

МИНИСТЕРСТВО ОБРАЗОВАНИЯ И НАУКИ РОССИЙСКОЙ ФЕДЕРАЦИИ

Нижегородский государственный университет им. Н.И. Лобачевского

ОБРАЗ ЖИЗНИ: СПОРТ И ДОСУГ
Way of Life: Sports and Leisure

Практикум

**Сборник текстов и заданий по английскому языку
для студентов, обучающихся по направлениям подготовки
39.03.01 «Социология» и 39.03.02 «Социальная работа»**

Рекомендовано методической комиссией филологического факультета
для студентов ННГУ им. Н.И. Лобачевского,
обучающихся по направлениям подготовки
39.03.01 «Социология» и 39.03.02 «Социальная работа»

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Данный практикум предназначен для студентов факультета социальных наук, изучающих английский язык. Цель данных учебно-методических материалов – совершенствование навыков работы с текстом, развитие письменной и устной речи, расширение терминологического словарного запаса и подготовка обучающихся к работе с научными текстами по специальности.

Ответственный за выпуск:

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UNIT 1: Active Lifestyle

Exercise 1. Look through the list of the lifestyle adjectives below. Divide them into three groups. Give your reasons.

Active, boring, busy, creative, dangerous, dull, easy, exciting, free, hectic, interesting, lazy, peaceful, relaxing, risky, stressful, unusual, sedentary



Exercise 2. Which of the adjectives describe *your* lifestyle? Discuss and compare your ideas with the student(s) next to you.

Exercise 3. Look through the list of sports and outdoor activities. Have you ever tried any of them?

Parachute jumping, bungee jumping, boating, camping, hunting, hiking, fishing, back-country skiing, white water rafting, shooting, baseball, hang gliding, sky diving, downhill mountain biking, ice-skating, swimming, downhill (alpine) skiing, cross-country (nordic) skiing, football, basketball

Exercise 4. Ask and answer the following questions with your partner. Tell your fellow students about your partner's preferences and lifestyle.

1. What sport do you enjoy doing most?
2. Are there any other sports that you would like to try?
3. Do you prefer going to sports events or watching them on TV?
4. What sport do you enjoy watching most?

Exercise 5. Read the definitions below. Guess which sport or activity is described.

1. Going for a long walk in the country for pleasure or exercise – *hiking*.

2. Jumping from heights while attached to an elasticized rope –

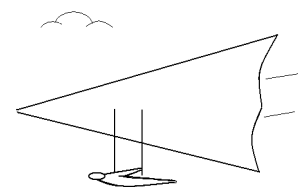
3. Jumping from an aircraft and making movements while falling before opening a parachute –

4. Sailing by raft down a river which is white because of the fast water striking rocks –

5. Flying using a large kite instead of a plane –

6. Skiing in wilderness, where no tourists can be found –

7. Using a fat-wheeled bike to ride extremely fast descending a slope –



Exercise 6. Guess what the following words and word combinations mean:

Outdoor activities, pistol, "extreme" sport, parachute jumping, playground, recreation center, ice-skating arena, baseball field, high school football game, college football game, graduate (n.), compete, worldwide event, countless numbers, school sports areas.

Exercise 7. Check the meaning and pronunciation of the words:

Ample, pursuit, rifle, elasticized, bungee jumping, throughout, alpine, exist, spectator, enthusiasm.

Exercise 8. The phrases below have been removed from the text. Read the text and decide which phrase goes in each of the numbered gaps.

- A. Communities throughout the nation
- B. played in small towns on neighborhood playgrounds
- C. someone interested in hunting and fishing
- D. many of whom are graduates of the schools
- E. gives workers ample time for recreation and educational pursuits
- F. with enthusiasm reaching a high pitch

SPORTS IN THE USA

The usual work week in the United States is 40 hours, a period that (1_____). Sport accounts for the most popular form of recreation. Many Americans enjoy outdoor activities which include boating, camping, hunting, hiking, fishing, back-country skiing, and white water rafting. The term "sportsman" also refers to (2_____). In many parts of the country, rifle and pistol shooting at target ranges is a popular sport.

Another growing field of activity includes such dangerous "extreme" sports as hang gliding, parachute jumping, sky diving, downhill mountain biking, and bungee jumping (jumping from heights while attached to an elasticized rope).

(3_____) provide playgrounds, swimming pools and recreation centers. Many cities have ice-skating arenas, baseball fields, swimming pools and playgrounds. Ski areas, both downhill (alpine) and cross-country (nordic), exist all over the United States.

Americans also take part in sports as spectators. In the autumn, high school and college football games attract millions, (4_____) and come to cheer for their school teams. College football alone draws over 36 million spectators. Sports organizations send their best players and teams to compete in regional competitions and worldwide events such as the Pan American Games and the Olympic Games.

About 42 million people attend basketball games each year. Professional baseball games attract over 45 million yearly, (5____) during the national championship competitions, the World Series, each year in October. At home millions watch sports events on television, or listen to broadcasts on the radio. Countless numbers of persons also attend baseball, football and other team contests (6____) and school sports areas.

Exercise 9. How well do you remember the text? Answer the questions:

1. How long does the work week in the USA last?
2. What outdoor activities do Americans enjoy?
3. Which sports are considered to be "extreme"?
4. What recreational facilities are provided for people all over the country?
5. What spectator sports attract millions?

Exercise 10. Speaking:

- use the questions from Exercise 9 to describe popular sports in Russia;
- surf the Internet to find some information about popular extreme sports (e.g., parkour, base-jumping, capoeira etc.) and make a short report about any of them.

Exercise 11. Find the equivalents to the following words and phrases in the text.

Экстремальные виды спорта; предоставлять спортивные площадки, бассейны и центры отдыха; зрители; выпускники; привлекать; посещать баскетбольные матчи; национальные чемпионаты; слушать трансляции по радио; спортивные площадки по соседству.

Exercise 12. Check your memory – use these key words to sum up the text.

Enjoy outdoor activities; "extreme" sports; provide playgrounds, swimming pools and recreation centers; draw/ attract (millions of) spectators; compete in regional competitions; attend games; listen to broadcasts on the radio; team contests; neighborhood playgrounds.

UNIT 2: Hobbies and Traveling

Exercise 1. Work with your partner. What hobbies do the photos illustrate? You have 3 minutes to brainstorm as many hobbies as you can!



Exercise 2. The following words come from the text “Hobbies and Traveling”. With your partner, discuss what connection you think they might have with it.

lectures
night schools
benefit (n)
natural wonders
scenery
battlefields

Exercise 3. Read the text quickly and check your suppositions.

HOBBIES AND TRAVELING

Photography, stamp collecting, needlework and gardening are popular leisure pursuits. Other hobbies include painting, sculpture, wood and metal working. Many people like to improve or enlarge their homes by doing the work themselves. Others use some of their spare time to take courses in night schools.

Paid vacations of two weeks or longer are a commonplace benefit in many companies. Americans often use this time to travel, especially to see the magnificent scenery, natural wonders and points of historic interest to be found in many parts of the country. Each year over 200 million visit the 42 national parks. In addition, there are nearly 31,000 state parks and recreation areas. Many of the parks have public camping areas (the number of campers has grown in the past 10 years) as well as

hotels and restaurants. In many parks visitors can swim, fish, attend lectures and take advantage of a variety of other activities. Some of the nation's most impressive natural wonders are Niagara Falls, the Grand Canyon, Yellowstone and Glacier National Parks.

Thousands of tourists visit Washington, D.C., to see the White House, the Lincoln Memorial, the Washington Monument, the Capitol Building and George Washington's home at Mount Vernon in nearby Virginia. Many visit Revolutionary War battlefields in various eastern states. New York City has the famous Statue of Liberty, the United Nations and the Empire State Building. Among other major attractions are urban museums and art galleries; Mount Rushmore in South Dakota, where huge sculptures of the heads of four Presidents are carved on the mountainside; numerous ocean beaches, amusement parks and zoos.

But Americans like to see other countries as well as their own. Each year more than four million go to Europe and nearly half a million travel to Bermuda. Countries in Asia, Africa and the Near East are also attracting more American tourists each year.

Exercise 4. Say if these statements are true or false. Correct the false ones.

1. Crafts are very popular in America.
2. People in the US get 2 weeks a year paid vacation from their job.
3. Within the country, outdoor vacations are not popular.
4. It is very common to use vacations to visit large cities and places of historic interest.
5. Americans neither like to see other countries nor their own.

Exercise 5. Translate the underlined sentences into Russian.

Exercise 6. Find the equivalents of these words and phrases in the text.

Улучшать и расширять свои дома; оплачиваемый отпуск; великолепные пейзажи; зоны отдыха; впечатляющие чудеса природы; посещать лекции; гигантские скульптуры; многочисленные океанские пляжи.

Exercise 7. Use the key words to sum up the text:

- popular leisure pursuits; improve or enlarge homes; take courses in night schools;
- paid vacation; a commonplace benefit;
- magnificent scenery; natural wonders; points of historic interest; public camping areas; attend lectures; take advantage of a variety of activities; travel abroad.

Exercise 8. What natural wonders in America do the photos show?



Exercise 9. Work in small groups. Choose one of the natural wonders or places of interest and make a short report about it.

Niagara Falls, the Grand Canyon, Yellowstone National Park, Glacier National Park, the White House, the Lincoln Memorial, the Washington Monument, the Capitol Building, George Washington's home (at Mount Vernon), Statue of Liberty, the United Nations, the Empire State Building, Mount Rushmore

Exercise 10. Discuss these issues with your partner.

- what to see in Russia
- what to do and to see in your native town or city
- a place of interest you have seen
- a city/town in Russia you would like to visit
- natural wonders in Russia

UNIT 3: Recreation

Exercise 1. Discuss the following questions in pairs:

- What do we mean by recreation?
- What are the most popular forms of recreation in Russia?

Exercise 2. Find synonyms in the lists of the words below:

attract	ample time
many	take part in
enough time	all over the country
splendid	impressive
participate in	spare time
competition	contest
breathtaking	exist
be	draw
throughout the nation	benefit
advantage	numerous
free time	magnificent

Exercise 3. Use some of the words from Exercise 2 instead of the words in italics:

1. There are many sports activities in America which *attract* millions of participants.
2. Some Americans *participate in* sports as spectators – actually at the contest or via television.
3. Traveling can broaden your perspective on the United States and enlighten your study program in this *magnificent* country.
4. Natural beauty is close at hand in the form of *numerous* local, state and national parks, or national wildlife refuges.

Exercise 4. Copy the chart below. Fill it in with sports and recreational activities from the texts. Add THREE more examples of your own to each column.

GO	PLAY	DO
boating	football	...
camping
...

Exercise 5. Read the adjectives and use them to speak about various sports and recreational activities.

Thrilling, fun, boring, extreme, relaxing, competitive, challenging, violent, difficult, creative, dangerous, tiring, energetic.

Exercise 6. Work in pairs. Which word is different from the others? Explain your choice. Sometimes there is more than one correct answer.

1. hiking, skiing, stamp collecting, camping
2. hunting, bungee jumping, camping, fishing
3. boating, hiking, swimming, gardening
4. skating, football, baseball, hockey
5. take part, compete, participate, watch
6. many, major, numerous, countless

Exercise 7. Which adjective in each group does NOT go with the noun on the right? Make up sentences with some of the phrases.

1. picturesque/ outstanding/ magnificent/ beautiful/ breathtaking *scenery*
2. amateur/ competitive/ extreme/ professional/ recreational *sports*
3. sports/ outdoor/ team/ leisure/ recreational *activities*

Exercise 8. Use the prompts in the table to describe one of the sports.

<i>verb</i>	<i>sport</i>	<i>people</i>	<i>place</i>	<i>equipment</i>
go	boxing	boxer, referee	ring	gloves, mouth guard
go	skiing	skier, ski instructor	ski track	skies, boots, poles, ski-suit, goggles, mittens
do	aerobics	instructor, athlete	gym	leotard, mat, stepper
play	volleyball	referee, player	court	net, ball, knee pads, volleyball kit
play	hockey	goalkeeper, hockey player, referee, forward, back	stadium, skating rink	mittens, washer, hockey stick, uniform, skates
play	tennis	referee, tennis player	court	net, ball, racket

Exercise 9. Look at these photos and compare:

a) these sports/ recreational activities



b) these hobbies



Follow the stages:

- tell your partner what you can see in the pictures and make your guesses about the types of recreation;
- find similarities and differences between the activities;
- focus on the advantages and disadvantages of relaxing in this or that way;
- express your opinion.

UNIT 4: Quality Time

Exercise 1. Answer the questions:

- What sort of holiday do you like most: relaxing in the sun? sightseeing? a holiday abroad? an active holiday?
- Who do you usually spend your holidays with?

Exercise 2. Read the text and explain, in Russian, what the concept 'quality time' involves.

Text 1




When people spend time together doing something that they enjoy or something that they feel is useful, they are spending *quality time* together.

Couples are often so busy with work and other responsibilities that they may not be able to spend much time together. People often say that the **quality** of time they spend together is more important than the **quantity** of time. In other words, *how* you spend your time together is more important than *how much* time you spend with someone.



Exercise 3. Dwell on your way of life and quality time you spend with your a) family; b) friends.

Exercise 4. You and your friends/ family have won a fantastic holiday this summer! You can choose ONE of the holidays below! Decide, where you want to go and why.

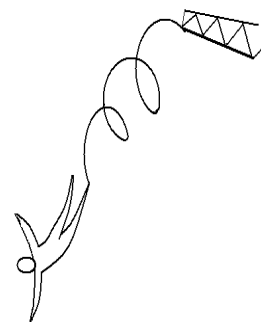
<i>Scuba-diving:</i>	<i>Kayak adventure</i>	<i>Sea cruise</i>
 <p>10 days, three-star hotel, all-inclusive, a free local coach, undersea world – long distance</p>	 <p>2 weeks, wooden huts, take own food, clear rivers/lakes – lack of energy and/or skill to row, insects</p>	<p>6 days, spacious comfortable ship, 3 meals a day, swimming pool, club – sea-sickness</p> 

Exercise 5. Read the texts about extreme sports.

Text 2

BUNGEE JUMPING

Of all the risk or adrenaline sports, bungee jumping seems the most popular. Worldwide, one-and-a-half million people have tried it. You hurtle towards the ground from 200 metres up and, at the last moment, when you are about to hit the water or land and death seems certain, a rubber band suddenly pulls you back to life. You can decide whether to jump from a crane, a bridge or a balloon. Attached to a length of elastic rope, jumpers experience a free fall of nearly 100 mph, before they are slowed by a quickly increasing pull on their ankles.



After five or six bounces jumpers are lowered on to a mattress and set free. Almost unable to speak, they walk around with idiotic grins on their faces. Their hands can't stop shaking, they can only use superlatives and say repeatedly how amazing it was. 'As you are falling, all you see are things flying around as you turn,' says one breathless bungee jumper. 'You don't think you are ever going to stop and when you rebound, it's like weightlessness. You feel as if you are floating on air. My legs are like jelly, but I feel so alive!'

Text 3

WHY DO WE RISK IT?

Ordinary people all over the world are willing to risk their lives for the ultimate experience – an “adrenaline buzz”. What basic human need is driving them to do so?

Risk sports are one of the fastest-growing leisure activities. Daredevils try anything from bungee jumps to illegally jumping from buildings. These people never feel so alive as when they are risking their lives. In their quest for the ultimate sensation thrill seekers are thinking up more and more elaborate sports. “Zip wiring”, for example, involves sliding down a rope from the top of a cliff suspended by a pulley attached to your ankle.

So why do some people's lives are dominated by the 'thrill factor', while others are perfectly happy to sit at home by the fire? Some say that people who do risk sports are reacting against a society which they think has become dull and constricting. David Lewis, a psychologist, believes that people today lack adventure. In an attempt to guarantee safety, our culture has eliminated risk. 'The world has become a boring and safe place,' says Lewis. 'People sought adventure by hunting wild animals, or taking part in expeditions. Now they turn to risk sports as an escape.'

Risk sports have a positive side as well. They help people to overcome fears that affect them in their real lives.

Exercise 6. Discuss with your fellow students:

- Why do people risk their lives and do extreme sports?
- What is the impact of sport on our life?



Exercise 7. Write an essay (220-270 words) for a University lecturer on one of the topics from Exercise 6.

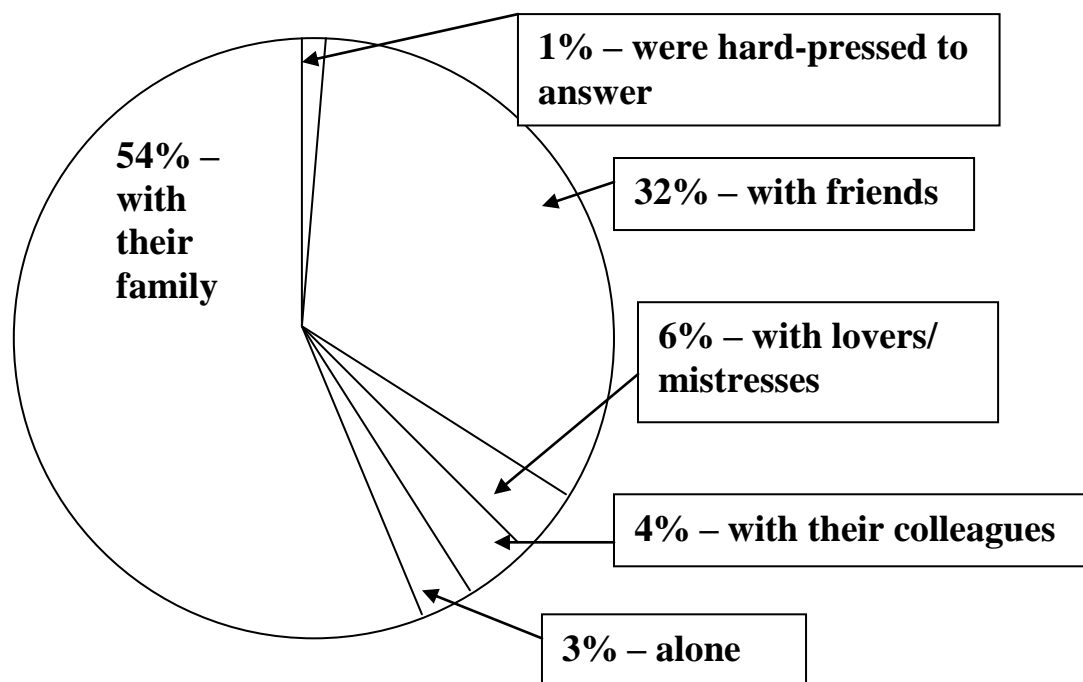
UNIT 5: Who ... with? Describing a Pie-Chart

Exercise 1. Study the pie-chart in Figure 1 carefully. Focus on:

- the theme it deals with;
- where the information comes from;
- the time the survey was conducted.

Figure 1. Who do Russian people usually spend their holidays with?

Source: 2000, Social Statistics and Analysis Research Center



Exercise 2. Follow the steps below to describe the pie-chart.

1. Decide what main points you will have to cover and what figures you should include.
2. What conclusion can you make?
3. Decide what tense(s) you should use.
4. Revise the vocabulary relevant to the theme. What words or phrases can you use to avoid repetition?

Exercise 3. Use some of the words from the list in your description.

- to demonstrate/ to show
- to do research/ to conduct a survey
- ...% of the sample/ ...% of the respondents
- according to.../ as we can see from the chart, ...
- to report/ to state/ to claim

***Exercise 4.* Write a report (150-180 words) for a University lecturer describing the information in the pie-chart in Figure 1.**

***Exercise 5.* Interview 10 people you know to learn who they spend their holidays with.**

Draw a pie-chart to illustrate your findings and prepare a short report.

REVISION: Check Your Progress

Exercise 1. Choose the correct answer.

1. Ice hockey, football and baseball are the most popular ____ sports.
A. spectator B. spectacular C. spectators D. spectacles
2. ____ football teams are organized at almost every school, house or street where there are eleven boys or more.
A. Professional B. Popular C. Spectacular D. Amateur
3. It is as interesting to watch sports as ____ in them.
A. to play B. to do C. to participate D. to go
4. His ____ will lose the match if they don't train hard.
A. colleague B. spectators C. team D. referee
5. He is going to spend his holiday ____ the seaside.
A. in B. at C. on D. along

Exercise 2. Fill in the gaps in the text with ONE word. Sometimes you have more than one correct answer.

AN INCIDENT IN FRANCE

All ten rafts participating (1)____ an amateur white-(2)____ raft race for charity overturned in France yesterday. The race was (3)____ on one of France's fastest rivers where heavy rain for over a week had turned the river into a raging torrent and made it extremely difficult to control the rafts. Most of the (4)____ were teenagers and many were not wearing life-jackets or helmets. "We are extremely lucky that nobody was hurt," commented one of the organisers. The incident highlights the dangers of this increasingly popular holiday (5)____. When asked if the charity would organise a similar race next year, the organisers said they had decided to replace white-water rafting by a team ping-pong competition.

Exercise 3. Answer the questions.

1. What was the purpose of the white-water raft race?
2. Why did the rafts overturn?
3. What rules did the organisers break?
4. Were the participants amateurs or professional athletes?
5. Are the organisers going to hold a white-water raft race next year?

Exercise 4. Discuss this question with your partner/ in your small group.

- Where do people in our country like to go for their summer holidays?

Use some of the expressions below:

1. To begin with.../ I will start by saying that...
2. It is common knowledge that...
3. For all I know... / As far as I know (remember, can see) .../ If I'm not mistaken, ...
4. Speaking about...
5. My point is that.../ I mean to say...
6. To some extent you are right
7. I suppose it's too much to say that...
8. Much depends on who (when, how etc.)
9. On the one hand.../ On the other hand...
10. On the surface of it.... However, ...
11. It must be noted that...
12. Keep to the point/ Don't get away from the point
13. May I have my say? / Let me have my say
14. Let me see / Let me think
15. I don't catch what you are saying
16. In short.../ Let's round off
17. In conclusion I'd like to say...

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Практикум

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