

**Задание (3)**  
**ПО ИНОСТРАННОМУ ЯЗЫКУ**  
**для студентов 2 курса**  
**специальности 49.02.02 «Адаптивная физическая культура»**

**Грамматика для самостоятельного изучения:**

- Модальные глаголы
- Косвенная речь
- Условные предложения
- Сложное предложение

**GRAMMAR**

**Modal Verbs**

*Supply the modal verbs can, could, to be able to, or managed to.*

- 1) A good 1500-metre runner ... run the race in under four minutes.
- 2) Bill is so unfit he ... run at all!
- 3) Our baby is only nine months and he ... stand up.
- 4) When I was younger, I ... speak Italian much better than I... now.
- 5) ... she speak German well? - No, she ... speak German at all.
- 6) He ... draw or paint at all when he was a boy, but now he is a famous artist.
- 7) After weeks of training, I ... swim a length of the baths underwater.
- 8) It took a long time, but in the end Tony ... save enough to buy his car.
- 9) Did you buy any fresh fish in the market?- No, I ... get any.
- 10) For days the rescuers looked for the lost climbers in the snow. On the fourth day they saw them and ... reach them without too much trouble.

**Conditional Sentences**

*Match the two parts of the sentences.*

- |   |                                   |
|---|-----------------------------------|
| 1) He wouldn't have become so strong;...              | a) ... I wouldn't be worried now. |
| 2) They would have come...<br>library.                | b) ... I would have gone to the   |
| 3) If they had been ready the day before...<br>early. | c) ... we wouldn't have come so   |
| 4) If I hadn't needed the book...                     | d) ... unless he had done sports. |
| 5) If they had had a city map...<br>lost.             | e) ... they wouldn't have been    |
| 6) If you had warned us...                            | f) ... if Jane had invited them.  |
| 7) He wouldn't know much...<br>us.                    | g) ... unless you had agreed with |

- 8) We wouldn't have wasted so much time...      h) ... unless he had read much.  
9) If you had sent me a telegram...      i) ... they would have taken their exam.  
10) We had never done this ...      j) if you have bought everything  
beforehand.

***Correct the errors, if necessary.***

- 11) If I knew her well I will visit her.  
12) If I were you I would have visited Jane yesterday.  
13) If I have a computer I would learn Computer Studies.  
14) If the weather would be nice tomorrow we'll go on excursion.  
15) You did not miss the plane if you had taken a taxi.  
16) I wish you have a car.  
17) I wish things were different in the past.  
18) I wish the weather were warmer.  
19) I wish I did not decide to work in New York.  
20) I wish I did not go to bed early yesterday.

## **HOME READING**

### **Translate the text**

## **RHYTHMIC GYMNASTICS**

Rhythmic gymnastics is the performance of systematic physical exercise with the aid of such hand apparatuses as ropes, hoops, balls, clubs, and ribbons. It is closely related to women's artistic gymnastics and, like synchronized swimming, is allied with dance. The sport dates from the 18th century; and, although some gymnasts participated at the Olympic Games from 1948 to 1956 in individual and group exercises, it was not until the 1984 Olympiad that individual competition became an official competitive event. The 1996 Olympics was the first to include group competition. World championships have been held biannually, in a succession of host cities, since 1963.

An individual routine is performed by one gymnast with one apparatus, whereas a group routine is performed by five gymnasts with either five pairs of clubs or with two hoops and three ribbons for 2 to 3 minutes. There are no compulsory elements at the elite and international levels in rhythmic gymnastics, although at least two superior moves (three at the Olympics) and six elements of difficulty are expected to be executed in any one exercise.

## ORAL TOPICS

### Выучите устные темы:

#### PHYSICAL FITNESS

Physical fitness is a combination of qualities that enable a person to perform well in vigorous physical activities. These qualities include agility, endurance, flexibility, and strength. Physical fitness and good health are not the same, though each influences the other. Healthy people may be physically unfit because they do not exercise regularly. Physically fit people perform their usual tasks easily without tiring and still have energy for other interests.

Better physical performance is only one benefit of physical fitness. Regular vigorous exercise also increases the efficiency and capacity of the heart and lungs and helps people to maintain their proper weight. Individuals who are physically fit tend to be slimmer than those who are unfit. They have greater resistance to disease and recover faster if they do become ill. Physically fit people may be happier and more alert and relaxed. They also may be able to resist the effects of ageing better than those who are physically unfit.

#### Principles of physical fitness

Physical fitness is a personal responsibility. Few individuals other than athletes and military personnel are actually required to participate in organized fitness programs. Most people are physically unfit simply because they do not get enough exercise. Many do not take the time to exercise, and others try to stay fit with only light, infrequent activity.

A person's physical fitness is determined by such factors as age, heredity, and behavior. Although people cannot control their age or heredity, their behavior can help them to become physically fit and stay that way. Individuals vary greatly in their capacity for physical fitness, but almost anyone can improve by exercising regularly.

The years between adolescence and middle age are the peak period for physical fitness. However, people of all ages can stay fit with good health habits and regular exercise. Any person more than 35 years old, and anyone with a health problem, should consult a physician before beginning a fitness program.

Health habits that aid physical fitness include getting enough sleep, eating properly, receiving regular medical and dental care, and maintaining personal cleanliness. Health can be harmed by such practices as overeating and eating the wrong kinds of foods; smoking and drug abuse, including excessive use of alcohol. Harmful health habits can undo the results of regular exercise.

A person's level of physical fitness depends largely on how frequently and intensely he or she exercises. Most health experts agree that people should exercise at least three times a week to maintain desirable fitness. Improvement occurs faster with more frequent workouts.

## **MY FAVOURITE KIND OF SPORT**

### **Basketball**

James Naismith invented basketball in 1891. Naismith was a Canadian, but lived in the United States. He was a teacher at Springfield Training School in the state of Massachusetts. He taught sports and found there were no interesting games to play indoors in the winter months. So he thought of a game.

Naismith's students played the first game of basketball in the Springfield gym in 1891. There were nine men in each team. They used a soccer ball. They put peach baskets on the gym wall. The goal or purpose of the game was to throw the ball in the basket. That is why he called the game basketball. A man with a ladder went to the basket. He climbed the ladder and took the ball out of the basket. Luckily, only one man got the ball into the basket in the first game.

Basketball is a very fast game. Players must run up and down the basketball court or gym floor the whole game. At the same time they must control the ball. Today, most players are tall. Many of them are over seven feet tall and weigh more than 200 pounds. But one of basketball's great players was Barney Sedran. He played from 1912 to 1926 and is in the Basketball Hall of Fame. He was only 5 feet 4 inches tall and 118 pounds!

Today, basketball is an international sport. In America, the National Basketball Association (NBA) has some of the best players in the world. Basketball is also an Olympic sport today. In the Olympics, the best teams from many countries play to show they are the best.

## **Sports and Games**

We are students of the Northern College of Physical Culture and Sports. All the students of our College began to go in for different kinds of sport before entering the College. At the College they get different sporting specialities. They specialize in swimming, skiing, football, basketball, wrestling, boxing, gymnastics, weightlifting, track-and-field athletics and others. They dream of becoming the first-class sportsmen and therefore they pay great attention to special training lessons in their favorite kinds of sport.

After graduating from the College they become coaches and teachers of physical culture.

Track-and-field athletics is the leading sport in our country. Some millions of young men and girls train in the athletics sections and take part in competitions. It is hard to find a town or a village in our country where people do not go in for track-and field.

Track-and-field athletes practise on the stadiums, in sports halls, Palaces of Sports, etc. This kind of sport includes running, jumping, discuss throwing, hammer throwing, javelin throwing, shot putting, walking, pentathlon, decathlon, etc. Our track-and-field athletes are in good form and compete in all big national and international contests.

Volleyball is my future speciality. People of all ages easily master it. It is a simple but interesting game which does not require any special equipment or long practical drills. Volleyball has a beneficial effect upon the health and trains all-round muscular coordination.

Football is a mass sport in our country. It is my favorite kind of sport. The game is played by two teams. Each team consists of 11 players. Every team has its captain. Football players are trained on stadiums all year round.

Basketball is rapidly gaining popularity with our youth. It is played on the court by two teams of five players each: two forwards, one centre, two guards. The purpose of each is to throw the ball into the basket of the opponent and to prevent the other team from securing the ball or scoring. Basketball develops many good qualities, such as rapid action, accuracy, agility and the like.

### **III. ORAL TOPICS**

Physical Fitness

My Favorite Kind of Sport

Sports and Games in Different Countries