinds of sport:



1. 	2. 	3. 	4. 
5. 	6. 	7. 	8. 
9. 	10. 	11. 	12. 
13. 	14. 	15. 	16. 

8. Tell your friend about:

- a) the students of your group and their sporting specialities;
- b) track-and-field athletics;
- c) healthy way of life.

LESSON 4

OUR TRAINING



We study at the Institute of Physical Culture, Sport and Health. We train in different places. Gymnasts practise in the gymnasiums; track-and-field athletes and football players – at the stadiums, swimmers – in the swimming-pools, tennis players – on the tennis courts, cyclists – on the highway or cycling tracks; volleyball, basketball and handball players – on the outdoor playgrounds or in the indoor sport halls; wrestlers – in the wrestling halls, boxers –

in the boxing halls, etc.

Usually we have training three times a week. Our training lasts about two hours. As a rule we begin our training with a warming-up, which is very useful for our body. It prevents injuries and pulling muscles. Usually a warming-up consists of slow running, fast running and free standing exercises. During our training we perform various exercises depending on the kind of sport in which we engage.

We train according to our coach's instructions. We participate in different contests and tournaments. Sometimes the students of our faculty win gold, silver or bronze medals.

We always remember the proverb "A sound mind in a sound body".

1. Translate the following words and word-combinations into Ukrainian:



Gymnasium, swimming-pool, outdoor playground, three times a week, warming-up, fast running, to prevent injuries and pulling muscles, to depend on the kind of sport, according to our coach's instructions, to win gold, silver or bronze medals, "A sound mind in a sound body".

2. Translate the following words and word-combinations into English:



Інститут фізичної культури, спорту і здоров'я; стадіон, велотрек, закритий спортивний зал, тривати, повільний біг, вільні вправи, виконувати вправи, займатися спортом, брати участь у змаганнях і турнірах, пам'ятати прислів'я.

3. Match the sport terms and their definitions:

1	gymnastics	use of a bicycle for sport, recreation, or transportation	
2	swimming	a team sport in which two teams of seven players each pass a ball using their hands with the aim of throwing it into the goal of the opposing team	
3	cycling	an individual or team racing sport that requires the use of one's entire body to move through water	
4	boxing	a sport that consists of two competitors engaging in fistfights while wearing gloves	
5	handball	a group of sport that includes physical exercises requiring balance, strength, flexibility, agility, coordination, artistry and endurance	

4. Complete the sentences using the following terms and phrases:



swimming
boxing
handball
acrobatic gymnastics
cycling

- 1) The _____ sport _____ of _____ consists _____ of professional and amateur races, which are held mostly in continental Europe, the United States, and Asia.
- 2) _____ is a sport in which two participants of similar weight fight each other with their fists in gloves in a series of one-to-three-minute intervals called rounds.
- 3) _____ is a fast-paced indoor game where opposing teams try to score by throwing a ball into a football-style goal with posts and a crossbar.
- 4) _____, which were once referred to as Sport Acrobatics, are a group gymnastic sport for men and women.
- 5) _____ is an activity that involves moving through the water using your arms and legs.

5. Read the text and answer the following questions:

- 1) What is the general meaning of the term training?
- 2) What is the meaning of the term training from the point of sport medicine's view?
- 3) What is another meaning of the term training?

Sports Training

(From Sports Training: Definitions, Aims, Functions. Retrieved from:

<https://www.sssutms.co.in/cms/Areas/Website/Files/Link/EContent/Complete%20Guide%20to%20Sports%20Training.pdf>)



In general, the word training is commonly used term in human language but in broad sense training may be define as an organised and systematic instructional process which aim is to improve the individual's physical, psychological and intellectual performance capacity.

In sports the term training is often used by the players, coaches and scientists but there are some disagreements among the coaches and scientists regarding the exact meaning of this term. The experts who belong to sports medicine are in the opinion that sports training is simply a doing of physical exercise. Some other experts understand the meaning of the word in the form of interval training, strength training, technical training and tactical training.

6. Read the text and put 3 questions to it to discuss it in the group:

Coaching and Sports Training Aim

(From Sports Training: Definitions, Aims, Functions. Retrieved from:

<https://www.sssutms.co.in/cms/Areas/Website/Files/Link/EContent/Complete%20Guide%20to%20Sports%20Training.pdf>)



Coaching may be defined as the technical skill which involve coordination of factors like time, sequence, action, movement and speed.

Sports training is the process of preparation of sportsman based on scientific and pedagogical principles aims at improving and maintenance of higher performance capacity.

The main aim of sports training is to prepare a sportsman for a highest possible performance in a main competition in a particular sport / event. Besides this following should be considered as the aims of sports training:

- Improvement of physical fitness.
- Acquisition of motor skills.
- Improvement of tactical efficiency.
- Education and improvement of mental capabilities.

7. Ask your friend the following questions:



1. Where do you train?
2. How often do you have your training?
3. How long does your training last?
4. What do you usually begin your training with?
5. Why is warming-up so important?
6. What does warming-up

consist of?

7. What do you do during your training?
8. What contests do you participate in?
9. What proverb about sport do you remember?

8. Tell your friends about your training.

LESSON 5

PHYSICAL TRAINING LESSON



As we are students of the Institute of Physical Culture? Sport and Health, we have a Physical Training Lesson almost every day. Before a lesson we put on our sport suits and gym shoes and come to the gym. At the beginning of the lesson the coach gives the command “Line up!” and we line up in a single or double file. Then the coach gives such commands as “Dress!”, “Shun!”, “Eyes right!”, “Look at your tiptoes! Stand your tiptoes in a straight line!”

One of the students of our group gives a report. He says: “Our group is ready for a Physical Training Lesson!” We hear our coach’s command “At ease!” and the coach explains the object of the lesson.

During our lesson the coach gives us different commands: “Right turn! Forward march! Double time march! Slow down! Keep in step! Count in twos! Break! Ready go!”. We perform various exercises depending on the kind of sport in which we engage. We always begin our lesson with free standing exercises.

At the end of the lesson, we again line up in a single line and say good-bye to our coach. Our lesson is over.

1. Remember the following commands:



Line up! (Fall in!) – Шикуйсь!
Dress! – Рівняйсь!
Shun! – Струнко!
Eyes right! (left, front) – Рівняння направо!
At ease! – Вільно!
Right turn! – Направо!
Forward march! – Кроком руш!
Double time march! – Бігом!
Slow down! – Сповільнити крок!
Keep in step! – Тримати ногу!

Count in twos! – На перший-другий розрахуйсь!

Break! – Розійдись!

Ready go! – Увага! Руш!

2. Find English equivalents of these words and word-combinations:

Урок фізичного виховання, надягнути спортивний костюм та спортивне взуття, прийти до гімнастичного залу, давати команду,

здавати рапорт, пояснювати тему уроку, виконувати вправи, вільні вправи, шикуватися в одну шеренгу.

3. Match the commands with the corresponding movements:

1	Stand up and freeze!	Students stop and look at the teacher	
2	Rotate!	Students go from facing one direction to another, south to north, etc.)	
3	Turn and Face!	Students interlock their hands together	
4	Eyes on me!	Students stand up, freeze, and place hands on top of head	
5	Hands!	Students rotate	
6	Hands together!	Students show their hands	

4. Read the paragraph and answer the following questions:

- 1) *What is the role of regular physical activity?*
- 2) *Does physical activity have benefits only in classroom?*
- 3) *What do the students learn through physical education?*

(From Pete Charrette. 18 Top PE Activities for Dynamic Physical Education Classes. Retrieved from: <https://translate.google.com.ua/?sl=en&tl=uk&text=18%20Top%20PE%20Activities%20for%20Dynamic%20Physical%20Education%20Classes&op=translate>)

Studies have shown that students who participate in regular physical activity exhibit improved attention, faster cognitive processing speed, and better academic performance overall. But the benefits of physical education extend far beyond the classroom walls, deeply influencing students' physical, social, and emotional health. Through PE, students learn the importance of staying active, working as a team, and setting personal health goals.

5. Read the steps of the “Chicken Dance” and put them in the correct

order. It may be a good activity for a PE classroom.



The “Chicken Dance” song is accompanied by a dance requiring a group of people, and it goes as follows:

- At the bridge, hold your arms straight, in imitation of an aeroplane. All dancers spin around the room in "flight" until the bridge ends.
- Make a chicken's tail feathers with your arms and hands. Wiggle downwards during the next four beats of the music.
- Repeat this process four times.
- At the start of the music, shape a chicken beak with your hands. Open and close them four times, during the first four beats of the music+the next four beats of the music.
- Clap four times during the next four beats of the music while rising to your feet.



6. Answer the following questions:



1. What faculty do you study at?
2. What lesson do you have almost every day?
3. What do you do before you come to the gym?
4. What command does the coach give at the beginning of the lesson?
5. What commands does he give during the lesson?
6. What do you always begin the lesson with?
7. What do you perform during the lesson?
8. What do you do at the end of the lesson?

- 7. Imagine that you are a coach. Give different commands and ask the students to perform them.**
- 8. Tell about your Physical Training Lesson to your friend from the other faculty.**

UNIT II THE OLYMPIC GAMES

(From Куліш І.М., Безкопильний О.П. Англійська мова для студентів інститутів і факультетів фізичної культури. – Черкаси. – 2009. – 126 с.)

LESSON 1

FROM THE HISTORY OF THE OLYMPIC GAMES



The Olympic Games are the oldest competitions. They were originated by the Greeks long before our era.

While the origin of the Olympic Games is not known exactly, there is a historical record of the ancient games beginning in 776 BC. Thereafter they

were held at four-year intervals until 393 AD, when they were abolished by the Roman emperor Theodosius after Greece had lost its independence.

The ancient Olympiad was a festive time. For a period of about a month poets, sculptors, artists, and historians made Olympia a cultural center. At first the program was confined to one day and consisted only of a single event – a race the length of the stadium. Then a race of a half mile was added and later – an endurance race. Afterwards additional races, the discus throw, the javelin throw, the long jump, boxing, wrestling, pentathlon, chariot racing and other events were added and the duration, including the religious ceremonies, was extended to seven days.

Women were not allowed as competitors or spectators. Women got on the Olympic program after World War 1, in a time of women's rights legislation in all fields.

Before the contests opened all the competitors and their families, the trainers and the judges swore a solemn oath to keep the competition clean and fair and to give just decisions.

The Games occupied such an important position in the life of Greece that the time measured by the four-year interval between them was called an "Olympiad".

1. Find the following words and phrases in the text:



Бути започаткованим, задовго до нашої ери, бути проведеним, бути скасованим, святковий час, бути обмеженим одним днем, складатися з, додаватися, бути збільшеним, бути допущеним, законодавство щодо прав жінок, давати урочисту клятву, приймати справедливі рішення, займати важливе місце.

2. Translate the following terms and phrases:



The Olympic Games, a race the length of the stadium, endurance race, the discus throw, the javelin throw, the long jump, boxing, wrestling, pentathlon, chariot racing, competitor, spectator, Olympic program, a solemn oath, competition, Olympiad.

3. Match the notions and their definitions:

1	endurance race	sport of throwing a spear for distance	3
2	discus throw	a sports event in which a person runs up to a mark and then jumps as far forward as he/she can	
3	javelin throw	the sport or practice of fighting with the fists	
4	long jump	sport practiced in various styles by two competitors, involving forcing an opponent to touch the ground with some part of the body other than his feet	
5	boxing	an athletic event comprising five different events for each competitor	
6	wrestling	a popular form of contest between small, two-wheeled vehicles drawn by two-, four-, or six-horse teams	
7	pentathlon	an event in which the participant throws a heavy disc, called the discus, into a throwing sector for distance	
8	chariot racing	a form of continuous running over distances of at least 3 km (1.9 mi)	

4. Complete the sentences with the following words or phrases:



festive time
one day
long before our era
solemn oath
a race the length of the stadium
historical record
oldest competitions

- 1) The Olympic Games are the_____.
- 2) The Olympic Games were originated by the Greeks_____.
- 3) There is a _____of the ancient games beginning in 776 BC.
- 4) The ancient Olympiad was a_____.
- 5) The first program was confined to_____.
- 6) The first program consisted of_____.
- 7) Before the contests opened all the competitors and their families, the trainers and the judges swore a _____.

5. Agree or disagree with the statements:



- 1) The Olympic Games are modern competitions.
- 2) At first the program was confined to one day and consisted of seven events.
- 3) Later the duration, including the religious ceremonies, was extended to seven days.
- 4) Women were allowed as competitors and spectators.
- 5) Before the contests opened all the competitors swore a solemn oath.
- 6) Before the contests opened the judges swore a solemn oath to keep the competition clean and fair and to give just decisions.
- 7) The Games occupied a significant position in the life of Greece.

6. Answer the following questions for summary:



1. Whom were the Olympic Games originated by?
2. When did the Olympic Games begin?
3. Whom were the Olympic Games abolished by?
4. What did the first program of the Olympic Games consist of?
5. What events were added later?
6. Were women allowed as competitors or spectators?
7. When did women get on the Olympic program?
8. What did all the competitors and their families, the trainers and the judges do before the contests opened?
9. What position did the Games occupy in the life of Greece?

LESSON 2

MODERN OLYMPIC GAMES



After nearly 300 Olympiads the Roman Emperor Theodosius banned the Games. In 1896, after a lapse of 1.500 years, the Games were revived in Athens, Greece, and have been staged every four years since, except for interruptions caused by World War I and II. It was due to the efforts of the Baron Pierre de Coubertin (1853-

1937) of France, a brilliant educator and scholar but not an athlete, that the Olympic Games were revived.

He summoned an international conference at the Sorbonne, Paris, in 1894. Ukraine was among the 12 countries which decided, at the international congress on sports in 1894, to revive the Olympic Games and found the International Committee. Its representative was elected one of the 14 IOC members. The Winter Olympics were born in 1924 at Chamonix, France.

The 1st Athens Olympics were participated in by 285 athletes from 12 countries. The nine sports on the program were cycling, fencing, gymnastics, lawn tennis, shooting, swimming, track-and-field athletics, weightlifting, and wrestling. With its close links to Greek history, the marathon has always been the star event of successive Olympic meetings and it retains this position today.

1. Find the English equivalents in the text:



Заборонити ігри, проміжок, бути відродженим, проводитися, крім перерв, завдяки зусиллям, блискучий педагог, науковець, скликати конференцію, коронний вид, послідовні зустрічі, зберігати позицію.

2. Translate the following words and word-combinations:

To be staged every four years since, an international conference, to be elected, to compete, to participate, cycling, fencing, gymnastics, lawn tennis, shooting, swimming, track-and-field athletics, weight-lifting, wrestling, star event, a successive Olympic meeting.

3. Match the notions and their definitions:

cycling	sport of lifting barbells of given poundages in a prescribed manner, as a competitive event or conditioning exercise
fencing	the self-propulsion of a person through water, or other liquid, usually for recreation, sport, exercise, or survival
shooting	a combat sport that features sword fighting
swimming	the activity of riding a bicycle or other type of cycle
weightlifting	a martial art and combat sport
wrestling	competitive and recreational sporting activities involving proficiency tests of accuracy, precision and speed in shooting

4. Complete the sentences with the sports from exercise 3:



1) The three disciplines of modern _____ are the foil, the épée, and the sabre; each discipline uses a different kind of blade, which shares the same name, and employs its own rules.

2) There are several styles of _____, known as "strokes", including: front crawl, breaststroke, freestyle, butterfly, and backstroke.

3) _____ is a type of strength training that uses weights for resistance.

- 4) _____ is a sport practiced in various styles by two competitors, involving forcing an opponent to touch the ground with some part of the body other than his feet
- 5) _____ can be categorized by equipment, shooting distances, targets, time limits and degrees of athleticism involved
- 6) The sport of _____ consists of professional and amateur races, which are held mostly in continental Europe, the United States, and Asia.

5. Agree or disagree with the statements:



- 1) The Olympic Games were banned by the Greeks.
- 2) In 1500, the Olympic Games were revived in Greece.
- 3) The Olympic Games were revived due to Baron Pierre de Coubertin.
- 4) The Winter Olympics were born in 1894.
- 5) The 1st Modern Olympics were held in 1896.
- 6) The programme of the 1st Modern Olympics involved 9 sports.

6. Answer the following questions:



- 1) Who banned the Olympic Games?
- 2) When were they revived?
- 3) Due to whose efforts were the Olympic Games revived?
- 4) What was the Baron Pierre de Coubertin?
- 5) Where did he summon an international conference?
- 6) What did the conference decide?
- 7) When were the Winter Olympic Games born?
- 8) Since when have Ukrainian competitors been competing in the Olympic Games?
- 9) How many athletes were the 1st Athens Olympics participated in by?
- 10) What sports were on the program of the first Olympics?
- 11) What is the star event of successive Olympic meetings?

7. Read the text and find similar and different features of Ancient and Modern Olympic Games:



The Ancient and Modern Olympics are similar in that both games have sporting events but the reasons they are held are different. The Ancient Olympics were part of a religious festival to the Greek God, Zeus, whereas the Modern Olympics are a sports competition for athletes from all countries of the world.

The winners in ancient times were presented with a wreath from an olive branch, however in the Modern Olympics the first three place getters receive gold, silver, and bronze medals.

There are many other differences in the Modern Olympics, such as traditions, opening and closing ceremonies, symbols, the Olympic flag, flame, and rings. More sports – tennis, swimming, judo, diving, and gymnastics - are now included. Not long ago a women's marathon was included. However, the Olympic Games will continue to be a sports spectacular that people look forward to every four years.

LESSON 3

WINTER OLYMPIC GAMES



The Winter Games are “younger” than the Summer Olympics. The Olympic Games had been held in ancient Greece 293 times, those of our time date back to 1896. Winter sportsmen have been holding “their own” Games only since 1924. True, figure skaters have been taking part in Summer Games twice (in 1908 and 1920) and ice-hockey players once (in 1920).

Although ice skating was included in the 4th Olympic Games in London in 1908, the first formal Winter Games with a representative group of winter sports which included skiing were held at Chamonix, France, in 1924.

The modern Winter Olympic Games include bobsleigh, biathlon, luge, speed-skating, figure skating and ice hockey for men and skiing, luge, speed-skating and figure-skating for women.

In 1970 the IOC passed a decision which stated that a winter sport may be considered Olympic if it is extensively practised on two continents in no less than 25 countries for men or 20 countries for women. The Winter Olympic Games are

held in accordance with the rules and regulations of the Olympic Games and the Technical Regulations of the International Federations.

VOCABULARY EXERCISES

1. Find the English equivalents in the text:



Проводитися, стародавній, брати участь, двічі, включати, представницька група, МОК, ухвалити рішення, широко практикуватися, відповідно до норма і правил, технічні регламенти міжнародний федерацій.

2. Translate the following words and word-combinations:



The Summer Olympics, winter sports, figure skaters, ice-hockey players, ice skating, skiing, bobsleigh, biathlon, luge, speed-skating, figure skating, ice hockey, the IOC, to be practised extensively, the Winter Olympic Games.

3. Match the notions and their

definitions:

1	skiing	a sport in which you race down a track covered in ice in a small vehicle with long metal blades under it	
2	ice-skating	a winter sports event that combines cross-country skiing with rifle shooting	
3	bobsleigh	the sport or activity of moving over snow on skis	
4	biathlon	a timing-based race in which an athlete lies down face up on a sled and slides at incredible speeds through a predefined course	
5	luge	skating on ice as a sport, entertainment, or pastime	
6	ice hockey	a game played on an ice rink by two teams of six players on skates	

4. Complete the sentences using sports from exercise 3:



1) _____ is a winter sport invented by the Swiss in the late 1860s, in which teams make timed runs down narrow, twisting, banked, iced tracks in a gravity-powered sled.

2) The _____ object _____ of _____ is to drive a puck into the opponents' goal with a hockey stick.

3) _____ was originated in Scandinavian hunting.

4) A _____ is a sporting event where one to two competitors sled on their backs and race to the finish line with the fastest time possible.

5) Figure skating and speed skating are the sport forms of _____.

6) _____ is also commonly known as downhill skiing, although that also incorporates different styles.

5. Agree or disagree with the statements:



1) The Summer Olympic Games are "younger" than the Winter Olympics.

2) The Olympic Games of our time date back to 1924.

3) Figure skaters have been taking part in Summer Games.

4) Ice skating was included in the 4th Olympic Games in London

in 1908.

5) The first formal Winter Games with a representative group of winter sports were held in 1908.

6) A winter sport may be considered Olympic if it is extensively practised on two continents in no less than 25 countries for men or 20 countries for women.

6. Answer the following sentences:



- 1) What Games are “younger”: Winter or Summer?
- 2) When were the first Modern Olympic Games held?
- 3) When were the first Winter Games held?
- 4) What do the Winter Olympic Games include?
- 5) What winter sport may be

considered Olympic?

- 6) Are the Winter Olympic Games held in accordance with the rules and regulations of the Olympic Games and the Technical Regulations of the International Federations?

7. Read the text, (a) find similar and different features of bobsleigh, skeleton, and luge; (b) match the pictures and these sports:

Bobsleigh consists of three events in the Olympic program. Men and women compete in two-man/two-woman. Men also compete in four-man. The 4-man sled is required to be a maximum length of 3.8 m and maximum width of 0.67 m.

Skeleton is considered the world's first sliding sport. Olympic skeleton events consist of four runs timed electronically to 0.01 seconds. A skeleton sled has a maximum weight of 35 kg for women and 43 kg for men.

Luge has four parts in which athletes take four runs down the track. Each run counts. The four times are added, and the fastest total time determines the winner. Luge competitors down the icy track at speeds in the range of 140 km/h, without brakes.





LESSON 4

THE OLYMPIC SYMBOL



Five rings or circles originally represented five continents, Europe, Asia, Africa, Australia, North and South America. Their true concept is the sporting friendship of all peoples on the earth.

THE OLYMPIC MOTTO

The motto of the Olympic Games is “Citius, Altius, Fortius”. The words citius, altius, fortius mean faster, higher, stronger.

THE OLYMPIC CREED

The most important thing in the Olympics is not to win but to take part, just as the most important thing in life is not the triumph but the struggle.

THE OLYMPIC OATH

“In the name of all competitors I promise that we will take part in these Olympic Games, respecting and abiding by the rules which govern them, in the true spirit of sportsmanship, for the glory of sport and the honour of our teams”. For the first time the Olympic Oath rang out at the opening ceremony of the Olympic Games in the Belgian city of Antwerp (1920). The idea of the reviving the ancient tradition of pronouncing an oath of allegiance to the Olympic ideals was Pierre de Coubertin’s.

THE OLYMPIC FLAG

The Olympic flag, a white silk square with five intersecting rings embroidered on it in blue, yellow, black, green and red was raised for the first time at the Games opening ceremony in the Belgium city of Antwerp (1920).

The idea behind it was simple: the five rings represented the five continents; the six colours (including the white background of the panel) represented the national colours of all countries without exception.

THE OLYMPIC AWARD

From 1896 the medal (gold, silver and bronze) became the sole official Olympic award. At the first Games in 1896 sportsmen contested medals in 12 events.

THE OLYMPIC CHAMPION

The title of the Olympic champion is the only title that is awarded for life. The prefix “ex” cannot be added to a sportsman name that has been inscribed in gold in the Olympic chronicle: there are no ex-champions of the Olympic Games and never will be. Every four years new names of victors appear in the Eternal Book of Olympic history to continue the list begun by the great sportsmen in 1896.

1. Find the English equivalents:



П'ять кілець, традиційно представляти, справжній зміст, девіз, швидше, вище, сильніше, кредо, тріумф, боротьба, клятва, дух спортивної дружби, церемонія відкриття, відродження стародавньої традиції, білий шовковий квадрат; кільця, що перетинаються; єдина офіційна нагорода, змагатися за медалі, єдине звання, вічна книга олімпійської

історії.

2. Translate the following terms and phrases:



Rings, circles, motto, oath, competitor, true spirit of sportsmanship, glory of sport, honour of teams, opening ceremony, flag, intersecting rings, official award, gold medal, silver medal, bronze medal, to contest medals, compete in disciplines, title, Olympic champion, to be awarded for life, Olympic chronicle.

3. Match the notions and their definitions:

1	motto	a very great success, achievement, or victory	
2	creed	a serious promise	
3	triumph	a set of beliefs, principles, or opinions that strongly influence the way people live or work	
4	oath	a prize or certificate you get for doing something well	
5	award	a short sentence or phrase that expresses a rule for sensible behaviour, especially a way of behaving in a particular situation	
6	title	the position of being the winner of an important sports competition	

4. Complete the sentences using the words from exercise 3:



- 1) A _____ is also known as a confession of faith, a symbol, or a statement of faith.
- 2) _____ means that you will tell the truth or that you will do what you have said.
- 3) An _____ sometimes called a distinction, is given to a recipient as a recognition of excellence in a certain field.
- 4) He _____ has _____ a _____ of the Olympic champion.
- 5) They celebrated their _____ with a parade through the streets of the city.
- 6) A _____ is a slogan or favorite saying.

5. Agree or disagree with the statements:



- 1) Five rings originally represented five continents.
- 2) The motto of the Olympic Games is not to win but to take part.
- 3) The Olympic Oath rang out for the first time at the opening ceremony of the Olympic Games in 1920.
- 4) The six colours of the intersecting rings represented the national colours of all countries without exception.
- 5) The gold, silver and bronze medals became the sole official Olympic award in 1920.
- 6) The title of the Olympic champion is the only title that is awarded for life.

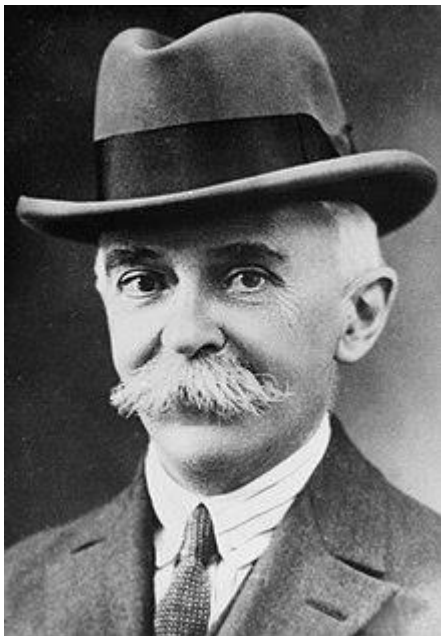
6. Answer the following questions:



- 1) What is the meaning of five rings?
- 2) What is the motto of the Olympic Games?
- 3) What is the creed of the Olympic Games?
- 4) Whose idea was the reviving the ancient tradition of pronouncing an oath?
- 5) What colour is the Olympic flag?
- 6) What is the Olympic award?
- 7) Are there ex-champions of the Olympic Games?

7. Read the text, make up 3 questions to it to discuss in the group:

Pierre de Coubertin



Pierre de Coubertin, Baron de Coubertin, was a French educator and historian, co-founder of the International Olympic Committee, and its second president. He is known as the father of the modern Olympic Games. He was particularly active in promoting the introduction of sport in French schools.

Born into a French aristocratic family, he became an academic and studied a broad range of topics, most notably education and history. He graduated with a degree in law and public affairs from the Paris Institute of Political Studies.

The Pierre de Coubertin medal (also known as the Coubertin medal or the True Spirit of Sportsmanship medal) is an award given by the International Olympic Committee to athletes who demonstrate the spirit of sportsmanship in the Olympic Games.

Lesson 5

The Youth Olympic Games

(From International Olympic Committee. Retrieved from: <https://olympics.com/ioc/youth-olympic-games>)



The Youth Olympic Games (YOG) are an elite sporting event for young people aged from 15 to 18 from all over the world.

The sports programme is mainly based on that of the Olympic Games. In addition, it includes exciting new sports, disciplines, and formats, such as breaking, sport climbing, 3-x-3

basketball, 3-x-3 ice hockey and mixed gender and mixed National Olympic Committee (NOC) events.

The first Youth Olympic Games were held on 14 August 2010 to 26 August 2010 in the country of Singapore.

The most recent Summer YOG in Buenos Aires in 2018 featured 4,000 athletes and achieved gender equality for the first time. The latest Winter YOG took place in Gangwon in 2024 and featured 1,800 athletes.

The next Summer YOG will take place in Dakar, Senegal, in 2026. Senegal will be the first country on the African continent to be awarded the honour of hosting an Olympic sports event.

1. Find the English equivalents in the text;



Елітний спортивний захід, переважно базуватися на, на додаток, захоплюючий спорт, змагання змішаної статі, змішана категорія, досягнути, гендерна рівність, бути удостоєним

честі, приймати олімпійську спортивну подію.



2. Translate the following terms and phrases:

The Youth Olympic Games, the sports programme, sport discipline, breaking, sport climbing, basketball, ice hockey, mixed gender event, mixed event, gender equality, athlete, to host an Olympic sports event.

3. Match the notions and their definitions:

1	breaking	a team sport that involves two teams of five active players each trying to score points against one another by throwing a ball through a high hoop under organised rules	
2	sport climbing	a game played on an ice rink by two teams of six players on skates	
3	basketball	an event where female and male individual competitors can participate together in the same event	
4	ice hockey	a combination of athletic moves including spins, flips and other complex body movements	
5	mixed event	the activity of using one's hands, feet, or other parts of the body to ascend a steep topographical object	

4. Complete the sentences using the words from exercise 3:



- 1) Climbing involves high-intensity climbing on relatively short routes.
- 2) Basketball is played on a rectangular court, usually indoors.
- 3) Breaking athletes are known as B-Boys and B-Girls with the “B” standing for “break”, which refers to a brief instrumental interlude with intense beats in music.
- 4) These include mixed team snowboard cross, ski aericals, ski jumping, and short-track speed skating.
- 5) The object in ice hockey is to drive a puck into the opponents' goal with a hockey stick.

5. Agree or disagree with the statements:



- 1) The Youth Olympic Games are a sporting event for young people aged from 18 from all over the world.
- 2) The sports programme of the Youth Olympic Games includes other events than the Olympic Games.
- 3) The first Youth Olympic Games were held in Buenos Aires.
- 4) The first Youth Olympic Games were held in 2018.

5) The next Summer Youth Olympic Games will take place in Africa, in 2026.

6. Answer the following questions:



- 1) What is the age of the participants of the Youth Olympic Games?
- 2) What is the sports programme mainly based on?
- 3) What additional new sports does the programme include?
- 4) When and where were the first Youth Olympic Games held?
- 5) When and where were the most recent Summer Youth Olympic Games

held?

- 6) How many sportsmen took part in the last Summer Youth Olympic Games?
- 7) When and where were the latest Winter Youth Olympic Games held?
- 8) How many sportsmen took part in the last Winter Youth Olympic Games?
- 9) When and where will the next Youth Olympic Games be held?

7. Read the text, make up 3 questions to discuss in the group:

The Paralympic Games



The Paralympic Games are a periodic series of international multisport events involving athletes with a range of disabilities. There are Winter and Summer Paralympic Games are held almost immediately following the respective Olympic Games. All

Paralympic Games are governed by the International Paralympic Committee (IPC).

The Paralympics began as a small gathering of British World War II veterans in 1948. The 1960 Games in Rome drew 400 athletes with disabilities from 23 countries.

As of the early 21st century, it is one of the largest international sporting events, with 4,520 athletes from 163 National Paralympic Committees at the 2020 Summer Paralympics. Paralympians strive for equal treatment with non-disabled Olympic athletes, but there is a large funding gap between Olympic and Paralympic athletes.

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