

МИНИСТЕРСТВО ОБРАЗОВАНИЯ И НАУКИ МУРМАНСКОЙ ОБЛАСТИ
ГОСУДАРСТВЕННОЕ АВТОНОМНОЕ ПРОФЕССИОНАЛЬНОЕ
ОБРАЗОВАТЕЛЬНОЕ УЧРЕЖДЕНИЕ МУРМАНСКОЙ ОБЛАСТИ
«СЕВЕРНЫЙ КОЛЛЕДЖ ФИЗИЧЕСКОЙ КУЛЬТУРЫ И СПОРТА»
(ГАПОУ МО «СКФКиС»)

Методические указания по выполнению и варианты ДКР
для студентов 2 курса
заочной формы обучения
специальности 49.02.02 «Адаптивная физическая культура»
по предмету ОГСЭ.04 ИНОСТРАННЫЙ ЯЗЫК

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Методические указания разработаны на основе Федерального государственного образовательного стандарта (далее – ФГОС) по специальности среднего профессионального образования (далее - СПО) 49.02.02. «Адаптивная физическая культура» в соответствии с программой подготовки специалиста среднего звена.

Организация-разработчик: ГОСУДАРСТВЕННОЕ АВТОНОМНОЕ ПРОФЕССИОНАЛЬНОЕ ОБРАЗОВАТЕЛЬНОЕ УЧРЕЖДЕНИЕ МУРМАНСКОЙ ОБЛАСТИ «СЕВЕРНЫЙ КОЛЛЕДЖ ФИЗИЧЕСКОЙ КУЛЬТУРЫ И СПОРТА» (ГАПОУ МО «СКФКиС»)

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Эксперты:

ФИО, должность, полное название ОУ

ВВЕДЕНИЕ

Данные методические указания предназначены для самостоятельной работы студентов 2 курса заочной формы обучения специальности 49.02.02 «Адаптивная физическая культура».

Они содержат общие организационно-методические указания, примерный тематический план, методические указания к изучению тем дисциплины, варианты домашних контрольных работ, а также вопросы к зачету.

Задача настоящих методических указаний заключается в формировании у студентов умения применять знание иностранного языка в профессиональной деятельности, а также анализировать и обобщать полученную информацию.

Настоящие методические указания и домашние контрольные задания предназначены для студентов заочной формы обучения, обучающихся на 1 курсе специальности «Адаптивная физическая культура» и составлены в соответствии с рабочей программой по дисциплине «Иностранный язык» для данной специальности, разработанной на основе ФГОС СПО. Методические указания предназначены для организации и контроля самостоятельной работы студентов.

1. Сущность дисциплины и цель ее изучения.

Изучение дисциплины направлено на подготовку специалистов на факультете заочного социально-экономического образования, достижение ими практического владения этим языком. Под практическим владением понимается использование английского языка выпускниками вуза в их практической деятельности (чтение и перевод текстов на английском языке, осуществление деловой переписки и контактов с иностранными фирмами, создание совместных предприятий, работа в иностранной фирме по найму и т.д.). Целью изучения дисциплины является самостоятельное приобретение знаний, закрепление и систематизация умений и навыков, полученных на практических занятиях английского языка.

2. Задачи самостоятельной работы:

- Развитие и совершенствование умений и навыков монологической и диалогической речи.
- Повторение и закрепление грамматического материала, изученного на практических занятиях в соответствии с рабочей программой дисциплины.
- Расширение лексического запаса.
- Закрепление и дальнейшее развитие навыков и умений всех видов чтения и перевода текстов на английском языке.

3. Основные виды самостоятельной работы студентов:

- Выполнение устных домашних заданий по изученным лексическим темам (подготовка к монологическим высказываниям, составление диалогов по заданным темам и т.д.)
- Выполнение письменных домашних заданий на закрепление и активизацию пройденного грамматического материала.
- Чтение художественной и специальной литературы.

Контроль самостоятельной работы студентов осуществляется в рамках практических занятий. Формы контроля зависят от вида самостоятельной работы и могут включать различные формы опроса студентов, тестирование, проверку контрольных заданий и т.д.)

4. Значение дисциплины в подготовке специалиста

В результате освоения дисциплины обучающийся должен **уметь**:

- общаться (устно и письменно) на английском языке на профессиональные и повседневные темы;
- переводить (со словарем) английские тексты профессиональной направленности;
- самостоятельно совершенствовать устную и письменную речь, пополнять словарный запас;

в результате освоения дисциплины обучающийся должен **знать**:

- лексический (1200-1400 лексических единиц) и грамматический минимум, необходимый для чтения и перевода (со словарем) иностранных текстов профессиональной направленности.

Итоговая аттестация в форме текущей оценки в 1 семестре, ДКР и зачета во 2 семестре, зачета в 3, 4 семестрах.

В соответствии с учебным планом студенты заочной формы обучения выполняют домашние контрольные работы по дисциплине «Иностранный язык» во 2 семестре. ДКР должна быть написана в обычной тетради. Для замечаний преподавателя необходимо оставлять справа поля шириной 4 см.

<i>Первая буква фамилии</i>	<i>Номер варианта</i>
А, Б, В, Г, Д,	1
Е, Ж, З, И,	2
К, Л, М, Н	3
О, П, Р С,Т	4
У, Ф, Х, Ц	5
Ш, Щ,Э,Ю,Я	6

Номер варианта контрольной работы выбирается из таблицы по первой букве фамилии студента. Работы, выполненные не по своему варианту, не рецензируются.

После проверки преподавателем контрольные работы возвращаются студентам для ознакомления с замечаниями и внесения исправлений, если это необходимо.

Вариант 1.

1) Перевести письменно текст и ответить на вопросы:

Summer and Winter Sports

People all over the world are very fond of sports and games. That is one of the things in which people of every nationality and class are united. The most popular outdoor winter sports are shooting/ hunting, hockey and, in the countries where the weather is frosty and there is much snow — skating, skiing and tobogganing. It's so nice to go to the skating-rink on a frosty sunny day. Some people prefer to be out of town in such weather and to sledge or to ski in the woods. Many people greatly enjoy figure-skating and ski-jumping.

Summer affords excellent opportunities for swimming, boating, yachting, cycling, gliding and many other sports. Among outdoor games football takes the first place in public interests; this game is played in all the countries of the world. The other games that have firmly established themselves in favour in different countries are cricket, volleyball, basketball, and so on. Badminton is also very popular both with young and old.

All the year round many people indulge in boxing, wrestling, gymnastics and track and field events. Scores of young girls and women go in for calisthenics. Over the last few years aerobics has become popular with young girls and women. Aerobics helps them to be slim, healthy and strong. The interest for it greatly increased thanks to Jane Fonda, a prominent American actress, the founder of this kind of sport. This woman may serve as an impressive example of inexhaustible health, cheerfulness and beauty. Being a great enthusiast of aerobics she has been trying to initiate many women all over the world into this sport.

Among indoor games which one can go in for all the year round are billiards, table tennis, draughts, chess, of course. The results of chess tournaments are studied and discussed by enthusiasts in different countries. So we have all grounds to say that sport is one of the things that makes people kin.

Questions:

1. What are people all over the world fond of?
2. What unites people of every nationality?
3. Why do people prefer to be out of town on a frosty sunny day?
4. What are the most popular outdoor winter sports?
5. What opportunities for sports does summer afford?
6. What game takes the first place in public interest?
7. When do many people indulge in boxing, wrestling, athletics, gymnastics?
8. Why is chess the great international game?

2) Перепишите текст, заполнив пропуски словами в рамке, переведите письменно:

accepted applications interview job ads recruit selected resume offered

FINDING A JOB

Esther Garcia graduated from university with a degree in petroleum companies. But finding her first job was very hard. She searched all the ___1___ in the newspapers and on the internet. She made lots of ___2___ to different companies. She also sent her ___3___ to all the big petroleum companies. But most companies didn't even invite her for ___4___. It seemed that they only wanted to ___5___ people with job experience. After several months, the British Petroleum Company in London ___6___ Esther a place on a three-month graduate trainee scheme. At the end of the three months, Esther was the only person out of the ten trainees to be ___7___ for a permanent job. Of course, Esther was very happy to be ___8___.

Вариант 2.

- 1) Заполните пропуски в предложениях словами из таблицы, запишите с переводом:

Right	Freedom	Duty	Equality	Persecute	To interfere	Torture	Discrimination
To guarantee	To violate						

1. Women fought very hard for the ... to vote.
2. The USA was accused of ... in China's internal affairs.
3. There was a huge party at the Berlin Wall as East Germans celebrated their ...
4. Now, people in Russia have the ... to practice whatever religion they like.
5. Nelson Mandela fought for freedom from race ...
6. The media regularly ... people's privacy.
7. Local authorities have a ... to keep the streets clean.
8. Political opponents of the regime may be ...
9. The Constitution ... the men and women the right to ...

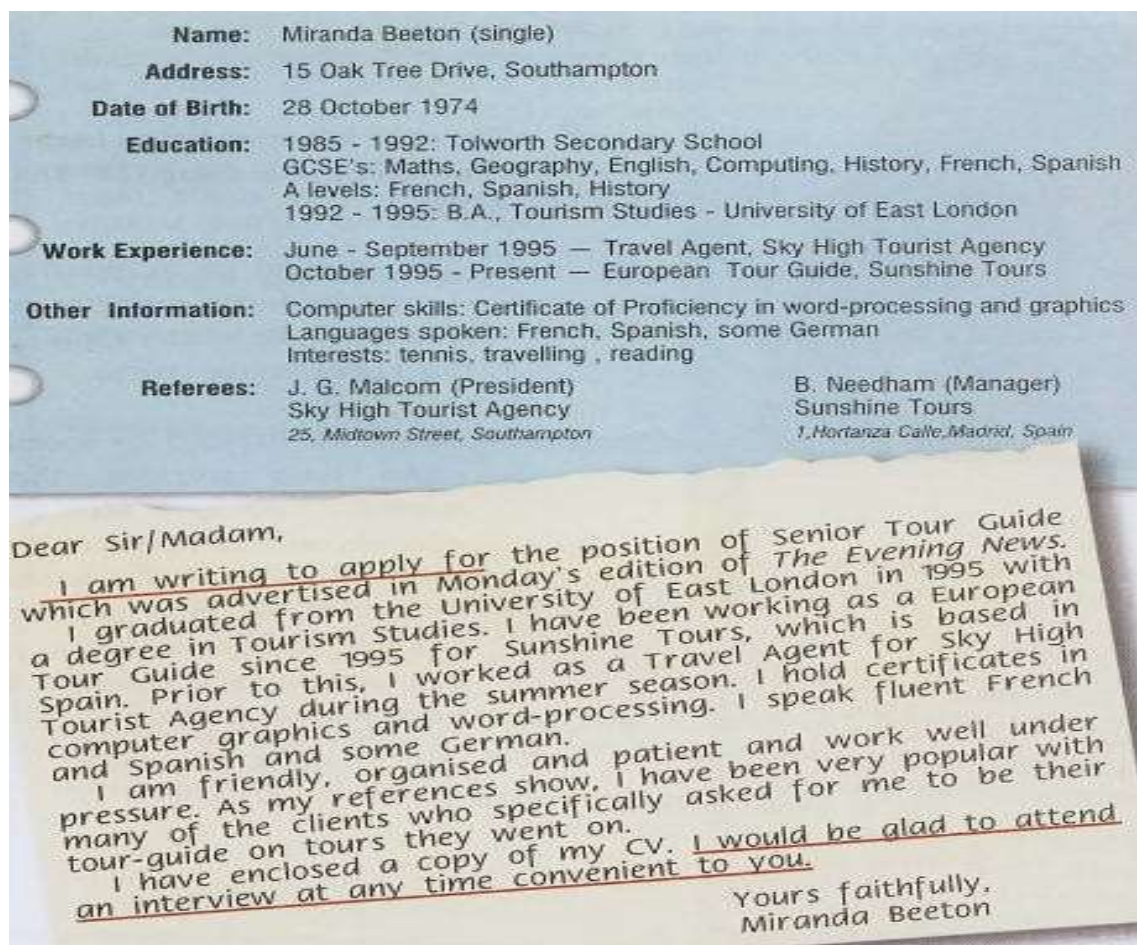
2) Предложения запишите полностью, с переводом.

1. Выберите вариант, который образует Future Continuous.
This time next Sunday we ... to Hawaii.
will flying will be flying will be fly
2. Выберите вариант, который образует Future Continuous.
He has fallen ill. He ... you tomorrow.
won't seeing won't be seeing won't be seen
3. Выберите вариант, который образует Future Continuous.
... the printer for long?
Will be using you Will you be using Will you using
4. Выберите вариант, который образует Present Perfect.
Nick and Sally each other since their school years.
have known knowed knew
5. Выберите вариант, который образует Present Perfect.
He _____ the keys, so he can get in now.
have not forgotten has not forgotten had not forgotten
6. Выберите вариант, который образует Present Perfect.
_____ anything _____ from the flat?
Is ... disappeared Has ... disappeared Have ... disappeared
7. Выберите вариант, который образует Past Perfect.
He showed us the place where he _____ his leg.
Hurt have hurted had hurt
8. Выберите вариант, который образует Past Perfect.
I _____ a snake before that day.
had not touched did not touched not had touch
9. Выберите вариант, который образует Past Perfect.
What _____ you opened the window?
have you said before had you said before had you before said

10. Выберите вариант, который образует Future Perfect.
By the time I come they____ .
will have gone will be going will go
11. Выберите вариант, который образует Future Perfect.
You____ that something will be different.
will not notice are not noticing will not have noticed
12. Выберите вариант, который образует Future Perfect.
____writing this book by next month?
will you have finished will you had finished will you has finished
13. В каком варианте прямая речь правильно переведена в косвенную?
Mary "I love chocolate." Jill: "Mary said (that) she____chocolate."
Loved loves loving
14. В каком варианте прямая речь правильно переведена в косвенную?
Mary: "I went skiing." Jill: "Mary said (that) she____ skiing."
Went had gone have gone
15. В каком варианте прямая речь правильно переведена в косвенную?
Mary: "I will eat steak for dinner." Jill: "Mary said (that) she____eat steak for dinner."
willing will would

Вариант 3.

1) Составьте резюме и сопроводительное письмо по образцу.



Вам необходимо использовать следующие слова и выражения:

- broadminded — с широкими взглядами, интересами
- cheerful — неунывающий, жизнерадостный
- competitive — способный соревноваться, конкурентоспособный
- cooperative — открытый к сотрудничеству
- creative — творческий
- curious — любопытный
- determined — решительный
- eager — устремленный
- easygoing — коммуникабельный
- energetic — энергичный
- enthusiastic — полный энтузиазма, энергии
- entrepreneurial — предприимчивый (то есть, способный реализовывать идеи)
- flexible — психологически гибкий
- friendly — дружелюбный
- generous — щедрый
- good natured — приятный
- hardworking — способный много работать, трудолюбивый
- helpful — полезный
- honest — честный

imaginative — имеющий богатое воображение
independent — независимый
industrious — трудолюбивый, усердный
intellectual — интеллектуальный
leader — лидер
mature — психологически зрелый
motivated — с четкой мотивацией
optimistic — оптимистичный
organized — организованный
original — оригинальный
outgoing personality — человек с легким, открытым характером
patient — терпеливый
progressive — прогрессивный
purposeful — целеустремленный
quick — быстрый
reliable — надежный
resourceful — изобретательный, находчивый
self-confident — уверенный в себе
self-sufficient — самостоятельный, самодостаточный
serious — серьезный
sociable — коммуникабельный
successful — успешный
supportive — готовый предоставить поддержку
tactful — тактичный
thorough — добросовестный
trustworthy — заслуживающий доверия
active — активный
adaptable — быстро адаптирующийся
ambitious — амбициозный

2) Прочитайте вопросы, ответьте на них и обоснуйте свой ответ.

1. What does your family do with empty plastic bottles?
2. When you buy one or two items at the supermarket, do you also get a plastic bag?
3. How often do you choose products which contain recycled materials?
4. If you were asked to contribute money to a local animal shelter, you would...
5. A local beach has been polluted with oil. What will you do?
6. You eat a chocolate bar in the street. There's no trash can in sight. What do you do with the wrapper?
7. You have a lot of old, used paper. What are going to do with it?
8. Do you use a lot of water when you wash dishes? Brush your teeth?
9. Your friend says he is going to do a janitor's work for free and collect trash from a local forest. You...
10. It turns out that your new acquaintance has a special box with worms at home for recycling organic leftovers. What is your reaction?

Вариант 4.

1) Прочитайте предложение, выберите правильную временную форму и поставьте в нее глагол в скобках, запишите с переводом.

1. When you come home I (finish) cleaning the house, so we will be able to go for a walk.
2. I think I (read) this book by next month.
3. We (move) to Moscow two years ago.
4. James can't talk to you right now, he (prepare) for a major test.
5. I (call) you later, OK?
6. I came home very late, so children (sleep) already.
7. Sorry, Andrew won't be able to help you tomorrow evening. He (fix) our car.
8. What you (do) in four hours?
9. I bought Carol a book but unfortunately she already (read) it.
10. John (live) pretty far from his workplace, so every day he (take) a bus.
11. Please (read) this manual, it (be) very important!
12. By the end of his shift George (finish) writing his report.
13. She doesn't know my name because she never (see) me before.
14. I can't open the door because I (lose) my keys somewhere.
15. Next year Becky (graduate) from her technical school.
16. -Where are you now, I can't see you! – We (stand) under a big yellow sign.
17. Last week I (meet) Ann.
18. Yesterday, while he (cut) vegetables, Nick (cut) himself.

2) Прочитайте текст, переведите письменно и ответьте на вопросы:

The American Government

The Government in the USA is divided into three separate branches. This division of power is based on the belief that if any one part of government has all, or even most of the power, it will be a threat to the freedom of individual citizens.

The executive branch has the responsibility to carry out the law, it is headed by the President. The second legislative branch of the government is called Congress. The Supreme Court and lower national courts make up the third or judicial branch. If any of the three branches starts to abuse its power, the other two may join together against it to stop it.

The legislative and executive branches of the government (Congress and the President) are the most powerful of the three branches. The President and Congress have almost complete political independence from each other because they are both chosen in separate elections. It is quite possible in the American system to have the leader of one political party win the Presidency while the other major political party wins most of the seats in Congress.

In addition to dividing government powers into three branches, the Constitution has a —Bill of Rights| which must protect specific individual rights and freedom from government interference. The government may not interfere with an individual's freedom of speech or freedom of speech or religious worship.

People from other countries are often confused by the American system but the Americans are proud of it.

1. How many branches is the Government in the United States divided into?
2. How is the legislative branch of the Government called?
3. What branch of the Government has the responsibility to carry out the law?
4. Why do the President and Congress have almost complete political independence from each other?

5. What protects specific individual rights and freedom of citizens from government interference?
6. What is the attitude of the Americans to their system?

Вариант 5.

1) Прочтите текст, переведите письменно и ответьте на вопросы.

There are official holidays in Great Britain on which people need not go to work. Some of them are named Bank Holidays due to the fact that on those days the banks and post offices are closed. They are: Christmas Day, Boxing Day, Good Friday, Easter Monday, Spring Bank Holiday and August Bank Holiday (Late Summer Bank Holiday). People usually relax, eat, drink and make merry on these days.

Christmas Day is the most popular bank holiday. It is celebrated on December 25. On Christmas Eve most cities are decorated with colored lights across the streets and enormous Christmas trees. On this day many people go to churches, open their Christmas presents. The turkey, pudding and cake are prepared for Christmas dinner. Many people watch the Queen's Christmas broadcast on TV. This day is a traditional family reunion day. On December 26, the Boxing Day, traditionally people give each other Christmas presents, which used to come in boxes.

Good Friday is the Friday before Easter when the church marks the death of Christ. On this day people eat hot buns. Easter Monday is the day after Easter Day. Instead of eating boiled eggs, Englishmen give each other chocolate eggs. It is a traditional day for the start of the summer tourist season.

Spring Bank Holiday is the most popular holiday; it is a celebration of the coming of spring. Different outdoor events are held. It takes place on the last Monday in May. August Bank Holiday is held on the last Monday in August.

Remembrance Day is observed throughout the commonwealth and dates back to November 11, 1918 when all fighting in the First World War ended. It now commemorates British soldiers, sailors and airmen who gave their lives in the two world wars. Special services are held and wreaths are laid at the Cenotaph, a war memorial at Whitehall, where thousands of Londoners observe the two-minute silence and participate in the remembrance ceremony.

Besides public holidays there are some special festivals in Great Britain. One of them takes place on the 5th of November. On that day, in 1605, Guy Fawkes tried to blow up the Houses of Parliament and kill King James I. He didn't succeed. The King's men found the bomb, took Guy Fawkes to the Tower and cut off his head. Since that day the British celebrate the 5th of November. They burn a dummy, made of straw and old clothes, on a bonfire and let off fireworks. This dummy is called a "guy" (like Guy Fawkes) and children can often be seen in the streets before the 5th of November saying, "Penny for the guy." If they collect enough money they can buy some fireworks.

1. What is a bank holiday? Why it is called so?
2. What is different and what is the alike between Russian New Year and English Christmas celebrations?
3. What are the reasons for celebrating Good Friday and Easter?
4. What do Englishmen do to honor their fallen soldiers?

2) Выполните тест, предложения запишите полностью, с переводом:

1. Выберите вариант, который образует Present Simple.
My mother ____ a bad headache.
Have am has
2. Выберите вариант, который образует Present Simple.
Where _____ the Johnsons live?
do are does
3. Выберите вариант, который образует Present Simple.
We ____ a car, but we are going to buy it.
don't have aren't have hasn't
4. Выберите вариант, который образует Past Simple.
There isn't a cloud in the sky, but it (be) cloudy in the morning.
is was were
5. Выберите вариант, который образует Past Simple.
Every day I help my Mom about the house, but last week I was very busy with my exam. So I (not/help) her much.
not helped didn't helped didn't help
6. Выберите вариант, который образует Past Simple.
How you (cut) your finger?
How have you cut How you cutted How did you cut
7. Выберите вариант, который образует Future Simple.
I'm tired. I (go) to bed.
I'll I go I'd go
8. Выберите вариант, который образует Future Simple.
_____ he answer the question?
Was Will Shall not
9. Выберите вариант, который образует Future Simple.
Our test (not/take) long.
isn't take doesn't take willn't take won't take
10. Выберите вариант, который образует Present Continuous.
They (lie) on the carpet and (draw).
lie, are drawing are lieing, drawing are lying, drawing
11. Выберите вариант, который образует Present Continuous.
It (not rain).
not rained are not raining is not raining
12. Выберите вариант, который образует Present Continuous.
Why you (cry)?
do you cry are you crying have you crying
13. Выберите вариант, который образует Past Continuous. The dog ____ .
was barking bark were barking
14. Выберите вариант, который образует Past Continuous.
_____ his head aching?
was were
15. Выберите вариант, который образует Past Continuous.
_____ we _____ the birds?
being we feed were we feeding are we feeding

Вариант 6.

1) Прочтите текст, переведите письменно и ответьте на вопросы.

THE ERA OF THE GASOLINE-POWERED AUTOMOBILE

Inventors on both sides of the Atlantic discovered during the 1880s that technologies for making self-propelled carriages and wagons had progressed dramatically. Soon sundry vehicles powered by steam, internal combustion engines and electricity were rolling across Germany, France, and the United States.

The first practical internal combustion engine was built by Etienne Lenoir, a Belgian living in France. Patented in 1860, his water-cooled contraption burned coal gas and was noisy and inefficient; even so, for two decades it had many buyers. Lenoir's engine was a clear proof of concept to other inventors, especially in Europe.

Nikolaus Otto, a German, was one of many inspired by Lenoir's technical and commercial success. Mechanically gifted, Otto sought to improve the Lenoir engine, and in the late 1870s he did. Otto's four-cycle design embodied features that would become standard in gasoline automobile engines.

The cars of that time were very small, two-seated cars with no roof, driven by an engine placed under the seat. Motorists had to carry large cans of fuel and separate spare parts, for there were no repair or filling stations to serve them. The Otto engine and the many clones it spawned, though intended to replace small steam engines in industry, inaugurated the era of the gasoline-powered automobile. Clearly, the compact internal combustion engine was a most suitable technology for the self-propelled vehicle.

Karl Benz, also a German, employed his own Otto-type engine to power a three-wheel carriage in 1885. These tri-wheelers, with a one-cylinder engine that developed 0.8 hp, were put on the market in 1887, perhaps the earliest commercial automobiles. In 1891 Benz added a four-wheel motorized carriage to his company's offerings. These automobiles sold well and were widely imitated. In the early 1890s, for example, Panhard et Levassor as well as Peugeot in France were peddling cars to the public. Henry Ford, however, was still a long way from building automobiles.

- 1) Name vehicle inventors of that time.
- 2) What were the main power sources for engines back then?
- 3) What type of engine turned out to be the most successful? Who invented it?
- 4) What Karl Benz is known for?

2) Закончите предложение.

1. Friends are important to me because...
2. I need a friend when...
3. Friends think that I am...
4. Friends like me because...
5. I feel happy when a friend...
6. I feel unhappy when a friend...
7. My friends make me angry when...
8. When a friend teases me, I usually...
9. I like being with people whom...
10. I would rather not waste time with people who...
11. I enjoy talking with my friends about...
12. Some things I enjoy doing with my friends are...
13. A special quality that I admire in friends is...
14. Something I could do to become a better friend is...