1. SUMMARY

A unique ESP course book, English through Sport by Krisztina Nemerkényi-Hidegkuti is being reprinted. Ms Nemerkényi and her colleagues have been successfully using the book for more than eight years to provide the students (PE teachers, coaches, sport managers, recreation specialists and human kinesiologists) of Semmelweis University Budapest, Faculty of Physical Education and Sport Sciences with the sport-specific English knowledge they need to be successful in an international sport environment (at competitions and conferences and during training sessions and university studies, for example).

The majority of the units from this A4-sized full-colour book focus on basic sports such as various ball games, swimming, track and field, gymnastics and different types of winter sports, in addition to which a wide range of sport-related topics such as anatomy and physiology, health, fitness and injuries, training, nutrition, doping and the Olympics are covered. Each unit of the book contains key vocabulary related to the topic, including helpful talking points for class discussions, useful pictures and athlete anecdotes, and grammar points with related exercises. Other materials are also available to supplement the course book: a workbook for unit revision, a sports-vocabulary two-language (Hungarian-English and English-Hungarian) dictionary, and a CD which contains anecdotes from or about athletes by both native and non-native English speakers.

For those ESP educators interested in using a practical and comprehensive course book, in English, to teach their students about the world of sports, or for those simply interested in sports, English through Sport by Krisztina Nemerkényi will prove an invaluable resource. The reprint of the book will be available at the end of March 2014.

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Here follow the sample pages of this edition for your attention.

Fig. 1 English through Sport
Fig. 2 English through Sport
Fig. 3 English through Sport
Fig. 4 English through Sport
BASIC ANATOMY AND PHYSIOLOGY OF THE HUMAN BODY

Muscles work like engines by burning fuel to produce movement. They are energy converters changing the chemical energy in the food we eat into the energy of movement. This energy of movement can be produced in three ways:

**aerobic system:** this is the muscle energy system which requires oxygen

**anaerobic lactic system:** this is the stored, start up system which does not require oxygen and does not produce lactic acid.

**anaerobic lactic system:** this is the system which does not require oxygen but produces lactic acid.

Each muscle can perform three types of contractions: **isotonic**, divided into concentric and eccentric; **isometric;** and **isokinetic**.

**Isotonic concentric contraction:** This is also called a positive contraction. It occurs when the force produced by the muscle overcomes the resistance and the muscle shortens.

**Isotonic eccentric contraction:** This is also called a negative contraction (antigravity contraction) in which the muscle is contracting but gradually lengthening. It can lower more weight slowly than it can lift concentrically. Its advantage is that it provides a greater overload. (But it can contribute to muscle soreness.)

**Isometric contraction (static contraction):** This occurs when a muscle exerts a force but does not shorten or lengthen. This contraction strengthens the muscles at only one point in the range of motion.

**Isokinetic contraction:** The speed of contraction is the same throughout the range of motion. This exercise places a maximum work load on the muscle throughout the entire range of motion.

Fig. 5 English through Sport
Fig. 6 English through Sport
ICE HOCKEY

This is believed to have originated from Eastern Canada in the 19th century. It is the fastest of all team sports, which incorporates speed skating and scoring goals. The game is played between two teams of six players on an ice rink, which should be surrounded by an unbreakable (shatter-proof) glass or plastic wall attached to the top of the barriers to protect the spectators from an errant puck. Players wear skates made of strong material with a short blade and attempt to move a hard vulcanised rubber puck, using thin-bladed sticks, into a netted goal at each end of the rink, which is defended by the opposing team. They wear protective clothing: helmet, mouthpiece, shoulder, chest, elbow and shin pads, and pants, stockings, shirts and gloves. The goaltender (goalie) also wears a face mask and a special catching glove on one of his hands.

At the beginning of each of the three twenty-minute periods and after goals, the puck is dropped or thrown to the ice by the referee or a linesman between two opposing players in a face-off. Then the puck is passed, controlled or shot by the players. Teams may substitute freely at any time during the game. No player is permitted to enter the attacking zone ahead of the puck.

An infringement of a rule (offsides) results in a face-off in the neutral zone between the two blue lines. A player who commits an infringement or foul is sent off the ice to a designated penalty box, most often for two minutes. The player with the puck may be checked (bumped) with the upper body or hip, but may not be charged, held or gripped by an opposing player or by his stick. The winner of the game is the team which scores the greatest number of goals.
Skating

COMBINATION
LHNIPSEROCS
ADAEGNICALP
PBENDRALLOB
SPZIGNALCE
KEMTOEPICKS
ADAUULTLHSWP
TAPOLIARIA
ELARLOOPNSI
LBROSSOVER
ELGAEDAERPS

Try to find the following words in the puzzle in any direction:

bend, blade, bollard, change lanes, clap skate, clockwise, combination, crossover, jump, land, lap, loop, hat, pairs, placing, routine, scores, spin, spread eagle, toe picks

Write the remaining letters on the line below:


88

Fig. 8 English through Sport
The principle of the individual races is 'against' the clock. The start is given every 30 seconds. The pursuit race is contested in 2 races over 2 days. The first race is against the clock in the classic technique. The skier with the best time takes 1st position in the 2nd race, which is contested in free technique, with a handicap corresponding to the time difference in the 1st race. The winner is the one with the best time.

To attract more spectators new such events are organized, where a mass start is used, and such ones where the competitors cover half of the distance skied in classic, and half of the distance in free style. In between the two they have to change skies.

Formulate sentences by using the following verbs:
- to bend
- to lean
- to turn
- to face
- to push/pace
- to keep
- to transfer
- to shift
- to crash
- to slide
- to carve
- to traverse

Nouns:
- avalanche
- full-frosted
- g lesson/t (r e n
- headband
- slope
- sun block
- lip screen
- toe/peak of the mountain
- clips
- edge
- inside/outside
- up/downhill
- boots
- hat

**BIATHLON**

**Biathlon** is the combination of cross-country skiing and rifle shooting, when you have to shoot at targets at intervals throughout the race. This requires a high level of fitness and fast recovery time to shoot accurately. Biathletes leave from a starting gate just in front of the stands, one at a time, one minute apart, each with a very light and accurate .22-caliber rifle on
2. Try to find infinitive structures in the text

3. Write the proper word forms in the following sentences

The skiers were preparing for the big ............ COMPETE
The ................. told them to prepare ORGANISE
for their ................. PERFORM
The ................. of the piste was good
but there was a ................. part, where
the competitions were ................. to make mistakes.

The first ten on the FIS ranking were.............. SUCCESS
in coming down the slopes. But the ................. was
very high on the others. The not so ................. athletes could not cover the ................. of the piste
without an accident ................. did not help.

An ................. skier had to be taken to the hospital
get a ................. there. The doctor said that
the ................. period would not be so long.

4. Read the following sentences about a certain sport and decide what the person was talking about

1. What I enjoy most is the speed.
2. It is sometimes tiring to climb up so high.
3. You have to use warm clothing, because it is very cold there.
4. I need flexibility, speed and endurance in my sport.
5. I have trainings 3 times a week and regularly go to weight trainings.
6. The problem is that I have to memorize the course and visualize it when I go along it.

5. Find the synonyms

signal   in good shape
hurt     well
fit      train
practise cause pain to
healthy align

WORDS
YOU SHOULD KNOW

pursuit, mass start
avalanche, gliding, mini-moguls
headband, sun block
hip, accent, shock
uphill, downhill, birkie
rifle, shooting
shot at targets
level of fitness
recovery time
starting gate, stands
loop, firing range
range of targets
skate拘留, position
pronunciation, position
squeeze the trigger
missed target, extra loop
freestyle, skiing, ramps
stop, execution
bump, corner

aerial, stunts
mid-air, tricks
ski jumping, tower
jumping hill
in-run, acceleration cone
take-off, table flight
landing
deceleration zone
critical point, (C-point)
landing area
visually, measure
aerodynamics, lift

Volleyball
Nordic, combined
pursuit, combined events
anticipation, checking
cheesy, full line
hip, angulations
lateral, rotation
gliding, turn
un-weighting, weighting
cave, slide
cross, edge
ski pass
skin-tight suit
screwing, crack helmet
headband, downhills

Fig. 10 English through Sport
BALL GAMES - SOCCER/FOOTBALL

- a sliding tackle is used to get the ball away from the opponent with a sliding movement and without gaining possession.

Passing is kicking the ball from one player to another.
- a chip pass is a highly-curved steep ball with a backspin on it (over a defender)
- a lofted pass is a high ball, covering longer distance
- a back heel pass is kicking the ball backward with the heel
- a swerving pass is a pass with a lot of spin to make it curve round an opponent
- a volley pass is a pass made by kicking the ball while it is still in the air
- a wall (one-two) pass is passing the ball quickly to a team-mate and running past the opponent to collect the return ball

Heading is used either for controlling or directing the ball in an attack.

Kicks
- a free kick is awarded in case of infringing the rules
- a corner kick is when the ball is knocked over a team's own goal line and the other team is awarded a direct free kick from the corner circle
- a goal kick is if the ball is knocked over the other team's goal line out of the goal, and a goal kick is awarded
- a penalty kick is kicking the ball from the 11 m spot after a serious violation inside the penalty area

Shots
- a half-volley is kicking the ball just as it hits the ground and starts to rise
- a volley shot, that is also called full volley, is a shot made by kicking the ball while it is still in the air
- an overhead (bicycle) shot is when the player shoots with his back to the goal and both legs in the air

The team is trained by the coaches (head coach and assistant coach). The trainer should always sit on the substitute's bench, to help players if they get injured during play.

Fig. 11 English through Sport
BALL GAMES - TENNIS

game. A set is won by the side first winning 6 games (by a two game margin). If you have no points, it is called 'love'.

The match is decided on the basis of the best of three sets, or in men's singles and doubles events in major tournaments, the best of five sets. After each set the players change ends (this is a changeover).

Officials control the matches. The umpire sits in a high chair and has a good view of the court. He controls the rules, calls out the scores, acts as a scorer and often overrules the decisions of the line judges. The net judge controls the service and calls 'net' if the ball touches the net cord, but still lands in. Service line judges check if the service is out. Line judges call the foot faults and in or out.

Ball boys and girls collect and change the balls.

Different tournaments are organised in tennis either in a round robin system, when all players play each other in groups, and the top two ‘go through’ (e.g. Challenge Tour) or in a direct elimination (knock out) system in which the winner goes forward (e.g. at big international tournaments). The four most well-known tournaments is the Grand Slam. It starts in Melbourne with the Australian Open on cement courts, and continues with the French Open in Paris on clay courts. Then comes the traditional grass court of Wimbledon, and it finishes in New York with the U.S. Open on cement. The winner of the Grand Slam should be an all-court player (e.g. the Williams sisters, Steffi Graf or Pete Sampras, etc.)

Players earn points from their performances. World ranking is important in competitions, because the top players are ‘seeded’, are on the main table and they start playing in later rounds.

The ‘unseeded’ players start playing earlier by drawing. If there are an odd number of players, those left are given ‘byes’ (go forward without playing). A wild card is given to those

DID YOU KNOW THAT...

• Tennis racquets are made of aluminium or all-graphite (stiff) or of graphite and nylon mixture composite (more flexible).
• The heavier the racquet, the bigger the grip is.
• There are normal, mid-size and jumbo head racquets.
• Strings are made from natural gut (slow twist) or from synthetic materials.
• Tighter strings give more power but less control.
• Thick cotton socks are the best for comfort and support.

Fig. 12 English through Sport
GYMNASTICS

Planche executed by Sólyom Zoltán
Hungarian Olympic champion in rings

In a motion strength stunt he brings his body slowly into a support position either upwards (press to a handstand) or downwards (to a back hanging), fighting against his weight and the instability of the rings. The other category is where they use the force created by the bending and stretching motion of the hips. The final goal is to combine all of these different kinds of moves into a unified performance which balances stability and fluidity. Most ring stunts depend to a large degree on the elasticity of the shoulder joints and muscles. From the end of the 70s, the number of swinging stunts has emerged by using an ‘artificial grip’ to protect the hands.

Some stunts:

Hang: a position in which a performer suspends himself from the rings with his arms straight and the feet pointing towards the floor.

Straight body cross: an immobile position with the arms stretched straight out from the shoulders, placing the body in a ‘cross’ position. The cross falls between the basic hang and arm support positions and is categorized variously in different countries. An L-cross is performed with the legs raised to a horizontal level.

Sommersault dismount: at the peak of the upward movement of a forward swing, the gymnast performs a sommersault in the air and lands on the floor. This can be done forwards or backwards, incorporating straddle, bent-body and layout, or the usual tuck position. One can also add twists.

VAULT

Vaulting can be broken into two parts. The primary phase or pre-flight, includes the running (run-up/approach run), hurdle step, take-off and the vault off the springboard to the point at which contact is made with

Fig. 13 English through Sport
the vaulting table. The secondary phase (second or post flight),
begins with the push-off from the table with the hands (strike),
includes the gymnastic tricks (salto and turns) and ends with
the landing.

The execution of performances is judged primarily on the basis
of the secondary phase, a certain percentage of points depend on the
height and angle attained in the take-off. Gymnasts can touch
the vaulting table anywhere. Hand positioning is important as it
provides the necessary elevation and momentum for the
secondary phase. There is also a landing zone.

The repertoire is small compared with the other events. Every
jump has a number which the gymnast must show before jumping.
The gymnasts execute two different jumps. The points are added
and averaged.

Some stunts:  

**Handspring:** A forward-directional stunt in which the
performer vaults to a momentary handstand support with the body stretched out, and turns over in
a free flight to stand with the back to the vaulting table. (If it is performed with bent body, it is called
a Yamashita).

![Yamashita]

**Cartwheel:** A forward-directional stunt in which the performer vaults with a quarter turn sideways
prior to making contact with the hands. After a momentary handstand support in this sideways
position, the gymnast follows through on the turn to land standing sideways to the table. If it is done
by making the quarter turn after the hands make contact, it is called a handspring with quarter
turn. As landing is dangerous for the knees with this position, its present day variation is done with
another quarter turn, when after a backward somersault or salto the gymnast lands facing the vaulting
table. This latter jump is called a Tsuchahara.

Fig. 14 English through Sport