

**Національний університет біоресурсів і
природокористування України**

**Кафедра англійської мови для технічних та
агробіологічних спеціальностей**

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ENGLISH FOR THE BACHELORS IN PHYSICAL CULTURE AND SPORTS

навчально-методичний посібник



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Видання пропонує ознайомлююче, закріплююче та творчо-пошукове опрацювання базових професійних тем у першому семестрі першого курсу бакалаврату з метою розвитку іншомовних комунікативних навичок слухачів вищої освіти для спеціальності «17 – Фізична культура і спорт» під час виконання студентами низки практичних робіт та індивідуальних завдань

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THE FIRST COURSE MATERIAL

MODULE 1

PRACTICAL WORK 1

Ex.1.1 P

A

Review appendix A with the table of transliteration. Specify the writing of your full name and surname as well as your native region and town/village as well as the most popular localities or surnames for you applying transliterated version according to the rules of transliteration to mark Ukrainian words in English version exempling the titles of metro stations within Kyiv underground, trade marks, localities etc. The samples are the фірма «Титулований боєць» to be transliterated as firm «Tytulovanyi boiets», «Чернігівський» to be transliterated as «Chernihivskiyi», «Жмеринка» to be transliterated as «Zhmerynka» or «Харків» to be transliterated as «Kharkiv» etc. But if you say about region in English text you should miss ending «ська»: The majority of our students- future specialists in physical culture comes from Kyiv region.

B

Review the appendix B with the table of reading rules. Review the rules of reading depending upon the syllable type.

Opened syllable is a syllable that ends with a vowel sound. Close syllable is a syllable that ends with a consonant sound. Note that only abbreviations are pronounced in such way as they are noted in alphabet version as well as words spelling to be in need in misunderstood word dictation while telephone talk or another oral conversation.

Ex. 1. 2 P

A

Note the numbers of English letters in samples of the words with the most difficult varieties range in pronunciation in your own sentences as well as analyze the pronunciation of a poem being a sample for your own one about the sport activity:

We go out cycling every day,
 I get strong and fit that way,
 And I play football at weekends,
 With all my other healthy friends.
 We can jog around the park.
 It's very good for the heart.
 Yes, we like to swim and run and walk,
 Let's move around, no time to talk!
 So we enjoy sport anyway,
 We admire to do sport every day.
 The Faculty of Pedagogy and Humanities

- Proposes sport training program for this.
- Our university is of a high velocity.

B

Note the most used numbers of the previous table observing sentence 1- sentence 5 Be ready for oral reading and translating as well as for representing statistic data analysis using the phrases «We observed... sentences words pronunciation. We came to conclusion that the most frequent were the phenomena of... – they were used... times. The less frequent were the phenomena of ...– they were used... times».

Sentence 1: We are freshmen of NULES of Ukraine in order to become future specialists in physical culture being sure that ninety per cent of inspiration is respiration.

Sentence 2: We are athletes from the Faculty of Humanities and Pedagogy and we agree that the best medicine is cheerfulness.

Sentence 3: It was hard going – thus it needed a lot of effort to take part in different sport competitions.

Sentence 4: NULESU is known to me, is known to you. It's an university of a high velocity.

- Sentence 5: Who is from KPI? –I. Ask our scholar in history... To live is to give more than to get.

1) ,1.1),1.2),1.3),1.4), 1.1 e),1.2 e)	14),14.1)
2), 2.1), 2e)	15),15.1),15.2),15.3),15.1e),15.2e)
3), 3.1),3,2),3.3), 3.4), 3.1e),3,2e),3.3e), 3.4e)	16),16.1), 16.1 e), 16.2e)
4) 4.1, 4e)	17),17.1), 17e)
5),5.1),5.2),5.3),5.4), 5.5), 5.1e),5.2 e), 5.3 e),5.4e), 5.5e), 5.6 e), 5.7 e),5.8 e),5.9 e),5.10 e)	18),18.1), 18.2)
6) ,6.1), 6.1e), 6.2 e)	19),19.1),19.2),19.3),19.4),19.1e),19.2e)
7),7.1),7.2), 7e)	20), 20.1),20.2),20.3),20.4),20.1e),20.2 e), 20.3 e),20.4e),20.5e)
8),8.1), 8e)	21), 21.1),21.2), 21.3), 21.1e),21.2e), 21.3e)
9) ,9.1),9.2), 9.1e),9.2 e), 9.3 e)	22), 22.1)
10),10.1),10.2)	23), 23.1, 23.2) ,23e)
11) ,11.1),11e)	24) 24.1)
12), 12.1),12e)	25),25.1),25.2), 25.3),25.1e),25.2 e)
13), 13.1),13e)	26), 26.1)

Ex 1.3 P

A

Read and translate in written form. Be ready to explain your choice of pronunciation.

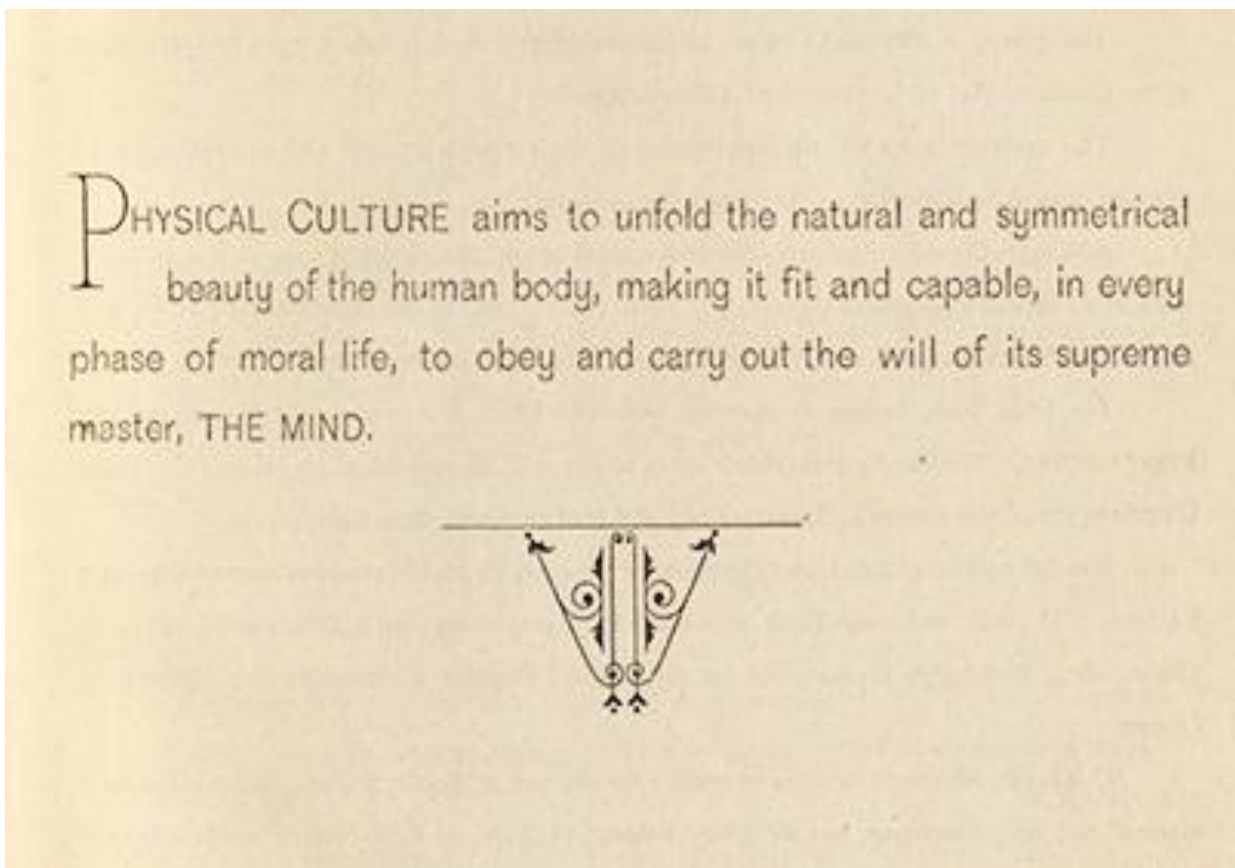
Sentence 6. How much time will healthy men do it? It's my honour word to do it during a hour, health is not valued till sickness comes.

Sentence 7. I'm sure that such low pressure in for this patient is a casual phenomenon. Everything concerning statement «To recharge one's batteries – to rest so that you can get your energy back will do, do not cry. Everyone may have difficulty to be on duty to do difficult work.

Sentence 8. Early to bed and early to rise without sugar makes a man healthy, wealthy and wise. Meaning: get enough sleep and start work early in the day to have a successful life.

Sentence 9. Whose athletes do you want to water after tournament? Health is better than wealth.

Sentence 10.



B

Read and translate in written form. Be ready to explain your choice of pronunciation:

Sentence 11. The future specialist in physical culture from NULES does not study many technical subjects exemplifying Mechanics, Chemistry, technology despite the fact that mechanical engineer does.

Sentence 12. What kind of character does this scholar have? He heard about statement «You are what you eat» because he read about it yesterday and he dealt with thermal power providence in gyms a year ago.

Sentence 13. Have you a pleasure due to our talk about sport equipment exhibition?

Sure, I'm really interested in this theme.

Sentence 14. My future specialty deals with special skills to play different sport games as well as to explain the rules of game to keep everyone's sound mind and body.

Sentence 15. Prove me that this fitness trainer is able to improve patient's health faulty. Such proof deals with adequate improvement.

Sentence 16. Who are you? Whom did you decide to become? Electrotechnical machinery requires skilled specialists to run machines but not specialists in physical culture themselves.

Sentence 17. Two weeks ago it was a great break between the sport competitions because I felt sick. Prevention is better than cure.

- Sentence 18. I think that thick patients have worse health than thin ones. I'll thank you- a lot of thanks for such clever thought «It is important to eat good food in order to become healthy, don't postpone or give up sports.

Sentence 19. Do you know that he will be more skilled thermal waters fitness trainers at the age of thirty than at the age of thirteen. Show me a thumb if you are thirsty and want herbal drink while having a rest after gym training.

Sentence 20. What temperature water do you want to deliver this swimming pool with these pumps?

Ex. 1.4 P**A**

Review following grammar to make negative form and general question to represent all five types of verb indicators from the previous exercise using previous exercise words as well as try to translate this explanation into English:

Negative form – це заперечення. Твориться або через частку NO перед іменником, або через вживання певного допоміжного дієслова (verb indicator) перед часткою «not» та певного дієслівного залишку у певних випадках. Зауважте, що в англійському реченні може вживатися лише одне вираження заперечення, яке в українській версії перекладається через кілька заперечних форм. Попри цього, існує кілька винятків :«*I have no problems with*», і « *I have not any problems with...*» перекладаються українською як «*Я не маю ніяких проблем з...*». Interrogative form – запитальна форма «Чи?» на початку загального питання як уточнення загального змісту речення. Вона утворюється із заперечення з допоміжним дієсловом: те допоміжне дієслово, яке було перед *not*, винести на початок речення, замість *not* поставити підмет та дописати залишкове дієслово або інфінітив за потреби та продовжити речення без змін.

B

Review following grammar to make negative form and general question to represent all five types of verb indicators from the previous exercise using previous exercise words as well as try to translate this explanation into English

Існує п'ять типів допоміжних дієслів, які виносяться наперед при творенні запитання «Чи?» (загальної питальної форми) та ставляться перед «not» у запереченні:

1) am/ is/are/was/were/have/has/ had самі собі показники (зауважте, що ARE/WERE YOU на початку питання змінюється на AM/WAS у відповіді, якщо у питанні- ТИ, а відповідь -з Я.

Are you future bachelor? – Yes, I am./ Were you there?-Yes, I was.

He was at home yesterday----He was not at home yesterday.

He has many friends and that s why he has not many problems.

Has he many friends? – Yes, he has. Has he many problems?- No, he has not.

2) Ved-----did – простий минулий час.

I visited him last weekend----I did not visit him yesterday.

Did you visit him last weekend? – Yes, I did. I visited him last weekend.

Did you visit him yesterday? – No .I did not. I did not visit him yesterday.

3)Vs----- does– простий теперішній час для третьої особи: *he/she/it*

4) V(дієслово без закінчень) – два способи. Якщо є це слово в другій колонці таблиці неправильних дієслів, то показник *did*, якщо нема –*do*.

I went to our educational block. I did not go somewhere else.

Did you go to our educational block?

- Yes, I did. I went to our educational block

Did you go anywhere else?

- No, I did not. I did not go somewhere else.

I like peace. I do not like war.

Do you like peace?- Yes, I do. Do you like war?

- No, I do not.

5) комплексне дієслово----- перше слово конструкції

I will be a bachelor in four years. I will not be a graduate from master's course.

Will you be a bachelor in four years? – Yes, I will.

Will you be graduate from master's course in four years? – No, I will not.I will be short of time.

Ex. 1.5 P**A**

Explain the difference to use such words and compose your own sentences in negative and interrogative forms including the special words from the previous exercise:

- 1) buy; 2) bye; 3) by;
- 4) break; 5) broke;
- 6) broken; 7) gonna; 8) wanna;
- 9) way; 10) I did it my way;
- 11) live; 12) life;
- 13) alive; 14) brake.

B

Listen to the Bon Jovi's song "It's my life" for having a fun and representing some statistic data analysis on the basis of the following phrases:

- 1) "We observed fourteen words from the the Bon Jovi's song "It's my life".
- 2) We came to conclusion that the most frequent in use was the word...(used ... times), the word...(used ... times) and the word...(used ... times).
- 3) The less frequent in use was the word...(used ... times), the word...(used ... times) and the word...(used ... times).

C

Complete the sentence with be going to + one statement: buy a bottle of lemonade, buy it immediately, have a shower, have a rest, have fan, take medicine, have English classes

1. I'm tired. I'm ... 2. I'm too hot. I'm
3. He is thirsty. He is 4. I'm bored. I'm
5. She doesn't know English well. She is
6. He's got a terrible headache. He is

7. She likes this dress a lot. She is

D

Complete the sentence with “Not yet. I’m just going to”

Sample : Is the dinner ready? (just / cook) – Not yet. I’m just going to cook.

Does your father know anything about your plans? (phone / later) – Not yet. I’m going to phone him later.

1. Is your training session over? (just / finish)
2. Are you ready for the exam? (study / tomorrow)
3. Is your sister at home? (come back / in two hours)
4. Is your brother a student? (soon / have entrance exams)
5. Have you got this book? (buy / tomorrow)
6. Do you know the result? (just / find out)

P1 SELF- CONTROL

Evaluate your progress (A-excellent/B-very good/C-good/D- near to good/E-enough to be certified) in perception and ability to use on practice:

- 1) transliteration _____
- 2) the rules of reading _____
- 3) statement or proverb about physical culture and sport _____
- 4) own attempts in poem composing _____
- 5) negative and interrogative forms _____
- 7) gonna,wanna, bye, buy, by, break, brake, I did it my way, live, life, alive _____
- 6) professional terms and previously unknown general words vocabulary _____
- 7) mark as +/- ,% your progress and dates to send into e-learn and to defend

Ex.1.1 P	A	
	B	

Ex.1.2 P	A	
	B	
Ex.1.3 P	A	
	B	
Ex.1.4 P	A	
	B	
Ex.1.5 P	A	
	B	
	C	
	D	

THE FIRST COURSE MATERIAL

MODULE 1

PRACTICAL WORK 2

Ex. 2.1 P

A

Connect the columns concerning your personal information and use the results for own sentences composition:

1 My future major will be	A as professional purpose English
2 I study at	B University of Life and Environmental Sciences of Ukraine
3 I wanna and gonna be	C the Faculty of Humanities and Pedagogy
4 Future coaches study such foreign language	D an specialist in physical culture and sports
5 I'm a student of the National	E a freshman- full-time student of bachelor's degree program
6. Now I am	F a skilled coach to proclaim a healthy lifestyle for various population groups, to organize physical training, games, competitions without diseases and injuries as well as to provide pre-medical or psychological care in need
7. I did it my way to become	

B

Read, translate and rewrite greetings to be used for your making friends with nearest neighbour- your group- mate':

- a) I'm... Congratulations to you as my group-mate!
- b) Be healthy, wealthy, smart and happy!
- c) You are well done to enter...
- d) You are well done to become...
- e) Nice to meet you.

Ex. 2.2 P

Continue the sentences with personal data:

- 1) I come from...region.
- 2) My native village/ town is....in western/ eastern/ southern /northern part of Ukraine.
- 3) It's famous for...
- 4) It takes me...hours to get there from Kyiv hostel.
- 5) My family...
- 6) My friends...
- 7) I'm fond of... It will help me in my profession because...
- 8) My plans for the future...

Ex. 2.3 P**A**

Review the grammar about dates and mention in your story the date of your birth as well as character's feature as well as try to translate Ukrainian part of explanation into English:

Безособові речення починаються з «It is= It's»: *It is winter now. – Зараз зима. Today it is Thursday, September six, twenty fifteen. = Today it is Friday, the sixth of September, two thousand twenty four. – Сьогодні п'ятниця, 6 вересня 2024 року.*

При перекладі слова *dates* слід звернути увагу на контекст, оскільки зазначене слово може перекладатися і як *дати(числа)*, і як *романтичні побачення*, і як *фініки(фрукти)*. Не плутати з *datum-дана величина (показник)* та *data- дані/показники (множина)*, так само як не плутайте *test – робити дослід, випробовувати* та *taste–куштувати (пробувати на смак)*. Порівняйте: «*What date will be your date to taste dates? – Якого числа буде твоє побачення, щоб скуштувати фініків?*» та «*Our coach will test new sport*

equipment himself basing upon the upgraded data to avoid possible injuries. – Наш тренер випробує (протестує) нове спортивне спорядження власноруч на основі оновлених показників (даних), щоб уникнути можливих травм».

Допоміжні та запитальні слова для визначення дат:

a) *yesterday*–вчора, *today*–сьогодні, *tomorrow* – завтра;

b) *too* – також, *last* – минулий (омонім – тривати), *next* – наступний;

c) *in* – в (омонім– через), *when* – коли, *where* – де, *why* – чому;

d) *whom* – кого, ким, *where* – де;

e) *how* – як, *how many (much)* – скільки.

Day of week	Monday –понеділок Tuesday –вівторок Wednesday –середя Thursday–четвер Friday–п’ятниця Saturday–субота Sunday–неділя
Season	winter–зима spring–весна summer–літо autumn– осінь
Month	January–січень February–лютий March–березень April – квітень May – травень June – червень July – липень August – серпень September –вересень October – жовтень November–листопад December–грудень
Number	1–one 2–two 3–three 4–four 5–five 6–six 7–seven 8–eight 9–nine 10–ten 11–eleven 12–twelve 13–thirteen 14–fourteen 15–fifteen 16–sixteen 17–seventeen 18–eighteen 19–nineteen 20–twenty 21–twenty-one 22–twenty-two 23–twenty-three 24–twenty-four 25–twenty-five 26 – twenty-six 27– twenty-seven 28– twenty-eight 29–twenty- nine 30–thirty 31– thirty one
Year	1985– nineteen eighty five 1986– nineteen eighty six 1987– nineteen eighty seven 1988– nineteen eighty eight 1989– nineteen eighty nine 1990– nineteen ninety 1991–nineteen ninety one 1992 –nineteen ninety two 1993–nineteen ninety three 1994 –nineteen ninety four 1995–nineteen ninety five 1996–nineteen ninety six 1997–nineteen ninety seven 1998–nineteen ninety eight 1999–nineteen ninety nine 2006 – two thousand six

	2024–two thousand twenty four/twenty twenty four
--	--

B

Add your story with mentioning your age, date and season of your birth as well as your constellation strength:

Constellation	Strength
<i>Aeries</i> <i>March, 21– April,19</i>	independent–незалежний, optimistic–оптимістичний, courageous–хоробрий
<i>Taurus</i> <i>April,20–May, 20</i>	persistent–наполегливий, patient–терплячий, generous–великодушний
<i>Gemini</i> <i>May,21–June, 20</i>	clever–розумний, imaginative– з багатою уявою, adaptable–легко пристосовується
<i>Cancer</i> <i>June,21–July,22</i>	loyal–відданий, caring–піклується про оточуючих, responsible–відповідальний
<i>Leo</i> <i>July, 23– August,22</i>	confident– упевнений в успіху, ambitious, generous–великодушний
<i>Virgo</i> <i>August,23–September,22</i>	observant– спостережливий, helpful– той, хто прийде на допомогу, reliable–надійний
<i>Libra</i> <i>September,23–October, 22</i>	peaceful–миролюбний, graceful–вдячний, hospitable–гостинний
<i>Scorpio</i> <i>October,23–November,21</i>	resourceful– енергійний, observant–спостережливий, loyal–відданий
<i>Sagittarius</i> <i>November,22–December,21</i>	independent–незалежний
<i>Capricorn</i> <i>December,22–January, 19</i>	responsible–відповідальний, ambitious–амбітний/ініціативний, resourceful–енергійний
<i>Auquarius</i> <i>January,20– February,10</i>	inventive–винахідливий, original–оригінальний/дивнуватий, witty– дотепний
<i>Pisces</i> <i>February,19– March,20</i>	imaginative–з багатою уявою, adaptable–пристосований до змін, devoted–відданий

Ex. 2.4 P

Take part in game «Zodiac» within STAGE 1–STAGE 3 activities:

STAGE 1. Mention your Zodiac' s feature to be guessed by group-mate using the phrases «–I'm... Who am I ?, You may be... Am I right?», «–Yes, you are. I agree»/ «No, you are not. I disagree. I'm afraid that you are mistaken».

STAGE 2. Review the information and compose own sentences with the mentioned.

homonyms as well specify the correct date of Day of Physical Culture, its history and celebrating traditions.

STAGE 3. Mention the most important dates and athletes being related to sport in Ukraine and abroad.

Ex. 2.5 P

Take part in game “Zodiac” in STAGE 4–STAGE 6 activities:

STAGE 4. Say about the date of your birth as well as describe the most important day of your life.

STAGE 5. Review video «What Sport are you made for? Personality Test» (<https://www.youtube.com/watch?v=W24JeYoOESY>) and come to the conclusion if the proposed variant of sport activity suits you and your Zodiac’s features

STAGE 6. Review the most popular questions about physical culture add your story about yourself with adequate personal answers:

Do you go in for sports?– Чи займаєтеся Ви спортом?

What sport do you go in for? –Яким видом спорту Ви займаєтеся?

How long have you been going in for sports? –Як довго Ви займаєтеся спортом?

When and where will the (kind of sport) competitions be?

–Коли і де проходитимуть змагання з (вид спорту)

Who is playing today? –Хто сьогодні грає?

How can I get to stadium? –Як я можу дістатися до стадіону?

What team do you support? – За яку команду вболіваєте?

Who is the referee? –Хто суддя?

What is the score? – Який рахунок?

Who finished first? – Хто фінішував/прийшов першим?

Can you? –Чи вмієте Ви?

P2 SELF- CONTROL

Evaluate your progress (A-excellent/B-very good/C-good/D- near to good/E-enough to be certified) in perception and ability to use on practice

- 1) my university, faculty and specialty
- 2) dates
- 3) story about yourself and features of character
- 4) video «What Sport are you made for? Personality Test» results performance_____
- 5) basic questions and answers about sport activity_____
- 6) professional terms and previously unknown general words vocabulary_____
- 7) mark as +/- ,% your progress and dates to send into e-learn and to defend

Ex.2.1P	A	
	B	
Ex.2.2P		
Ex.2.3P	A	
	B	
Ex.2. 4 P		
Ex. 2.5P		

MODULE 1 CHECK-UP

1. Fill the gaps:

Do you....? – Чи займаєтеся Ви спортом?

.... do you go in for? –Яким видом спорту Ви займаєтеся?

How long in for sports? – Як довго Ви займаєтеся спортом?

2. Fill the gaps:

When and where will the (..... sport) be?

–Коли і де проходитимуть змагання з (вид спорту)

Who is? – Хто сьогодні грає?

How can I ...? – Як я можу дістатися до стадіону?

3. Fill the gaps:

What team do you? – За яку команду вболіваєте?

Who is the? – Хто суддя?

What is the score? – Який ...?

Who finished first? – Хто першим?

4. Mark Yes or No if

- 1)“gonna” is to describe future planned action
- 2) Bon Jovi said in his song “It’s My Life” that he “wanna live forever”
- 3)the phrase “I did it my way” may be translated as“Я зробив це по-своєму”

5. Mark Yes or No if we say

- 1)“buy” in the end of conversation
- 2) “bye” before the name of author who prepared the presentation
- 3) “break” not only to mention pause between lessons
- 4)“broke” is the past action from “brake”

5)“broken” as the passive attribute to describe something what we previously broke

6. *Translate the statements if they were used in two previous practical works exercises:* inspiration is respiration. cheerfulness, effort to take part in different sport competitions, velocity, supreme master, sound mind

7. *Translate the statements if they were used in two previous practical works exercises:* to unfold natural beauty of human body ,health is not valued till sickness comes, pressure, recharge one’s batteries difficulty

8. *Agree or disagree that attributes «western/ eastern/ southern /northern» are related to expression of time period as well as translate* successful, healthy, wealthy and wise improvement, congratulations

9. *Translate into English with own additions:*

- 1) Як Вас звати? – Мене звати ... Я майбутній фахівець з фізичної культури та спорту.
- 2) Скільки Вам років? – Мені ...років, а було ... два такої пори року як...у місяці.....

10. *Translate into English with own additions:*

- 1) Звідки Ви? – Я з, де є робота для..... на
- 2) Ви студент гуманітарно- педагогічного факультету НУБіП України? – Так.
- 3) Хто Ваші батьки? – Вони ...- я унаслідував прагнення здобути цей фах.

11. *Connect the columns:*

- | | |
|-----------------------------|-------------------------|
| 1 To prepare for seminars I | A play guitar |
| 2 To help my parents I | B stay later in the lab |
| 3 To keep fit I | C go to swimming pool |
| 4 To train music I | D work about the house |
| 5. In the evening I | E improve aptitudes |
| 6 On the break I | F have a bite |
| 7 On the periods I | G take a nap |
| 8 After dinner I | H share the day news |

12. Connect the columns:

- | | | |
|-------------------------------|----------------------------------|-----------|
| 1 I come from | A accommodation | 1__ |
| 2 I graduated from | B Kyiv region | 2__ |
| 3 I entered | C secondary school | 3__ |
| 4 I have got | D NULES | 4__ |
| 5 I am a full - time student | E as I attend University | every day |
| 6 I am a freshmen | F as I have such character | |
| 7 I am curly and black- eyed | G as I study at the first course | |
| 8 I am open- minded and funny | H as I have such appearance | |

13. Connect the columns:

- | | |
|---|------------------------|
| 1 My parents live | A in my native village |
| 2 The students who live far from home are | B at hostel |
| 3 My parents are engineers | C by origin |
| 4 I am an Ukrainian | D by occupation |
| 5 research | Е викладач |
| 6 scientific | Ф науковий |
| 7 educational | Г освітній |
| 8 scholar | Н дослідницький |

14. Choose one variant to fill the gaps:

A to get B to read about C to stay later

D to repeat E to translate F to go to bed

G to leave home H to feel cheerful

G to have a bite

- 1) It takes me 30 minutes ...physical activity...
- 2) Sometimes I ...to work in gym...
- 3) Sport helps me...

15. Transform into negative form:

- 1) This dairy plant produced many agricultural products to provide sportsmen with proper food.
- 2) This flower smells well.
- 3) The scholar gave the new task to forecast muscle loading .
- 4) I will do it my way.
- 5) They had new measuring instruments to control blood pressure.

16. Transform into negative form:

- 1) She knows a lot about sport training.
- 2) He has new sport achievements.
- 3) We lit our gym.
- 4) I sell many dietary products.
- 5) He would buy everything at once.

17. Transform into negative form:

- 1) We are students.
- 2) I received it.
- 3) They always pass all exams well.

4) The ground coffee was tasty.

5) He wrote about it.

18. Transform into negative form:

1) He was there.

2) I studied it yesterday.

3) He fed a group-mate to avoid his being hungry.

4) You have been engaged into field -and-track events.

5) We plant plants near the stadium.

19. Fill the gaps.

1) September,....and November are ...a....m....

2) June,... and August are s.... m...

3) December....and February are w....m...

4) March,...and May are s... m...

5) Today it is Friday, the thirtieth of December. Thus tomorrow it will be...

6) Yesterday it was Thursday, the second of March . Thus today it's....

20. Fill the gaps.

1)–вчора, today–сьогодні, tomorrow –....

2) too –, – минулий (омонім – тривати), next – наступний

3) in – в (омонім–), – коли, – чому

4) ... – кого, ким, ...– де

5) ...– як, how many (.....) – скільки

MODULE 2

PRACTICAL WORK 3

Ex. 3.1 P

Take part in game «Journalist» and prepare statistic data using the proposed phrases:

- a) Excuse me. I'm journalist from newspaper...
- b) Please, answer my question...
- c) With pleasure ...
- d) Only few minutes specially for you...
- e) Sorry but I'm short of time. We need to postpone our conversation
- f) How old are you?
- g) What is your main feature of character ?
- h) When were you born?
- i) What is your native town? Is it far from Kyiv? In what direction?
- j) What are your hobbies?
- k) What are your plans for the future?
- l) What is your family?
- m) What are the most spread questions concerning sport activities?
- n) My conclusion: students from our group are...

Ex. 3.2 P

Compose your own CV taking into account that its structure includes

- 1) personal data (address, e-mail, contact phone, date of birth, marital status, list of interesting companies and organizations);
- 2) job experience (years, position, functions);
- 3) education and major;

4) languages, computer literacy;

5) driving licence and hobby;

6) additional information:

-expect to become a good employee for a because I appreciate the opportunity to work with new projects;

-I have good operational experience, energy and desire to catch new information.

- I 'll do the best for being trained, eager to learn new skills, follow company's rules;

- I try to find common language with colleague and consumers and I'm interested in achieving the goals of the company.

Ex. 3.3 P

A

Connect the columns and compose the vocabulary to fill table 1 up underlining those ones which are the part of your real life experience:

Table1

Outdoor sport activities	Indoor sport activities	Sport equipment	Places for training or competitions	Verbs in sport	People in sport

A)

1 an athlete

A штанга

2 barre

B команда

3 climbing

C спортсмен

4 coach

D скелелазання

7 crew

E тренер

8 martial arts

F бойові мистецтва

B)

- | | |
|------------------|--------------------------|
| 1 mountaineering | A парашутний спорт |
| 2 orienteering | B спортивне орієнтування |
| 3 parachuting | C альпінізм |
| 4 sailing | D стрибки з жердиною |
| 5 shooting | E стрільба |
| 6 skis | F лижі |
| 7 pole-vaulting | G вітрильний спорт |

C)

- | | |
|-------------------|------------------|
| 1 racetrack | A верхова їзда |
| 2 riding | B гребля |
| 3 rowing | C бігова доріжка |
| 4 tobogganing | D легка атлетика |
| 5 tournament | E турнір |
| 6 track-and-field | F санний спорт |

D)

- | | |
|----------------|-----------------------------------|
| 1 goggles | A дельтапланеризм |
| 2 soccer | B футбол |
| 3 gym | C гімнастика |
| 4 gymnastics | D окуляри для підводного плавання |
| 5 long jump | E стрибки в довжину |
| 6 hang gliding | F гімнастичний зал |
| 7 high jump | G стрибки у висоту |

B

Connect the columns and compose the vocabulary to fill table 1 up underlining those ones which are the part of your real life experience:

E)

- 1 cycling А вітрильний спорт
- 2 shooting В стрибки з трампліну
- 3 equestrian jumping С перекладина
- 4 sailing Д їзда на велосипеді
- 5 ski jumping Е стрільба (багатокадрова фотозйомка)
- 6 sport facilities- F спортивне обладнання
- 7 horizontal bar G стрибки на конях

F)

- 1 archery А лижні перегони
- 2 fencing В фехтування
- 3 weightlifting С важка атлетика
- 4. wrestling freestyle Д гребля
- 5 cross country skiing Е катання на горних лижах
- 6 alpine skiing F вільна боротьба
- 7 rowing G стрільба з луку

G)

- 1 football А a competitions between `
- 2 fencing В the start of football match
- 3 wresting С fighting with swords
- 4 climber Д happening on the open space but not within the building
- 5 outdoor games Е a number of points, goals for game or competitions
- 6 lawn tennis F a person climbing mountains or rocks as a sport
- 7 score G a sport in which two people fight and try to throw each

	other to the ground
8 kick-off	H a game for two teams with eleven players trying to kick a round ball into a goal
9 to participate	I a game for two players to hit a ball to each other over nets with rackets
10 race	J to take part

Ex. 3.4 P

- A
- *Read, translate the text and add the previous Table 1 with the previously missed items:*

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 (to be in UK version as *stadia*) at the sports grounds, in the Palaces of Sport as well as in the gym, in the swimming pool or on football pitches. But in general, there are splendid natural conditions in Ukraine which make it possible to cultivate over 80 sports including

--track and field (sprint, middle distance race, long distance race, steeple-chase, relay race, cross-country race, hurdling, marathon);

--high jumping, triple jump (hop, step and jump), pole vault);

--throwing (discus, hammer, javelin);

--shot putting;

--sport games (volleyball, football (soccer), handball, tennis (lawn and table) ;

--winter sports (skating, skiing, free-style skiing, snowboarding, ice-hockey);

--aquatic sports (swimming, diving, sailing, rowing, underwater orienteering; synchronized swimming, canoeing, yachting, water-skiing);

--mountaineering, climbing, tourism, boxing, wrestling, arm wrestling; power lifting, weightlifting, body building;

--tumbling (acrobatics), artistic gymnastics;

--calisthenics (rhythmic gymnastics);

---archery, fencing, shooting, equestrian sports.

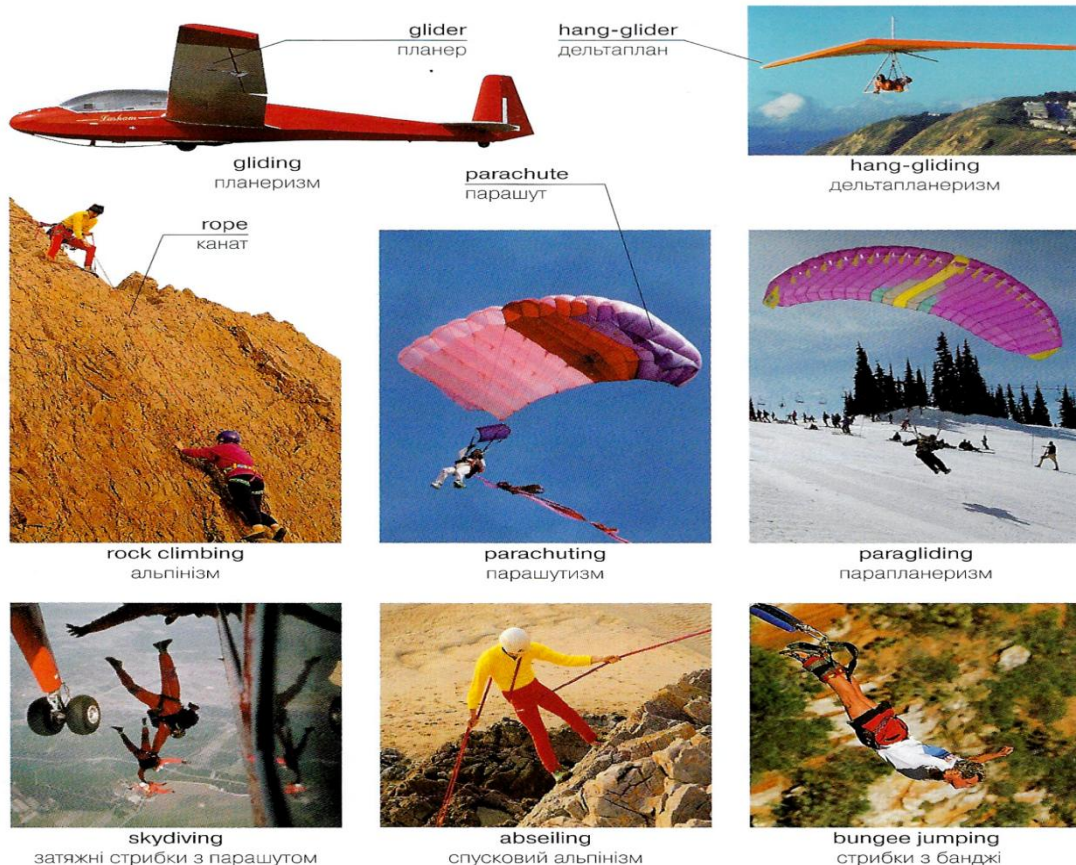
• **Ex. 3.5 P**

• **A**

Find information how to describe pictures and describe the proposed ones in your own sentences. Are these words involved into the range of sport activities to be mentioned in Ex. 3.4 P?

SPORTS • СПОРТ

other sports • інші види спорту



•

• **B**

• *Prepare personal illustrated report about your favourite kind of sport*

P3 SELF- CONTROL

- *Evaluate your progress (A-excellent/B-very good/C-good/D- near to good/E-enough to be certified) in perception and ability to use on practice:*
- 1) journalist's personal questions and answers_____
- 2) CV structure composing: theory and own attempts_____
- 3) additional information in resume_____
- 4) table 1 composing success_____
- 5) illustrated report about favourite kind of sport_____
- 6) pictures description theory and own attempts_____
- 7) kinds of sport and kinds of games_____
- 8) professional terms and previously unknown general words vocabulary_____
- 9) mark as +/- ,% your progress and dates to send into e-learn and to defend

Ex.3.1 P		
Ex. 3.2 P		
Ex.3.3 P	A	
	B	
Ex.3.4 P		
Ex.3.5 P	A	
	B	

- **THE FIRST COURSE MATERIAL**

- **MODULE 2**

- **PRACTICAL WORK 4**

Ех. 4.1 Р

Use the attached grammar material about TO BE for the proposed sentences composition with own addition concerning kinds of sport

1. Я є, був і буду... і не є, не був і не буду...
2. Ми є, були і будемо, вони не є, не були і будуть...,
3. Ти є, був і будеш ..., а вн не є, не був і не буде...
4. Вона є, була і буде ..., а ти не є не бів і не будеш.....

«To be» перекладається як «бути», відмінюється по часах відповідно до того, поряд з яким займенником вживається.

Стверджувальна форма «To be» утворюється відповідно до наступної таблиці:

є	був	буде (без додаткового дієслова)
I am – я є	I was – я був	I will be – я буду I shall be(застаріла форма)-
We are–ми є	We were – ми були	We will be – ми будемо we shall be(застаріла форма)
You are – ти(ви)є	You were – ти(ви)був/були	You will be – ти (ви) будеш/будете
They are – вони є	They were – вони були	They will be – вони будуть
He is – він є	He was – він був	He will be – він буде
She is – вона є	She was – вона була	She will be – вона буде
It is–воно є	It was– воно було	It will be – воно буде

Для утворення заперечення після дієслів «am», «is», «are», «was», «were», ставиться частка «not»: *They are not ... = Вони не є .. = Їх нема ...*

Для утворення заперечення у майбутньому часі «not» ставиться між «will» та «be»: *They will not be there soon- Їх там скоро не буде.*

Для утворення запитань «Чи?» «am», «is», «are», «was», «were», «will» виносяться наперед підмета та повторюються в кінці ствердної відповіді :
Are you from Ukraine? – Yes, we are/Yes, I am. = Чи ви з України? – Так.

Was he her child? – Yes, he was = Чи був він її дитиною? – Так.

При заперечній відповіді після «am», «is», «are», «was», «were», «will» ще додається частка «not»: *Are you from Poland? – No, we are not/No, I am not = Ви з Польщі? – Ні.*

Для утворення запитань, які починаються зі слів «Де», «Коли», «Як», «Скільки», «Чому» тощо «am», «is», «are», «was», «were», «will» ставляться відразу після запитального слова перед підметом. У випадку, коли дані питальні слова перетворюються у сполучні, зберігається прямий порядок слів. Порівняйте: «*When were you in your native town?*» = *Коли ти був у своєму рідному місті?*» та «*Я знаю, коли ти був у своєму рідному місті = I know when you were in your native town.*»

УВАГА!

Крім основного значення «бути» дієслово «to be» може мати додаткове значення повинен, якщо після його групи (am, is, are, was, were) ставиться частка «to»: *I am to study history of physical culture – Я повинен вивчати історію фізичної культури.*

Також «to be» може втрачати власний переклад і стати формальним показником Continuous або Passive, якщо після групи «to be» є додаткові дієслівні форми:

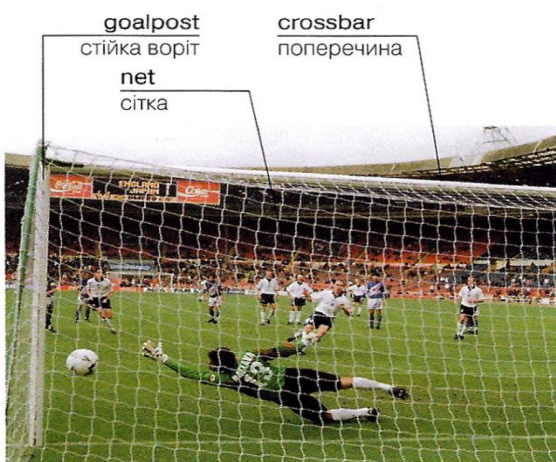
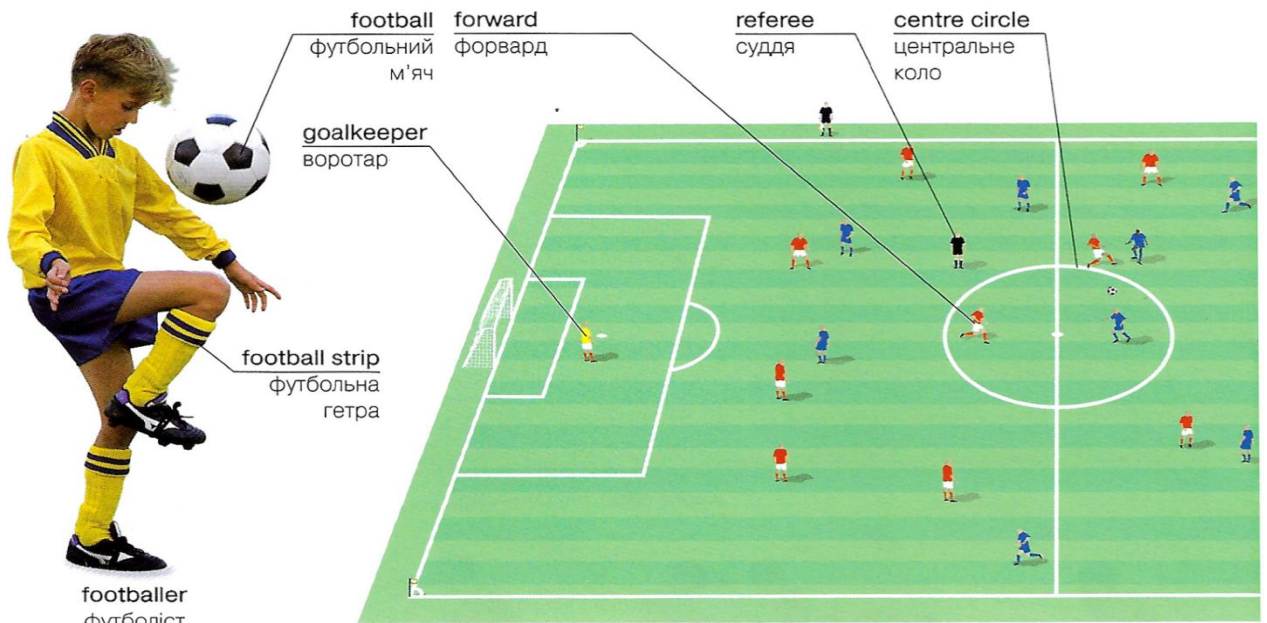
I am translating the sentences at this moment— Я перекладаю речення в цей момент (зараз). The soccer balls are often got from the storehouse – Футбольні м'ячі часто дістають із складу.

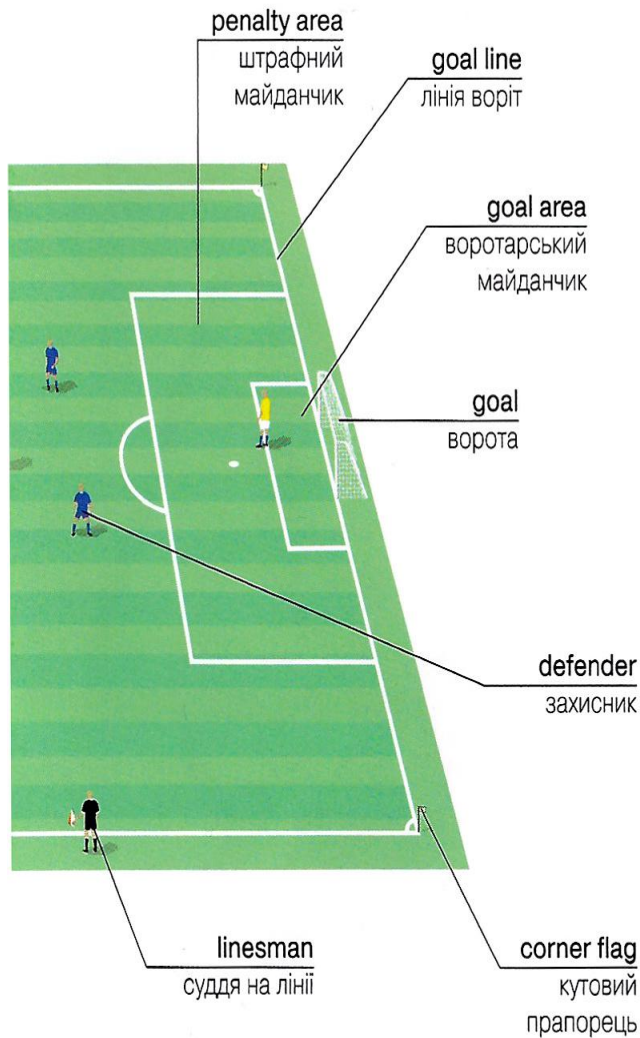
- **Ex. 4.2 P**
- **A**

Look at the pictures and compose several sentences using all different meanings and ways of using «to be». What are similar and dissimilar features between them?

SPORTS • СПОРТ

soccer • футбол

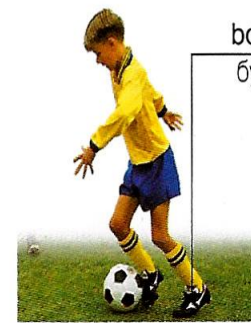




throw-in
укидання

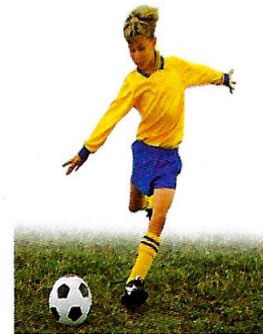


kick (v)
бити по м'ячу ногою

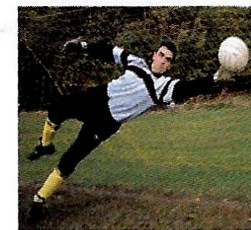


pass (v)
пасувати

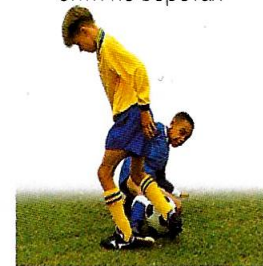
boot
бутс



shoot (v)
бити по воротах



save (v)
відбивати м'яч



tackle (v)
перехоплювати м'яч

vocabulary • реєстр слів

stadium стадіон	foul порушення	yellow card жовта картка	league чемпіонат	extra time додатковий час
penalty пенальті	corner кутовий удар	substitution заміна	half time тайм	substitute запасний гравець
score a goal (v) забивати гол	red card червона картка	send off вилучати з поля	draw нічия	off-side положення поза грою

B

Translate and fill the gaps:

1. Вони мали, мають і будуть мати...та ми не маємо, не мали і не матимемо...
2. Він мав, має і буде мати, а вона не має, не мала і не буде мати...
3. Perfect Tenses involve the verb to h... in order to translate the sentence «Він вже.... та не....» as «...».
4. «Я повинен»...is translated as «.....» involving the verb to h.....»

C

Review the sentences as well as write, retell this text in future, in past, in plural or compose some adequate questions according to situation:

- 1.The playing area for football and rugby is called a pitch.
- 2.Around the pitch there is an area for spectators(crowd)- people who watch a game.
- 3.The playing area for tennis, volleyball and basketball is a court, for golf it is a course:
4. I'm hungry. (when / we / eat?)
5. My sport boots are very dirty, (when / you / wash them?)
6. My sport team mate and I are not friends any more. He is very angry with me. (what / you / do with it?)

Ex. 4.3 P**A**

Use the attached grammar material about TO HAVE for the proposed sentences composition concerning sport:

«To have» перекладається як «мати/володіти», відмінюється по часах відповідно до того, поряд з яким займенником вживається.

Стверджувальна форма твориться відповідно до таблиці:

маю	мав/мали	матиму (буду мати)
I have–я маю	had	will have-\ Паралельно shall have(застаріла форма)- для we та I
We have–ми маємо		
You have – ти(ви)маєш/маєте		
They have –вони мають		
He has– він має		
She has–вона має		
It has–воно має		

- *to have...grade= мати...розряд*

Для утворення заперечення після дієслів «have», «has», «had» ставиться частка «not»: *He had not many duties– Він не мав багато обов'язків.* Для утворення заперечення у майбутньому часі «not» ставиться між «will» та «have»: *We will not have much free time= У нас не буде багато вільного часу.* Для утворення запитань «Чи?» «have», «has», «had» виносяться наперед підмета та повторюються в кінці ствердної відповіді: *Has he a young wife?- Yes, he has=Чи має він молоду дружину?– Так.* При заперечній відповіді після «have», «has», «had», «will» додається частка «not»: *Will she have relatives abroad?-No, she will not= Чи матиме вона родичів закордоном? – Ні.* Для утворення запитань, які починаються зі питальних слів «have», «has», «had», «will» ставляться відразу після запитального слова перед підметом. Коли ж ці питальні слова перетворюються у сполучні, зберігається прямий порядок слів. Порівняйте: *«Where have you a family? = Де ти маєш сім'ю?»* та *«Я знаю, де ти маєш сім'ю = I know when you have a family».*

УВАГА! Крім основного значення «мати» дієслово «to have» може мати додаткове значення повинен, якщо після його групи (have, has, had) ставиться частка «to»: *He has to answer– Він повинен відповісти.* Дієслово «to have» може втрачати власний переклад і стати формальним показником часів Perfect Continuous (*We have been writing a dictation since 10 o'clock a.m. – Ми*

пишемо диктант з десятої години ранку) або Perfect: He has phoned – Він подзвонив. She has been invited – Її запросили.

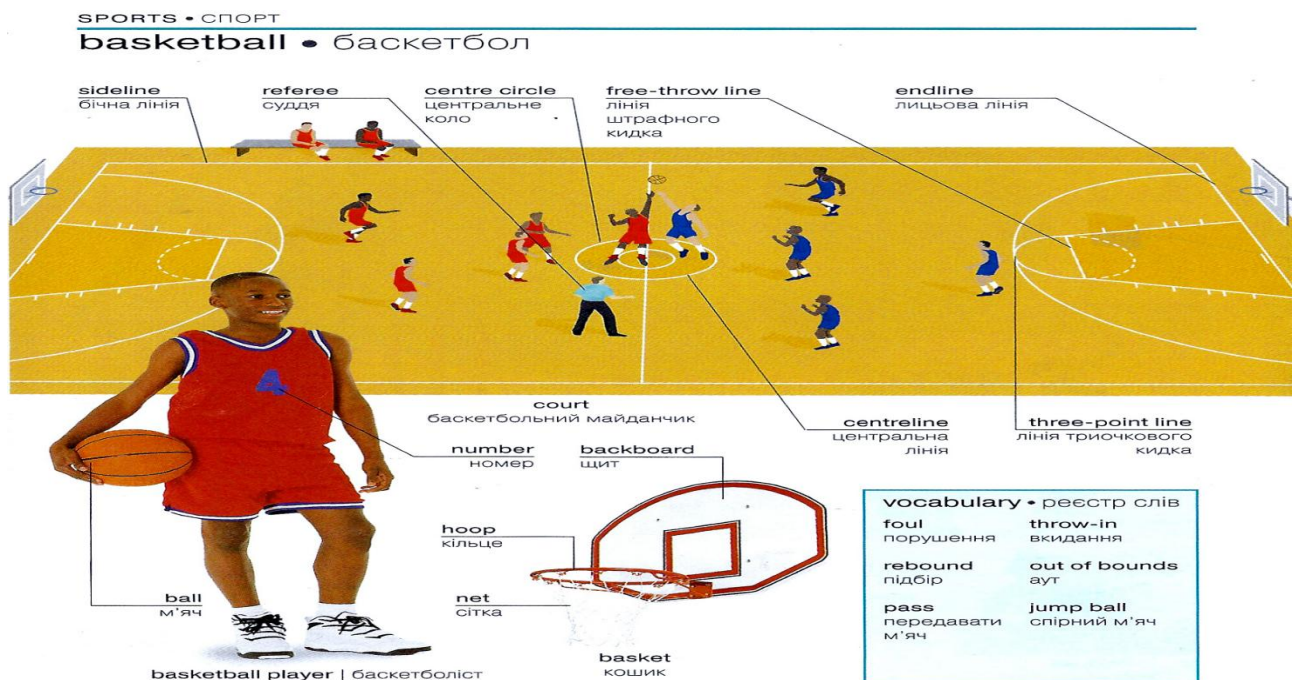
B

Review the sentences as well as write, retell them in future, in past, in plural or compose some adequate questions according to situation questions:

1. Football and rugby have a referee with the whistle to control the game, tennis and baseball have an umpire.
2. When the weather is cold, we have physical training lessons in the gym.
3. If you go in for sport, you have good health and you don't catch any cold.
- 4 He has the invitations to take part in sport competitions.
5. My brother has his own flat now. (when / he / invite us?)
6. They have so many things to do. (when / they / begin with it?)
- 7. The stadium will have a big capacity as well as qualitative grass surface.

• Ex. 4.4 P

Look at the pictures and compose several sentences using all different meanings and ways of using «to be». What are similar and dissimilar features between them?



actions • дії



throw (v)
кидати



catch (v)
ловити



shoot (v)
кидати в кошик



jump (v)
стрибати



dunk (v)
закидати м'яч у кошик



mark (v)
прикривати



block (v)
блокувати



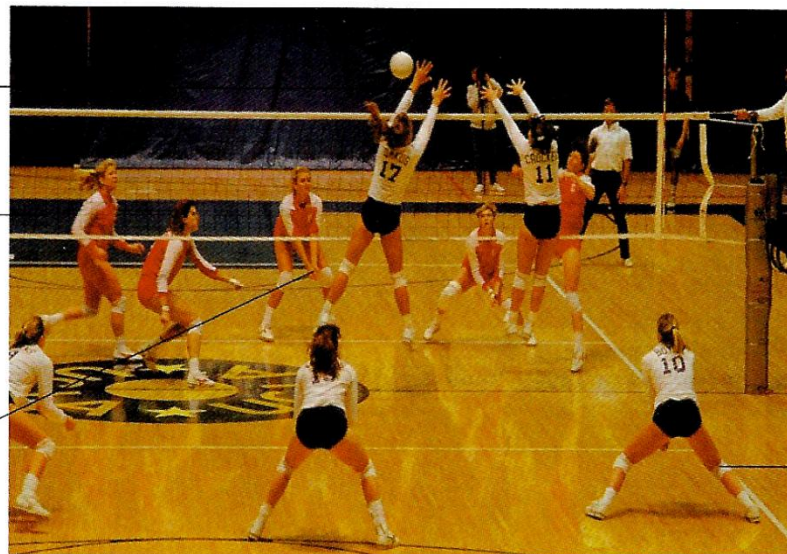
bounce (v)
вести м'яч

volleyball • волейбол

block (v)
блокувати

net
сітка

dig (v)
приймати
м'яч



referee
суддя

knee support
наколінник

court | волейбольний майданчик

Ex. 4.5 P. *Broadcast the football/basketball or volleyball competitions. Share your emotions as well as use to be, to have or adequate vocabulary*

4 P SELF- CONTROL

- *Evaluate your progress(A-excellent/B-very good/C-good/D- near to good/E-enough to be certified) in perception and ability to use on practice*
- 1) the cases to use *to be* with its meaning _____
- 2) the cases to use *to have* with its meaning _____
- 3) *to be* and *to have* to lose their primary meaning
- 4) comparing two images theory and own attempts _____
- 5) sport competition broadcasting _____
- 6) previously unknown vocabulary _____
- 7) mark as +/- ,% your progress and dates to send into e-learn and to defend

Ex.4.1P		
Ex.4.2P	A	
	B	
Ex.4.3P	A	
	B	
Ex.4.4P		
Ex.4.5P		

MODULE 2 CHECK-UP

1. Fill the gaps:

- 1) ..., answer my question – Будь ласка,... на моє запитання.
- 2) With ... – З задоволенням.
- 3) few minutesfor you – Лише кілька хвилин спеціально для Вас.

2. Fill the gaps:

- 1) but I'm short of– Перепрошую, але в мене мало часу
- 2) Weto ... our conversation– Нам потрібно відкласти (перенести на інший час) нашу розмову.
- 3) Is itfrom Kyiv? In what? – Це далеко від Києва? У якому напрямі?

3. Continue the statement with several variants (not less than 5):

- 1)The main outdoor sport activities are...
- 2) The main sport equipment varieties are...

• 4. Continue the statement with several variants (not less than 5):

- 1)The main indoor sport activities are...
- 2) The main places for training or competitions are...

• 5. Continue the statement with several variants (not less than 5):

- 1)The main verbs in sport are...
- 2) The main people in sport are called as...

• 6. Fill the gaps concerning resume(CV):

- 1) “expect to become” is translated as...
- 2) “appreciate the opportunity” is translated as...

3) “operational experience” is translated as...

4) “energy and desire , personal data ”is translated as...

7. Fill the gaps concerning resume(CV):

1)“to catch new information for being trained” is translated as...

2) “eager to learn new skills” is translated as...

3) “follow company’s rules” is translated as...

4) “ education,,by nature” is translated as...

8. Mark Yes or No if

1) resume includes personal data education and major, languages

- 2) resume includes computer literacy, driving license, hobby and additional information

9. Connect the columns and compose your own sentences with words concerning physical culture:

1 маємо A have

2 має B had

3 матиме C has

4 мав D will have

10. Translate the statement:

1)У мене є сусід по кімнаті гуртожитку.

2) Він студент гуманітарно-педагогічного факультету так само, як і я, але навчаюся у різних групах та на різних курсах.

11. Translate the statement and fill the gaps up:

1) У Вас є власні розробки нових спортивних вправ? – Ні, нема. Я тільки першокурсник, а не досвідчений фахівець.

2) Що у тебе на столі? – Це.....

12. Translate the statement and fill the gaps up:

1) У них є підручники з фізіології людини.

2) У мене немає ще належних навичок з розробки комплексу фізичних вправ, як із організації ремонту чи оновлення спортивного інвентарю.

13. Connect the columns:

- | | |
|-----------|---|
| 1 has | A without translation meaning non-existent word |
| 2 had | B the verb to express modality |
| 3 head | C relative to Perfect with translating last component in Past Tense |
| 4 has had | D the verb- false translator's friend to group TO HAVE |
| 5 haved | E the noun - false translator's friend to group TO HAVE |
| 6 heard | F wide-spread forms relative to group TO HAVE |
| 7 has to | |

14. Connect the columns:

- | | |
|------------|--|
| 1 wear | A without translation meaning non-existent word |
| 2 was to | B the verb to express modality |
| 3 is doing | C to Perfect with translating last component in Past Tense |
| 4 has been | D the verb- false translator's friend to group TO BE |
| 5 is done | E the pronoun - false translator's friend to group TO HAVE |
| 6 where | F Passive Voice |

•

15. Open the brackets:

- 1) They (to be) here soon.
- 2) She (not to be) here yesterday.
- 3) I (to be) always fond of physical activity.
- 4) I (to study English) at this moment.

16. Open the brackets:

- 1) I (to study English) for a long time.
- 2) English (to study) by me.
- 3) I (not to study whole English) yet.
- 4) English (to study) by me for a long time.

•

17. Open the brackets:

- They (to have sport achievements) here last year.
- They (to have sport achievements) here next year.
- I (not to have problems) in regular exercising.
- I (повинен з *GROUP TO HAVE*) to start my sport activity at this moment.

18. Continue the statement with several variants (no less than 5): The main special words to be relevant namely to soccer competition broadcasting are...

19. Continue the statement with several variants (no less than 5):The main special words to be relevant namely to basketball competition broadcasting are...

20. Continue the statement with several variants (no less than 5):The main special words to be relevant namely to volleyball competition broadcasting are... *as well as agree or disagree that the next text deals with description of volleyball rules:*An official volleyball team is made up of six players who rotate through six playing positions: left forward, centre back, and right back behind the front positions. The opening of the game is the serve, which is made by the right back player.. The serve is made from behind the line between the sidelines. The receiving team may play the ball no more than three times before it goes back over the net. The ball must be played in the air and must be clearly hit or batted. It may not be thrown or lifted. The ball is played back over the net until one team fails to return the ball.

- **THE FIRST COURSE MATERIAL**

- **MODULE 3**

- **PRACTICAL WORK 5**

Ex. 5.1 P

A

Review grammar material about TIME to analyze the age, features of character and location of the proposed person:

Time– час (омонім– раз).

<p>Показники годинника – вживання слова « o'clock».</p> <p>(в межах 12-и): a.m.- до 12 дня . p.m. –від 12 дня до 12 години ночі</p> <p>16.00= four o'clock p.m. Рівно 12.00–midday</p> <p>Рівно 00.00–midnight</p> <p>Якщо зазначаються хвилини. то після них слід вжити «past», якщо їх діапазон від 1до29 хв.:</p> <p>17.20= twenty minutes past five o'clock p.m.</p> <p>30хв – half past: 8.30 = half past 8 o'clock a.m.</p> <p>Хвилини в діапазоні від 31 до 59 хв.: віднімаються від 60 та ця різниця зазначаються як «to» перед наступною годиною:11.40 = twenty minutes to midday.</p>	<p>Година як період часу – вживання слова «hour».</p> <p>It takes me three hours to get to Kyiv from my native town. – У мене займає три години, щоб дістатися до Києва з мого рідного міста.</p> <p>Our period lasts .one hour and twenty minutes. – Наша пара триває годину та двадцять хвилин.</p> <p>Minute – хвилина.</p> <p>Last – останній/минулий/ тривати (певний період часу)</p>
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7.30– to wake up

7.35– to asleep again

11.30– to wake the second time up

12.00– to be fed by granny

12.00–15.00- to go bathe in the river

15.00– 15.30 dinner

15.30-20.00–to run bike

20.00- 23.00– to go fishing

B

What may be replaced in previous character's time-table or may be added if this person decides to become a professional athlete mentioning the following words:

to compete in a championship – брати участь в чемпіонаті

to score points– набирати очки

to score goals – забивати голи

to set records – устанавлювати рекорди

to train – тренуватися

to hire – Я б хотів позичити/ орендувати

Ex. 5.2 P

A

Give advice ‘Be – Будь.../ Don't be...– Не будь...’, ‘Have.../Don't have...’ using the stable compounds :

to be late – запізнюватися

to be in a hurry – поспішати

to be hungry – бути голодним

to be thirsty – відчувати спрагу

to be ready – бути готовим

to be for (against) – бути за (проти)

to be healthy – бути здоровим

to be ill– хворіти

to be glad – бути задоволеним

to be sad – сумувати

to have a good time – гарно провести час

to have a shower – приймати душ

to have a rest – відпочивати

to have a walk – вийти на прогулянку

B

Use two previous practical works vocabulary to add the sentences:

1. Отримай... і не отримуй....!
2. Прокидайся о.... і не прокидайся о...
3. Дістанься до... вчасно і не діставайся до...
4. Візьми з собою у подорож.... і не бери
5. Дрімай... і не дрімай....
6. Візьми участь в... о...
7. Перша пара відбудеться о....
8. Попіклуйся про...
9. В мене займає... години... хвилин, щоб приготувати дієтичну білкову їжу.
10. В тебе займаєтижнів , щоб приготувати реферат.
11. В гуманітарно-педагогічного факультету займає... років і... місяців , щоб підготувати бакалавра з фізичної культури і спорту.

Ex. 5.3 P. *Rewrite the table and compose your own sentences using TIME explanation and two previous practical works vocabulary :*

TO GET, TO TAKE, ГОТУВАТИ, ЙТИ

to get

<i>to get</i> отримати	<i>to get up</i> вставати (прокидатись) <i>антонім - to go to bed-</i> лягати спати	<i>to get to</i> дістатись до
---------------------------	---	----------------------------------

to take

<i>to</i>	<i>to take a</i>	<i>to take part</i>	<i>to take place</i>	<u><i>to take care</i></u>	<u><i>it takes me ...to</i></u>
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<i>take</i> взяти	<i>нар</i> дрімати	взяти участь	відбуватись	<i>of</i> підкуватися про	в мене займає... щоб(про час)
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готувати

<i>to cook....їжу</i>	<i>to train....фахівців</i>	<i>to prepare....реферат</i>
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ходити/їти/їхати(як пасажир)

<i>на пари/ у школу/ в університет</i> <u>to attend</u> periods/school/university	<i>відвідувати (людей)</i> to visit	<i>додому</i> <u>to go</u> home
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Ex. 5.4 P

- А
- Rewrite and retell table 2

Remember with what kind of activities we use do, play and go.

To go	To play	To do
<ul style="list-style-type: none"> • cycling swimming climbing sailing fishing 	<ul style="list-style-type: none"> • volleyball basketball badminton tennis cricket golf football handball 	<ul style="list-style-type: none"> • athletics gymnastics exercises

- **B**
- *Listen, watch and make short notes from content of video to add the previous table.*
- https://www.google.com/search?q=we+go+in+for+sport+%D1%82%D0%B5%D0%BC%D0%B0&sca_esv=589379245&ei=nWR0ZYavJ8nRwPAP_N22qA8&ved=0ahUKEwjG8ZmitlKDAxXJKBAIHfyuDfUQ4dUDCBA&uact=5&oq=we+go+in+for+sport+%D1%82%D0%B5%D0%BC%D0%B0&gs_lp=Egxnd3Mtd2l6LXNlcnAiG3dIIIGdvIGluIGZvciBzcG9ydCDRgtC10LzQsDIFECEYoAEyBRAhGKABMgUQIRigAUiiRVCtClj5QHAAeAKQAQCYAYQBoAGfBqoBAzAuN7gBA8gBAPgBAcICBBAAGEfCAggQABiABBiiBMICBhAAGBYYHsICCBAAGBYYYHhgPwgIJECEYoAEYChgqwgIHECEYoAEYCsICBBAhGBXiAwQYACBBiAYBkAYC&sclient=gws-wiz-serp#fpstate=ive&ip=1&vld=cid:d345bc49,vid:1WyNqVjxY3A,st:0

Ex. 5.5 P

A

Read, translate the sample of dialogue1 about sport activity and add the missed places. Will this sample be favourite for you and be retold with your group-mate as a scene? Why ?

DIALOGUE ABOUT SPORT 1

- Hello, why do you **go in for** sport?
- I go in for sport because I **gonna be** strong and healthy.
- What **what's** about you?
- Sport gives me energy *to have..., to get..., to take....*
- What is difference between beach volleyball or volleyball itself?
- Volleyball...
- What **is** difference between hockey and **field** hockey?
- Hockey is....

- What is biathlon? What to do?
- You need....
- What sport activity is **court** for?
- Court is for...
- What kind of sport do you know?
- They are...
- What are **places** for sport activities?
- They are...
- What is possible **sport equipment for sport activities**?
- ...

B

Read, translate the sample of dialogue2 about sport activity and add the missed places. Will this sample be favourite for you and be retold with your group-mate as a scene? Why ?

DIALOGUE ABOUT SPORT 2

- I'm...., what's your name?
- It's
- OK, Do you ever **go swimming**?
- Oh, yes, I swimming.
- And when was the last time you went swimming?
- The last time I went swimming was in ... I was on ...
- And do you ever **go sailing**?
- No – I'd like to, but I don't know ...with a boat.
- OK, how about other water sports?
- I sometimes **go windsurfing**.
- When was the **last time** you went windsurfing?
- I went windsurfing last ...with my friend. We were on ...
- So, what do you in your free time?

– Well, I.... sport. I'm training **to do a triathlon** at the moment, so I'm running, swimming, and cycling every day. I.... bikes, and swimming is great, but, well, running isn't fun. I don't like it much. I **also like playing football and tennis**...

–...

- C

Read, translate the sample of dialogue 3 about sport activity and add the missed places. Will this sample be favourite for you and be retold with your group-mate as a scene? Why ?

- DIALOGUE ABOUT SPORT 3

– Hello,....All over the world people of different ages **are fond of** sports and games. And you? Do you like sport?

– Hi, by the way, did you do your morning exercises?

– I think **morning exercises** are a good way to start my day. Morning exercises help me **to keep in a good health**...

– ...?

– During our training we perform various **exercises** depending on the kind of sport in which we engage, do not we?

– ...

– Whom will you become after graduating from the University ?

– They will become coaches and teachers of Physical Culture and I....

– There are summer and winter sports. In summer people go in for In winter people go in ...

– Sport is very important in our life. Is it.... only for professional athletes?

– Oh, physical training is ansubject at higher educational establishment for every specialty. There is a sports ground near our ninth educational block and the...go in for sports in the open air.

– Sport helps people to keep in good health, does not it?

- – I like relevant proverb: “.....”.
- – ...
- – My favourite kind of sport isI know a lot of famous Ukrainian sportsmen exemplifying...
- – And what’s about?
- – I’ve never played it because...
- **5P SELF-CONTROL**

Evaluate your progress(A-excellent/B-very good/C-good/D- near to good/E-enough to be certified) in perception and ability to use on practice

- 1) time and time-table, much time, many times _____
- 2) stable compounds with *to be*_____
- 3) stable compounds with *to have*
- 4) *to get, to take, зomyvamu, izdumu*_____
- 6) *do/play/go* about sport activity in table
- 7) own work with video about *do/play/go*
- 8) dialogue about sport general review and own retelling_____
- 9) professional terms and previously unknown vocabulary_____
- 10) mark as +/- ,% your progress and dates to send into e-learn and to defend

Ex.5.1P	A	
	B	
Ex.5.2P	A	
	B	
Ex.5.3P		

Ex.5.4P	A	
	B	
Ex.5.5P	A	
	B	
	C	

THE FIRST COURSE MATERIAL

• MODULE 3

• PRACTICAL WORK 6

Ex. 6.1 P

A

Review and show your group-mates without words some proposed nouns- about health :

blood pressure – кров'яний тиск

brisk walk –швидка ходьба

cancers – пухлинні захворювання

daily physical activity – щоденна фізична активність

dementia– сповільнена мозкова діяльність

health–здоров'я

healthy– здоровий

heart diseases – серцеві захворювання

injury – травма

limb– кінцівка

muscle and bones strength – м'язова та кісткова сила/витривалість

B

Review and use proposed irregular verbs (as well as previous nouns in A) in order to compose some sentences to be read for your group-mate to guess its meaning translation

to begin-began- began–починати

to break- broke- broken– ламати/розбивати

to choose-chose-chosen– обирати

to find -found-found–знайти

to go-went-gone– іти

to keep-kept-kept– зберегти/утримати

to make-made- made–робити

to get-got-got–отримати

to set-set-set – встановити, поставити

to sit-sat-sat– сидіти на місці(не рухатися)

to spend- spent-spent–витратити

to take-took-taken–взяти

to get off a stop early–зійти на зупинці раніше

to get friends involved–залучити друзів

to go downstairs – підніматися сходами

to go upstairs–опускатися сходами

going for a run –пробіжка

to set a goal – поставити ціль

to spend – проводити (про час) / витратити (про гроші)

to keep you focused and committed– залишатися зосередженим і тим, хто не порушив зобов'язання

to make a commitment– взяти зобов'язання

to take the stairs – скористатися сходами

to take regular breaks – робити регулярні перерви

Ex. 6.2 P

A

Review and show your group-mates without words some proposed words. Are all of them be suited for explanation in gestures (жестами)? :

achievable – досяжний

advice – порада

as well as – так само як

beginner – початківець

Bowl – кубок як спортивна нагорода

break – перерва

choice – вибір

chore – неприємне зобов'язання/рутинна робота

e.g. – наприклад

important – важливий

instead of – замість

lift (elevator) – ліфт (підйомник)

pleasant – приємний

seat – місце для сидіння

tips – поради/чайові/верхівки

unpleasant – неприємний

wherever possible – де тільки можливо (за будь-якої нагоди)

while remaining in place – залишаючись на місці

B

Review and use proposed regular verbs (as well as previous nouns and attributes in A)in order to compose some sentences to be read for your group-mate to guess its meaning translation

to achieve a goal – досягти очікуваний результат

to advise – порадити

to avoid – уникнути

be sure that – бути впевненим у тому, що...

to carry heavy objects – переносити важкі по вазі речі

to decrease– послабити, зменшити

to increase– підвищити, посилити

to join– стати членом(приєднатися)

to lift /to elevate and to lower – піднімати та опускати

to park further away – припаркувати машину подалі

to promote– сприяти

to push – штовхати

to pull – тягти

to stretch your leg – зробити розтяжку (як фізична вправа)/ розтягти ногу (як травма)

to stick to long-term– притримуватися тривалий час

to support a healthy body weight– підтримувати здорову вагу тіла

to try – спробувати/намагатися

to walk part of your commute – іти пішки частину дороги на роботу

if we don't enjoy it we won't be able to keep it up for long – якщо нам це не сильно подобається, ми не зможемо займатися цим тривалий час

Ex. 6.3 P

Read and translate the text as well as add it in your own way:

No beginning athlete is ready for the Olympics, the World Series, the Grand Prix, the Tour de France, or the Super Bowl. The athletes who get to the world-class events do so by setting realistic, achievable goals, then working hard to attain those goals one step at a time. For high-performing athletes, the ability to set and achieve goals tends to come naturally.

Here are some tips to help you increase your physical activity levels:

- Advice 1. Set realistic goals: making a commitment to increase your physical activity is an important first step. Setting a goal (e.g. get 10,000 steps every day) and planning what you need to do to achieve this goal (e.g. plan to walk part of your commute) can help keep you focused and committed.
- Advice 2. *Take the stairs:* An easy way to increase your daily physical activity is to take the stairs instead of lifts or elevators wherever possible.
- Advice 3. *Get your friends involved:* Exercise is better with friends, try joining a sports team or going for a run or brisk walk with a friend.
- Advice 4. *Walk part of your commute:* Try getting off a stop early or parking further away and walking part of your commute.

Advice 5. *Take regular breaks from sitting:* Many of us spend most of our days sitting on our seats, be it at work or at home. Try to take regular breaks to walk around and stretch your legs as well as to avoid sitting for long periods. Move two or more limbs together (for example, two arms, two legs, or one leg and one arm) while remaining in place. Use muscles to lift, to push, to pull, or to carry heavy objects.

- Advice 6. *Make physical activity fun:* Physical exercise shouldn't be a chore, if we don't enjoy it we won't be able to keep it up for long. Thus try to find an activity that you enjoy and can stick to long-term.

Advice 7. *Be sure that regular physical activity supports a healthy body weight and*

Ex. 6.4 P



Answer the questions:




1. What realistic goals may be set on the first stages of physical activity?
2. What does physical activity support?
3. What does physical activity decrease?
4. Should physical exercise be a chore? Why?

- 5. Is it useful for health to avoid getting off a stop early or parking further away as well as to avoid walking part of your commute?
- 6. Must we go in for sports alone?
- 7. Is it useful for health to avoid sitting for long periods?
- 8. Is it pleasant to break and to stretch your legs as an injury?
- 9. An easy way to increase your daily physical activity is using of elevators instead of stairs, is not it?
- 10. Did the verbs “to take”, “to keep”, “to break”, “to make” change their basic meanings in the text? Why?

Ex. 6.5 P

Choose the type of advice to deal with the concrete image and explain your choice as well as illustrate the statements which are out of the proposed images:

Advice 1 +/- Advice 2+/- Advice 3+/- Advice 4+/- Advice 5+/- Advice 6+/- Advice 7+/- Advice 8+/- Advice 9+/-	IMAGE 1 
Advice 1 +/- Advice 2+/- Advice 3+/- Advice 4+/- Advice 5+/- Advice 6+/- Advice 7+/- Advice 8+/- Advice 9+/-	IMAGE 2 

<p>Advice 1 +/- Advice 2+/- Advice 3+/- Advice4+/- Advice 5+/- Advice 6+/- Advice 7+/- Advice 8+/- Advice 9+/-</p>	<p>IMAGE 3</p> 
<p>Advice 1 +/- Advice 2+/- Advice 3+/- Advice4+/- Advice 5+/- Advice 6+/- Advice 7+/- Advice 8+/- Advice 9+/-</p>	<p>IMAGE 4</p> 
<p>Advice -? Advice 2+/- Advice 3+/- Advice4+/- Advice 5+/- Advice 6+/- Advice 7+/- Advice 8+/- Advice 9+/-</p>	<p>IMAGE 5</p> 

6 P SELF- CONTROL

- *Evaluate your progress(A-excellent/B-very good/C-good/D- near to good/E-enough to be certified) in perception and ability to use on practice:*
- 1) the main verbs about physical activity _____
- 4) 5 basic questions and answers about physical activity_____
- 5) your favourite advice to start physical training for beginners in general
- 6) the work with advice concerning the described images_____
- 7) professional terms and previously unknown general words
- vocabulary_____
- 8) mark as +/- ,% your progress and dates to send into e-learn and to defend

Ex.6.1P	A	
	B	
Ex.6.2P	A	
	B	
Ex.6.3P	A	
	B	
Ex.6.4P	A	
	B	
Ex.6.5P	A	
	B	

- **THE FIRST COURSE MATERIAL**
 -
 - **MODULE 3**
 -
 - **THE FIRST COURSE INDIVIDUAL TASKS**
 -
 - **VARIANT 1**

Ex.1.1 IT (var1)

Review and retell the text in 5 simple shortened sentences marking the most important spheres of physical trainer's work as well as specify the meaning of previously unknown words in your own vocabulary:

The graduate of bachelor's degree program concerning physical education may become sport club team coach or sports coach-teacher for sports school or section) as well as fitness trainer or trainer-methodologist of the training complex. All these posts deal with the trainer's professional skills.

A personal trainer must be able to teach his customers everything they need to know about exercising to elaborate perfect routine in order to achieve expected goals as well as to demonstrate the correct posture for each exercise. Exercising can be a hassle and at times it may feel like there aren't enough hours in the day.

Athletic trainers are multi-skilled health professionals that treat the unique health needs of athletes. They collaborate with athletes' physicians to treat nutrition diet, injuries, facilitate rehabilitation and provide preventative medical and psychological care. Athletic trainers must be able to show **compassion** and optimism to their patient on the road to recovery too.

Ex.1.2 IT (var1)

Review and retell the text in 5 simple shortened sentences marking the most important spheres of physical trainer's work as well as specify the meaning of previously unknown words in your own vocabulary:

A great trainer will encourage their patients to never give up and to keep fighting. to the end to become self-confident. undoubtedly. A final push of effort, even when the tank is empty, often separates the winner from the losers. High-performing athletes have an innate sense of aggression and **fight**, to ensure that they always cross the finish line having given their all. Rather, high-performing athletes are motivated by the desire to beat their **competition**, crush their current personal best, and prove to themselves their self discipline wasn't for nothing. In parallel, no athlete makes it to the top on their own. Top-tier athletes understand the importance of remaining coachable - that is, taking criticism at every opportunity and learning from it. A humble athlete neither underestimates nor **overestimates** his abilities. By doing so, he is able to keep lit an internal flame of motivation. Each time a vulnerable athlete falls, or loses, or makes a game-ending mistake, their resolve to get stronger and better grows. athletes must be able to compartmentalize their worries to focus on the task at hand. Thus the trainers must develop the sense of **vulnerability** and ability to manage stress together with the willingness to take criticism because every sportsman realizes that failure is inevitable, and that they can learn more from that failure than they do success.

Ex.1.3 IT (var1)

Distinguish similar and dissimilar features between the IMAGE 6 and IMAGE 7.

Explain how do they deal with the the text about the physical trainer's work





Ex.1.4 IT (var1)

A

Use the attached grammar material about Simple Tenses for your own sentences composition concerning coach's work using the previous exercises vocabulary

Active Voice – активний стан. Це такий стан дієслова, коли дію виконує, виконував і буде виконувати сам підмет. Simple (Indefinite) виражають регулярну повторювану дію та сполучаються з обставинами *often – часто, seldom – рідко, always – завжди, usually – зазвичай, regularly – регулярно, as a rule – як правило*. Для майбутнього часу (Future Simple) характерне поєднання з обставинами *next–наступного, in– через, tomorrow – завтра*. Для минулого часу (Past Simple) характерне поєднання з обставинами *last – минулого, ago – тому(назад), yesterday– вчора*. У простих часах конкретизується рік, день, тиждень, місяць тощо. Якщо у реченні нема зовсім ніяких обставин- проекцій на вживання будь-яких інших англійських часів, то використовується саме Simple.

Active Simple – це така група простих часів, яка виражає регулярну повторювану дію. Відмінюються у теперішньому (Present), минулому(Past) та

майбутньому (Future), залучаючи формулу «V» – першу форму дієслова, яка подається в словниках без частки «to». Наприклад, V від «to study»= «study».

Вираження часів Simple представлено у наступній таблиці:

	PRESENT SIMPLE	PAST SIMPLE	FUTURE SIMPLE
+ ствердження	I <u>V</u> he <u>Vs</u> she <u>Vs</u> it <u>Vs</u> we <u>V</u> you <u>V</u> they <u>V</u>	V2 (Ved для правильних дієслів та друга колонка таблиці для неправильних дієслів)	will V
- заперечення	I <u>do not V</u> he <u>does notV</u> she <u>does notV</u> it <u>does notV</u> we <u>do not V</u> you <u>do not V</u> they <u>do not V</u>	did not V	will notV
? Запитання «Чи» з короткою відповіддю	<u>Do I V? –Yes, I do.</u> <u>Does he V? –Yes, he does.</u> <u>Does she V? –Yes, she does.</u> <u>Does it V? –Yes, it does.</u> <u>Do we V? –Yes, we do.</u> <u>Do you V? –Yes, I/we/you V</u> <u>Do they V? –Yes, they do</u>	<u>Did I V? –Yes, I did.</u> <u>Did he V? –Yes, he did.</u> <u>Did she V? –Yes, she did.</u> <u>Did it V? –Yes, it did.</u> <u>Did we V? –Yes, we do.</u> <u>Did you V? – Yes, I/we/you V</u> <u>Did they V? –Yes, they do</u>	<u>Will I V?</u> <u>–Yes, I will.</u> <u>Will he, V?</u> <u>–Yes, he will...</u> <u>Will she, V?</u> <u>–Yes, she will.</u> <u>Will it, V?</u> <u>–Yes, it will.</u> <u>Will we V? –</u> <u>Yes, we will.</u> <u>Will you V? –Yes, I/we/you will.</u> <u>Will they V? –Yes, they will.</u>

B

Disagree and propose correct version using Simple Tense

Sample: The Sun goes around the Earth. The Sun does not go round the Earth

because the Earth goes around the Sun.

- 1) As a rule the first period of English at our university starts at 6 o'clock a.m.
- 2).The Dnipro flows into the Pacific Ocean.
- 3)We are sailors by occupation because we can sell or order sport equipment.
- 4) She studies the principles of sport competition organizing because she 's gonna be a singer.
- 5)You.....,.... and will.... because that coach came to exhibition to exhibit manual about sport team building
- 6) Specialist in physical culture,... and will... about participation in foreign tournaments

Ex.1.5 IT (var1)

A

Review the text and retell it in Past Simple and Future Simple as well as in questions

- 1)Other students specialize in swimming, rowing, track-and-field athletics, gymnastics, wrestling, boxing, weightlifting and others.
- 2) They train regularly and take part in the competitions.
- 3) Our students occupy first places and win medals.

B

Compose your own sentences in Simple Tenses using the following table:

I	often	to achieve a goal
we	rarely	to advise
you	seldom	to avoid
they	regularly	to carry heavy objects to decrease
he	from time to time	to increase
she	as a rule	to join
	depending upon	to lift (to elevate)and to lower
	mood	to park further away

1.1 IT (var1) SELF- CONTROL

Evaluate your progress(A-excellent/B-very good/C-good/D- near to good/E-

enough to be certified) in perception and ability to use on practice:

- 1) Simple Tenses usage and formulas
- 2) Simple Tenses own sentences
- 3) the main features of fitness trainer's activity in general
- 4) the main features to motivate and to overcome faults in sport activities
- 5) professional terms and previously unknown general words vocabulary_____
- 6) mark as +/- ,% your progress and dates to send into e-learn and to defend _____

Ex.1.1 IT (var1)		
Ex.1.2 IT (var1)		
Ex.1.3 IT (var1)		
Ex.1.4 IT (var1)	A	
	B	
Ex.1.5 IT (var1)	A	
	B	

VARIANT 2

Ex.1.1 IT (var 2)

A.

Review and rewrite 15 favourite communicative phrases after watching video 1 to be used in need for real life story:

Розмовна англійська за фільмами

- 1) КРОК 1. URL: <https://www.youtube.com/watch?v=tNvgOwfzstI>(5 phrases)
- 2) КРОК 2. URL: <https://www.youtube.com/watch?v=8uAmdXW0MmY>(5 phrases)
- 3) КРОК 8. URL: <https://www.youtube.com/watch?v=h3c8KPkYjsU>(5 phrases)

B.

Select three the most important Block 1 phrases for communication. Why did you choose them?

Invitation	We'd like to invite you to.. Join... Let you attend/ visit
Requesting	Do you mind my Ving(smoking, leaving...)- -No, of course not.As you like Yes, I do mind. May I come in? Sorry for my being late Certainly, you may I'm afraid you may not

Ex.1.2 IT (var2)**A**

Review and rewrite 15 favourite communicative phrases after watching video 1 to be used in need for real life story:

4) KPOK 9: URL: <https://www.youtube.com/watch?v=9w9EY54wjwQ> (5 phrases)

5)KPOK13: URL: <https://www.google.com/search?tbm=vid&q=фільми+початківців++англійська+крок+1&sa=X&ved=2ahUKEwjorLD16bD0AhWEIYsKHVN6CCsQ8ccDegQIEhAD&biw=1280&bih=865>(5 suitable phrases)

6)KPOK 31: URL: <https://www.youtube.com/watch?v=4vsnCVtq1TY>(5 suitable phrases)

B

Select three the most important Block 2 phrases for communication. Why did you choose them?

Positive comments	You are well done No mistakes Without negative comments I have never seen better work than this one
Negative comments	This work is good in general but pay attention on... I noticed only such mistakes in... I'm afraid you are mistaken in..., Please, try to improve...

		Be more attentive in...
Reaction comments	on	Thanks for your comments I (we)'ll do the best to improve... I (we)'ll pay attention on... I(we)'ll be more attentive in future I promise I (we)'ll improve this work

Ex.1.2 IT (var2)

A

Reviewing and rewriting 15 favourite communicative phrases after watching video3 to be used in need for real life story:

50 розмовних фраз. URL: <https://www.google.com/search?q=50+%D1%80%D0%BE%D0%B7%D0%BC%D0%BE%D0%B2%D0%BD%D0%B8%D1%85+%D1%84%D1%80%D0%B0%D0%B7&ie=utf-8&oe=utf-8>

q=50+%D1%80%D0%BE%D0%B7%D0%BC%D0%BE%D0%B2%D0%BD%D0%B8%D1%85+%D1%84%D1%80%D0%B0%D0%B7&ie=utf-8&oe=utf-8

B2%D0%BD%D0%B8%D1%85+%D1%84%D1%80%D0%B0%D0%B7&ie=utf-8&oe=utf-8

B7&ie=utf-8&oe=utf-8

B.

Select three the most important Block 3 phrases for communication. Why did you choose them?

Agreement	I agree, it's true It's correct, I support this <u>thought</u>
Disagreement	It is false It's not correct I disagree I'm afraid you're mistaken
Stimulating	Let's discuss. Let's do Don't be afraid, you can do it yourself Everything will be done in time

Ex.1.4 IT (var2)

A

Select three the most important Block 3 phrases for communication. Why did you choose them?

Starting conversation	Excuse me! May I ask about...?, Go ahead Let us continue previous talk Let us start to discuss... Can I help you? What would like you to hear?
Ending conversation	Thanks for conversation Thanks for your information Thanks for your help See you later Sorry but I'm in a hurry We must postpone our talk

B

Read the text as proposition to organize the similar competition following all traditions. What statements will you disagree? What will you propose instead of them?

The origins of the Olympic Games are generally attributed to the gods and heroes of Ancient Greece. It is said that Heracles organized a race with his four brothers, and presented the winner with an olive wreath. However, historical facts date back to the ninth century BC. Two kings (of Elis and Sparta) joined forces to organize the games every four years at Olympia. They did it because they wanted to stop the war and the plague, and the oracle told them that the gods blessed them.

The first Olympic games event was running in the short-distance, long-distance, and the armed races. Then, the pentathlon, comprising foot races, the long jump, the discus, the javelin and a wrestling contest came. The contests took place on wet, slippery sand, naked, the athletes covered their bodies with oil. The winner of a wrestling match was declared if his opponent gave up or touched the ground three times. The loser called his own defeat.

Ex.1.5 IT (var 2)

Compose dialogue-scene within your subgroup concerning sport games competition organizing using the most important conversational phrases from this individual task previous tables and videos.

1.1 IT (var 2) SELF- CONTROL

Evaluate your progress (A-excellent/B-very good/C-good/D- near to good/E-enough to be certified) in perception and ability to use on practice:

- 1) Simple Tenses usage and formulas _____
- 2) Simple Tenses own sentences _____
- 3) the main features of fitness trainer's activity in general _____
- 4) the main features to motivate and to overcome faulties in sport activities _____
- 5) professional terms and previously unknown general words vocabulary _____
- 6) mark as +/- ,% your progress and dates to send into e-learn and to defend

Ex.1.1 IT (var1)		
Ex.1.2 IT (var1)		
Ex.1.3 IT (var1)		
Ex.1.4 IT (var1)	A	
	B	
Ex.1.5 IT (var1)	A	
	B	

MODULE 3 CHECK-UP

MODULE 3 CHECK-UP ACCORDING TO

PRACTICAL WORKS №5 AND №6

1. Fill the gaps:

to compete in a – брати участь в чемпіонаті

to score ... – набирати очки

togoals – забивати голи

torecords – устанавлювати рекорди

2. Write in words the data of time to start match:

o 14.35, o 17.00, o 12.00, o 19.35, o 8.30

3. Agree or disagree that

1) The word *last* may be translated only as *останній/минулий* as well as the word *time* may be translated only as *час*.

2) The word *hour* is used in answer for question «What time is it now?»

3) The word *hour* is used in answer for question «How much time does it take you to...?»

4. Give advice 'Have.../Don't have... ' using three your favourite stable compounds with TO HAVE:

5. Give advice 'Be – Будь.../ Don't be... – Не будь... ' using three your favourite stable compounds with TO BE:

6. Fill the gaps:

1) to take a is translated as *оріману*

2) to take is translated as *взяти участь*

3) *to take* ... is translated as *відбуватись*

4) *to take* ... is translated as *підкуватися про*

7. Fill the gaps:

1) *it takes* is translated as *в мене займає... щоб(про час)*

2) *to get* is translated as *to дістатись до*

3) *to do the ...* is translated as *зробити все можливе*

4) *to* is translated as *взяти*

5) *to* is translated as *отримати*

8. Write the rule to apply the verb *TO GO* concerning sports and give your three samples

9. Write the rule to apply the verb *TO PLAY* concerning sports and give your three samples

10. Write the rule to apply the verb *TO DO* concerning sports and give your three samples

11. Fill the gap and compose own sentences with two of them:

heart.... –серцеві захворювання

.... –травма

...– кінцівка

muscle and strength – м'язова та кісткова сила (витривалість)

12. Fill the gap and compose own sentences with two of them:

going for a –пробіжка

to ... a goal – поставити метою результат

to get friends–залучити друзів

to go ...–підніматися сходами

to go ...–опускатися сходами

13. Fill the gap and compose own sentences with two of them:

to ... (to elevate)and to ...– піднімати та опускати

to carryheavy objects – переносити важкі по вазі речі

to ...–штовхати

to ...pull– тягти

14. Fill the gap and compose own sentences with two of them:

to ...your leg – зробити розтяжку (як фізична вправа)/ розтягти ногу (як травма)

to to long-term– притримуватися тривалий час

to– послабити, зменшити

to– підвищити, посилити

15. Translate the abstract and analyze its importance personally for you: Make physical activity fun. Physical exercise shouldn't be a chore, if we don't *enjoy* it we won't be able to keep it up for long. Thus try to find an activity that you enjoy and can stick to long-term.

16. Translate the abstract and analyze its importance personally for you: Begin your 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.

17. *Translate the abstract and analyze its importance personally for you:* Try to take regular breaks to walk around and stretch your legs as well as to avoid sitting for long periods. Move two or more limbs together (for example, two arms, two legs, or one leg and one arm) while remaining in place. Use muscles to lift, to push, to pull, or to carry heavy objects.

- **18.** *Translate the abstract and analyze its importance personally for you:* Set realistic goals: making a commitment to increase your physical activity is an important first step. Setting a goal (e.g. get 10,000 steps every day) and planning what you need to do to achieve this goal (e.g. plan to walk part of your commute) can help keep you focused and committed.
- **19.** *Translate the abstract and analyze its importance personally for you:* Get your friends involved: *Exercise is better with friends, try joining a sports team or going for a run or brisk walk with a friend.* Moreover, walk part of your commute: *Try getting off a stop early or parking further away and walking part of your commute.*
-
- **20.** *Translate the abstract and analyze its importance personally for you:* *Be sure* that regular physical activity decreases the risk of heart disease and normalizes blood pressure. Besides, *be sure* that regular physical activity lowers the risk of diabetes, cancers, dementia as well as it promotes positive mental health.

MODULE 3 CHECK-UP ACCORDING TO
INDIVIDUAL TASKS 1

1. Fill the gaps:

I... includes such phrases as We'd like to i... you to.. and r...deals with such statements as «May I come in? Sorry for my being l...Certainly, you may. I'm a....you may not

2. Fill the gaps:

P... comments deal with the phrases «You are well done», «I have never seen better work than this one» but negative c...include such phrases as «This work is good in general but pay attention on..., please try to i...»

3. Fill the gaps:

Agreement involves such statements as «It's correct, I s...upport this thought» but d... deals with such phrases as I'm a...you're mistaken, I can't support the t...about...

4. Fill the gaps:

S... deals with some statements exempling «You'll get all you've p...», «We'll do the b...t to help you» or «Your problem will be s...».

5. Fill the gaps:

S... conversation involves such phrases as «E... me! May I ask about», «Let us start to d...», «What would like you to hear?».

6. Fill the gaps:

E... conversation deals with such statements as «Sorry but I'm in a h...», «Thanks for your help», «We must p... our talk».

7. Agree or disagree:

- 1) The first Olympic games event was the pentathlon, comprising foot races, the long jump, the discus, the javelin and a wrestling contest
- 2) The winner of a wrestling match during ancient Olympic games was declared if his opponent gave up or touched the ground three times.
- 3) All modern track-and-field competitions contests take place on wet, slippery sand, being naked, the athletes always cover their bodies with oil.

8. Improve the false facts and write the correct words:must be instead of....

The origins of the Olympic Games are generally attributed to the gods and heroes of Ancient Greece. It is said that Heracles organized a race with his three brothers, and presented the winner with an olive tree. However, historical facts date back to the nineteenth century BC.

9. Find and correct mistakes being relative to Simple Tenses:

1. She is a good runner, doesn't she?
2. They take part in sports competitions, aren't they?
3. We didn't play tennis last week, was we?
4. He can play football well, doesn't he?

10. Find and correct mistakes being relative to Simple Tenses:

1. We haven't taken part in the competition, has we?
2. You are interested in boxing, are you?
3. You like playing football with your friends, doesn't you?
4. She isn't good at playing basketball, has she?

11. Compose the questions with the following words

1. (when / you / take part in competitions) ... ?
2. (how long / you / prepare for the exam)... ?

12. Compose the questions with the following words

1. (how often / you / attend English classes)... ?
2. (what time / you / get up tomorrow)... ?

13. Open the brackets as well as transform the statement into negative form:

We often (to play sport games) . The swimming competitions (to need) physical efforts of the swimmer's back. He (to train himself) a lot.

14. Open the brackets as well as transform the statement into negative form:

- 1) She (practise) gymnastics.
- 2). Ken is a coach. He (train) young football players last year.
- 3) Karpo (do) morning training session in a week after his health recovery.

15. Represent the main idea in one Ukrainian sentences as well as note four new words from this abstract:

A great trainer will encourage their patients to never give up and to keep fighting. to the end to become self-confident. A final push of effort, even when the tank is empty, often separates the winner from the losers.

16. Represent the main idea in one Ukrainian sentences as well as note four new words from this abstract:

Rather, high-performing athletes are motivated by the desire to beat their competition, crush their current personal best, and prove to themselves their self discipline wasn't for nothing. In parallel, no athlete makes it to the top on their own. Top-tier athletes understand the importance of remaining coachable — that is, taking criticism at every opportunity and learning from it.

17. *Represent the main idea in one Ukrainian sentences as well as note four new words from this abstract:*

A humble athlete neither underestimates nor overestimates his abilities. By doing so, he is able to keep lit an internal flame of motivation. Each time a vulnerable athlete falls, or loses, or makes a game-ending mistake, their resolve to get stronger and better grows.

18. *Represent the main idea in one Ukrainian sentences as well as note four new words from this abstract:*

Thus the trainers must develop the sense of vulnerability and ability to manage stress together with the willingness to take criticism because every sportsman realizes that failure is inevitable, and that they can learn more from that failure than they do success.

-
- **19.** *Open the brackets:*
- A) My younger brother (to be) a first-year student of the Faculty of Pedagogy and Humanities next yearë
- B) At the Department of Physical Culture he (to get) a sporting speciality of skiing and ski-jumping.
- C) I (to specialize) in sport games of handball and volleyball next term.

20. *Represent the main idea in one Ukrainian sentences as well as note four new words from this abstract:*

High-performing athletes have an innate sense of aggression and fight, to ensure that they always cross the finish line having given their all.. athletes must be able to compartmentalize their worries to focus on the task at hand.

- **THE SECOND COURSE MATERIAL**

•

• **MODULE 4**

• **PRACTICAL WORK 7**

Ex 7.1 P

Use the attached grammar material about Irregular verbs for your own sentences composition concerning coach's work using the previous practical work vocabulary:

IRREGULAR VERBS

Неправильні дієслова у всіх простих часах активного стану. «Неправильні дієслова» – це такі дієслова, які при зміні часу змінюють корінь. Вони винесені в окрему таблицю (розміщену вкінці багатьох підручників з англійської мови).

У першій колонці таблиці неправильних дієслів знаходиться початкова форма *V* (інфінітив без частки *to*):

- 1) для творення ствердного наказу з великої літери на початку речення або заперечного наказу після *Don't*;
- 2) для творення простого теперішнього часу (тільки для *he, she, it* ще в кінці дієслова додається закінчення «- s»). *Be* – виняток (не виражає теперішній час);
- 3) як залишок після заперечень *do not, does not, did not, will not* та модальних дієслів;
- 4) виражатиме майбутню дію, якщо їй передуватиме *will/shall*.

Друга колонка таблиці неправильних дієслів дотична до вираження простої минулої дії у ствердженні.

У третій колонці таблиці неправильних дієслів знаходиться пасивний дієприкметник *Participle 2*, який може самостійно виразити пасивну ознаку на «-ений, -тий» або бути в складі пасиву чи перфекту (доконаного часу).

Приклади неправильних дієслів подані на наступній сторінці:

V1=V

V2

V3

become	became	become	ставати
bend	bound	bound	гнути
begin	began	begun	починати
build	built	built	будувати
bring	brought	brought	приносити
buy	bought	bought	купувати
come	came	come	приходити
choose	chose	chosen	обирати
cut	cut	cut	перетинати/ різати
do	did	done	робити
drive	drove	driven	запускати/управляти/ їхати
find	found	found	знайти
freeze	froze	frozen	заморозити
hold	held	held	тримати
hear	heard	heard	чути
give	gave	given	дати
grind	ground	ground	молоти
leave	left	left	залишати/забути річ
lead	led	led	вести за собою/ призводити до
lose	lost	lost	втратити
keep	kept	kept	зберігати/утримувати
know	knew	known	знати
make	made	made	робити
read	read	read	читати
say	said	said	казати
send	sent	sent	посилати

speak	spoke	spoken	говорити
see	saw	seen	бачити
sell	sold	sold	продавати
take	took	taken	взяти
think	thought	thought	думати
understand	understood	understood	розуміти
write	wrote	written	писати
win	won	won	вигравати

УВАГА! Неправильні дієслова DO/DID та MAKE/MADE перекладаються однаково як РОБИТИ/РОБИВ за винятком вживання DO/DID як хибних друзів перекладача – формальних допоміжних дієслів при утворенні запитань та заперечень без власного перекладу.

Сталі структури з DO в доповнення Ваших записів із попередньої практичної роботи:

to do homework – виконувати домашнє завдання/робити уроки

to do the housework – виконувати роботи по дому

to do the dishes – мити посуд

to do some gardening – працювати у саду

to do English – займатися вивченням англійської

to do sport – займатися спортом

to do shopping – ходити за покупками

to do a course – проходити курс

to do research – займатися дослідницькою роботою

to do (someone) a favour – зробити послугу

Сталі структури з MAKE:

to make a mistake – помилитися

to make a meal– приготувати їжу
 to make coffee – приготувати каву
 to make money – заробити гроші
 to make friends – подружитися
 to make a decision– прийняти рішення
 to make a noise – шуміти
 to make progress– прогресувати/розвиватися
 to make a phone call – дзвонити
 to make an attempt – зробити спробу/спробувати

Ex 7.2 P

A

Prove that the proposed compounds deal with irregular verbs. which of them are involved into your sentences from Ex.1.

- to draw a game – звести гру до нічиї
- to lose the competition – програти змагання
- to win the competition – перемогти у змаганнях
- to win the cup – виграти кубок
- Who won? – Хто виграв?
- Who lost? – Хто програв?
- to begin-began- began–починати
- to break- broke- broken– ламати, розбивати
- to choose-chose-chosen– обирати
- to find -found-found–знайти
- to go-went-gone– іти
- to keep-kept-kept– зберегти/утримати
- to make-made- made– робити

- to get-got-got-отримати

B

Prove that the proposed compounds deal with irregular verbs. Which of them are involved into your previous exercises sentences?

- to break a record – побити рекорд
- to take-took-taken–взяти
- to take regular breaks – робити регулярні перерви
- to take the stairs–скористатися сходами
- to set-set-set– встановити, поставити
- to set a goal – поставити метою результат
- to sit-sat-sat– сидіти на місці (не рухатися)
- to spend- spent-spent–витратити
- to get off a stop early–зійти на зупинці раніше
- to get friends involved–залучити друзів
- to go downstairs– опускатися сходами
- to go upstairs– підніматися сходами
- going for a run –пробіжка
- to keep you focused and committed– залишатися зосередженим і тим, хто не порушив зобов'язання
- to make a commitment– взяти зобов'язання
-

Ex 7.3 P

A

Review the text and retell it in Present Simple and Future Simple and in questions:
Spain won the match and Switzerland lost the game at full-time the end of the game itself. Thus the Spanish was the winner and the sportmen from Switzerland became the losers despite they were leading at half of time.

-
- **B**

Use the attached grammar material about Pronouns for your own sentences composition concerning coach's work using the previous vocabulary as well as try to translate the part of Ukrainian explanation into English:

The Pronouns

Pronouns—займенники, розряди та приклади яких можна представити так:

Особові Називний відмінок

I я	we ми	you ти=ви (множина)	they вони	he він	she вона	it воно
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Особові Об'єктний відмінок

me мене	us нас	You тебе	them їх	him його	her її	it його
------------	-----------	-------------	------------	-------------	-----------	------------

Особові Присвійний відмінок

my.. мій	our.. наш	your.. ваш	their.. їхній	his.. його	her.. її	its.. його
-------------	--------------	---------------	------------------	---------------	-------------	---------------

Особові Зворотній відмінок

myself я сам	ourselves ми самі	yourself, yourselves	themselves вони самі	himself він сам	herself вона сама	itself воно саме
-----------------	----------------------	-------------------------	-------------------------	-----------------------	-------------------------	---------------------

Вказівні

this—цей, that—той, these—ці, those— ті, such— такий
--

Увага!

- 1.«He» та «She» позначають тільки людей.
2. «It» може виконувати роль формального підмета у безособових реченнях: It is cool in September=Прохолодно у вересні. It is autumn- Осінь.
3. Об'єктний відмінок відповідає знахідному та всім іншим українським відмінкам, які відрізняються прийменниками: до— *to*, для— *for*, без- *without*, з (кимось) — *with*, з (місця або часу) — *from*, від— *from*, ким

(орудний) *–by..*, між *–between* тощо. Наприклад, *to me– мені, for me– для мене, with me– зі мною, from me–від мене, by me– мною*.

4. Якщо перекладається структура «я з ...кимось». то «я» ставиться після зазначення іншої особи. Наприклад, «*Я зі своїм другом родом з Київської області*» треба перекласти як «*Мій друг і я родом з Київської області = My friend and I come from Kyiv region*».

5. Зауважте різний переклад «його» при виявленні приналежності та як відмінювання самого займенника: «*Я знаю його сестру = I know his sister*», а «*Я знаю його = I know him*».

6. *Many/much–багато* відрізняються вживанням: «*many*» вживається зі злічуваними предметами, а «*much*» із загальними поняттями: *air, work, snow, money* тощо. При цьому, якщо слово «*time*» позначає «час», то багато часу = *much time*. Якщо слово «*time*» позначає «раз», то багато разів = *many times*.

7. Коли речення закінчується на присвійний відмінок то *my→ mine, your→yours, our→ours, their→theirs, her→hers*. Наприклад, у фільмі «Троя» був вислів «*Do not touch him. He is mine.– Не чіпай його. Він мій*».

8. Окремим розрядом є неозначені займенники.

Зауважте різницю між (*same* – такий самий, тотожний), та *some* (кілька, якісь). *Some* перетворюється на *any* у запитанні та на *not any=no* у запереченні. Є основою для слів *something–щось, somebody=someone –хтось, somewhere* – десь, *sometimes* – колись, *many/much* – багато/
Few – кілька(мало,але достатньо стосовно злічувальних понять), *a few* – мало(недостатньо стосовно злічувальних понять).

Every = each – кожний. *Every* є основою для слів *everything –все, everybody = everyone* – кожен, всі; *everywhere* –повсюди, *every time* –в будь-який час (омонім-кожного разу), *another* – інший (одн.), *other* –інші (множ.), *every = each* – кожний, *everybody* – кожна людина, *everything* – все ,

everywhere– будь-де. Займенники при переліку двох : *either...or...*– і...і...,
neither... nor...– ні.. ні.

Ex 7.4 P

A

- *Fill the gaps with pronouns as well as previous practical work vocabulary.*
- 1. Do not forget...
- 2... NULES is the best university among ... higher schools.
- 3. I can do it..., you can do it..., he can do it...,
- 4. Is...body and...thing...where here?
- 5. Either... or... study here.
- 6. Everybody is....
- 7. She can do it..., they can do it... and we can do it...
- 8. ...enterprises are located not far from...
- 9. I know... but I do not know...traditions.

B

Compose your own sentences with pronouns using the following table

Let	us	to promote	my...
Join	me	to push	her....
Support	them	to pull	his....
	her	to stretch your leg	their...
	him	to stick to long-term	our...
	everybody	to try	its...
	someone	to walk part of your commute	

Ex 7.5 P

Imagine your first working day as a fitness trainer. What kind of colleagues, equipment do you imagine? Compose dialogue using some first working day cliches:

a) Nice to meet with everybody. I hope for a supportive environment in your company b) Could you show me my working place?c) How long does the working day last?d) When do you start working?e) When do you finish working?f) When do you have a break?g) What are my duties?h) When do you get salary, days off or vacations?i) I've got used to work with people, make contacts, communicate and solve problems/g) Sorry but it is too late. I must be off.k) Thank you for friendly reception, I'd love to come again l) Thanks for coming. It's been nice to see youm) You're always welcome. n) Hope to see you our nphysical trainer's working day.

7P SELF- CONTROL

- *Evaluate your progress(A-excellent/B-very good/C-good/D- near to good/E-enough to be certified) in perception and ability to use on practice*
- 1) irregular verbs _____
- 4) 5 basic questions and answers about the first working day_____
- 5) pronouns _____
- 6) stable compounds with TO DO and TO MAKE_____
- 7) terms and previously unknown general words vocabulary_____
- 8) stable verb compounds being relative to physical culture_____
- 9) mark as +/- ,% your progress and dates to send into e-learn and to defend

Ex.7.1P	A	
Ex.7.2P	A	
	B	
Ex.7.3P	A	
	B	
Ex.7.4P	A	
	B	
Ex.7.5P		

THE SECOND COURSE MATERIAL

•

- **MODULE 4**

- **PRACTICAL WORK 8**

Ex. 8.1 P

A

Review and show your group-mates without words some proposed nouns- about human body parts. Are all of them may be shown in gestures? :

foot(нога у частині стопи) – feet (ноги) ,*виняток множини*

feet shoulder-width apart– стопи на ширині плечей.

fingers—пальці

head– голова (хибний друг перекладача до слова *had– мав/мали* та *heard– чув/чули*)

heel – п'ята (хибний друг перекладача до слова *hill– пагорб* та *heel– каблук*)

eye – око

mouth–рот (хибний друг перекладача для слова *mouse-mice— миша-миші*)

palms – долоні

saliva– слина

shoulder– плече

thumb–великий палець

toes of the foot – пальці стопи

top of the foot – верхня частина стопи

tongue – язик

waist – поперек–середня частина тулуба (хибний друг перекладача до слова *waste- даремно витратити*)

B

Review and show your group-mates without words some proposed nouns- about

human body parts. May all of them be shown in gestures? How does B block differ from the previous A block?:

another – інший

resistance to disease – стійкість до хвороб

remedial exercises – медичні вправи

various- різноманітні

variety – низка, ряд

persistent – безперервний, наполегливий

floor – підлога

backward – назад

forward – вперед

continuously – постійно

gently – м'яко (без ривків та зайвих рухів)

many times – багато разів

each time – кожного разу

more soundly – голосніше або міцніше (про сон)

much time – багато часу

quickly – швидко

in recent years – останніми роками/ останнім часом

on foot – пішки

Ex. 8.2 P

A

Use the attached grammar material about Nouns for your own sentences composition concerning coach's work using the previous vocabulary as well as try to translate the part of Ukrainian explanation into English:

Способи творення множини іменників

The Nouns – іменники. Мають два відмінки: називний і присвійний.

Присвійний відмінок твориться через апостроф та *-s* на позначення приналежності до однієї особи: *a student's book* – книга студента. Присвійний відмінок твориться через *s* та апостроф на позначення приналежності до групи осіб: *students' book* – книга студентів.

Множина іменників твориться за такими правилами :

- 1) насамперед, додаванням закінчення *-s, -es*: *student – students* (студент–студенти).
- 2) додаванням закінчення *-es*, якщо іменник закінчується на *-s, -x, -ch, -sh, -o*: *bus – busses* (автобус – автобуси), *boss – bosses* (начальник – начальники), *bush – bushes* (кущ – кущі), *moskito – moskitoes* (комар – комари), *potato – potatoes* (картоплина – картоплини). Винятки: *photos – фотографії*, *kilos – кілограми*.
- 3) додаванням закінчення *-ies*, якщо іменник закінчується на *-y* після приголосного: *discovery – discoveries* (відкриття–відкриття), але *day – days* (день–дні), бо в слові *day* у стоїть після голосного *a*;
- 4) додаванням закінчення *-ves*, якщо іменник закінчується на *-f, -fe*: *leaf – leaves* (листок – листя), *wolf – wolves* (вовк – вовки), *knife – knives* (ніж – ножі). Винятки: *roof – roofs* (дах – дахи), *chief – chiefs* (керівник–керівники);
- 5) зміною основи (винятки загальнорозповсюджених слів): *child – children* (дитя – діти), *man – men* (чоловік–люди), *woman – women* (жінка – жінки), *foot – feet* (нога – ноги), *tooth – teeth* (зуб – зуби), *ox – oxen* (бик – бики), *mouse – mice* (миша – миші);
- 6) зміною основи (винятки наукових слів): *automaton – automata* (автомат – автомати), *phenomenon – phenomena* (явище – явища), *datum – data* (дане – дані) *formula – formulae* (формула – формули), *criterion – criteria* (критерій – критерії), *appendix – appendices* (додаток – додатки).

Існують іменники, які мають одну форму однини і множини: *a sheep – sheep* (вівця – вівці), *a deer – deer* (олень – олені), *a swine – swine* (свиня –

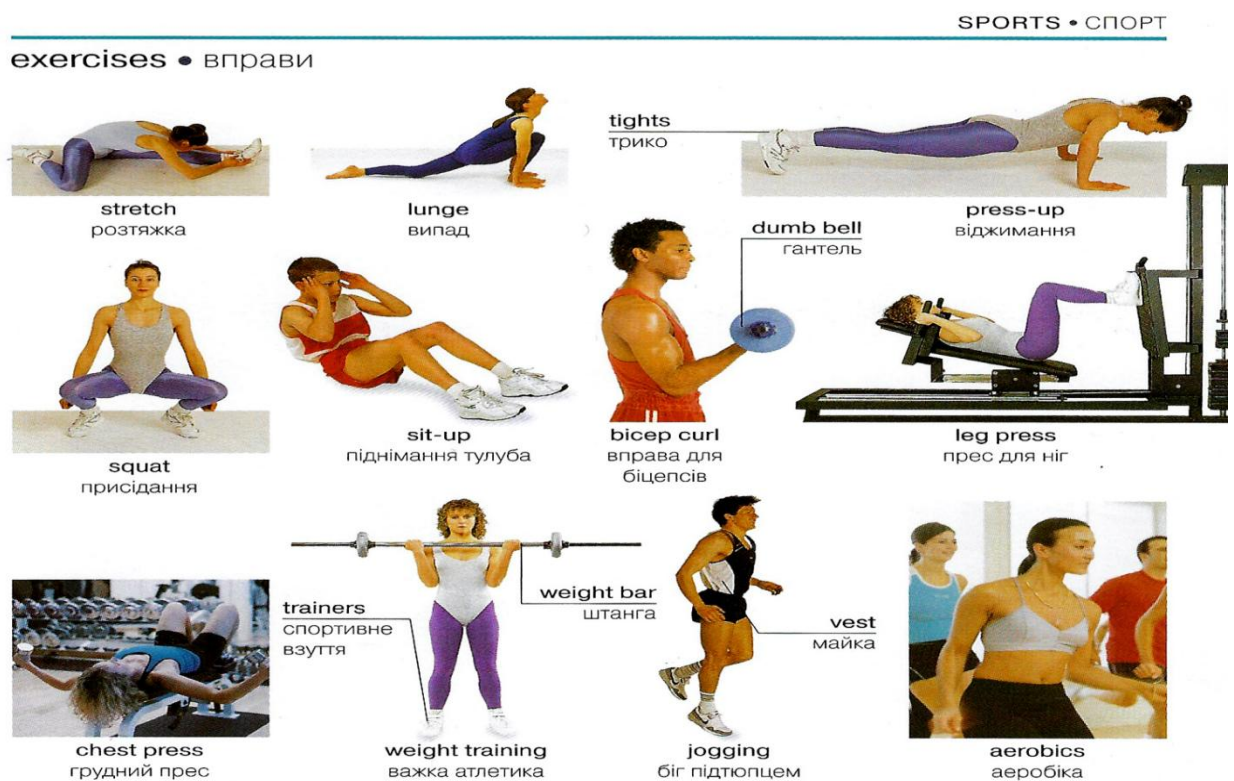
свині).

Існують іменники, які вживаються тільки в однині: *advice* – порада, *money* – гроші, *news* – новини або навпаки тільки у множині: *glasses* – окуляри, *trousers* – штани, *scissors* – ножиці.

Увага! Слово *news* (новини) в англійській мові вживається тільки в однині, незважаючи на закінчення (*What is a news?* – Які новини?), а переклад сурядних іменникових словосполучень виконується з останнього слова: *Kyiv discovery center* – центр відкриттів Києва.

В

Look at the picture. Note in own sentences what body parts are involved into concrete exercises using different cases of nouns application



vocabulary • реєстр слів

train (v)
тренуватися

jog on the spot (v)
біг на місці

extend (v)
розтягуватися

Pilates
вправи пілатес

circuit training
комплекс вправ

warm up (v)
розминатися

flex (v)
прогинатися

pull up (v)
підтягуватися

boxercise
боксерські вправи

skipping
стрибки зі скакалкою

Ex. 8.3 P

A

Use the attached grammar material about Adjectives for your own sentences composition concerning coach's work using the previous vocabulary as well as try to translate the part of Ukrainian explanation into English:

Способи творення ступенів порівнянь прикметників

The Adjectives – прикметники. Є три способи творення ступенів порівняння прикметників і прислівників.

1-й спосіб порівняння – для односкладових і двоскладових прикметників, які закінчуються на *-y, -er, -le, -ow*, або мають наголос на другому складі: вищий ступінь утворюється за допомогою суфікса «er», найвищий ступінь – за допомогою артикля the та суфікса «est»: large (великий) – larger (більший) – the largest (найбільший).

2-й спосіб – для двоскладових прикметників із наголосом на першому складі та багатоскладових: вищий ступінь утворюється за допомогою more та прикметника без змін, найвищий ступінь – за допомогою артикля the + most та прикметника без змін: important (важливий) – more important (важливіший) – the most important (найважливіший). 3-й спосіб – винятки–зміна основи: many (багато) – more, (більше) –the most (найбільше); little (мало) – less(менше) – the least (найменше); far (далекий) – further(віддаленіший) – the furthest(найвіддаленіший); good (добрий) – better (кращий) – the best(найкращий); bad (поганий) – worse(гірший) – the worst (найгірший).

Увага! Прикметники, які позначають кольори (наприклад, red (червоний), white (білий), black (чорний), yellow (жовтий), green (зелений), blue(синій) або фізичні недоліки (наприклад, blind (сліпий), deaf (глухий), mad (божевільний) в англійській мові ступені порівняння не утворюють. Для них застосовуються додаткові попередні слова deeply (глибоко, посилено) або

lightly (злегка): *This grass is lightly green in autumn.* – *Ця трава менш зелена восени.* Порівняння однакової міри ознаки утворюється через «*as...as*» (такий самий, як) або через «*like*»: *I am as clever as you are = I am clever like you* – *Я розумний так само, як і ти.* Порівняння різної міри ознаки твориться через «*not so...as...*» (не такий самий як...). *They are not so tall as we are.* = *Вони не такі високі на зріст, як ми.*

В

Look at the picture . Note what gym equipment is more or less expensive , reliable, newest, older, popular, firm etc. using different cases of adjectives application:

SPORTS • СПОРТ

fitness • ФІТНЕС

exercise bike
велотренажер

gym machine
жимовий тренажер

bench
лава

free weights
гирки

bar
штанга

gym
спортзал

rowing machine
гребний тренажер

treadmill
бігова доріжка

cross trainer
кросовий тренажер

personal trainer
особистий тренер

step machine
кроковий тренажер

swimming pool
плавальний басейн

sauna
сауна

Ex. 8.4 P

Review the proposed verbs and compose real life story and scene concerning training in gym to use them in logical order:

to be well aware of the importance— чудово усвідомлювати важливість

to bend-bent-bent—нахиляти/ згортати (*неправильне дієслово*)

to close— закрити, заплющити (про очі)

to create – створити (придумати)

to follow – іти слідом або виконувати (про правила чи інструкції)

to follow the foot that moves – слідкувати за ногою, що рухається

to grasp – захопити, взятися

to increase – підвищити, посилити

to look after— піклуватися про

to look at— поглянути на

to look for— шукати

to look through—переглянути, проглянути

to look forward to—чекати з нетерпінням

to look straight ahead— дивитися прямо перед собою

to move— рухати або переїздити

Ex. 8.5 P

Review the proposed verbs and compose real life story and scene concerning training in gym to use them in logical order:

to place on the at sides – поставити/розмістити з двох сторін

to pull back the – відтягти

to repeat – повторити

to remember – пам'ятати

to relax – розслабити

to sharpen – загострити, посилити, значно активізувати

to sleep– спати (хибний друг перекладача до *slip* – ковзати,*slipping* – слизький)

to sit upright –сидіти прямо

to sit quietly – посидіти без руху

sought ways for its improvement – шукав/шукали шляхи його вдосконалення

to suit the needs of different people – задовольнити потреби різних людей

to swallow– проковтнути

to touch the body – торкатися тіла

to take a deep breath – робити глибокий вдих

to twist – покрутити/ зробити обертовий рух навколо осі

to thrust – висунути

8 P SELF- CONTROL

- *Evaluate your progress (A-excellent/B-very good/C-good/D- near to good/E-enough to be attestated) in perception and ability to use on practice*
- 1) nouns, adjectives _____
- 2) the actions in gym_____
- 3) parts of human body _____
- 4) terms and previously unknown general words vocabulary_____
- 5) physical exercise description_____
- 6) mark as +/- ,% your progress and dates to send into e-learn and to defend

Ex.8.1P	A	
	B	
Ex.8.2P	A	
	B	
Ex.8.3P	A	
	B	
Ex.8.4P		
Ex.8.5P		

MODULE 4 CHECK-UP

1. Choose one variant to fill the gaps:

- 1) My/mine children are older than her/hers.
 - 2) This book isn't mine. Is it your/yours?
 - 3) O...exhibiting areas for physical training equipment is smaller than....t....
- A Ours, theirs B Our, theirs C Ours, their D mine, that

2. Find the variants to fill the gaps:

- 1) And t ...exhibiting areas for physical training equipment is bigger than o... too.
- A Ours ,theirs B Our ,theirs C Ours, their D mine, that
- 2) Please, do not forget to visit... ..hostel is not far from university.
- A us B our C you D their

3. Translate the words from brackets:

- 1) Вона will visit (нас) in order to help (їй).
- 2) (Ця) book , (ті) pens.
- 3) (Вони) called (їм).

4. Choose the numbers of statements to be added with DO

- 1) to .. homework – виконувати домашнє завдання/робити уроки
- 2) to ... a mistake – помилитися
- 3) to .. research – займатися дослідницькою роботою
- 4) to ... (someone) a favour – зробити послугу

5) to ... a meal – приготувати їжу

5. Choose the numbers of statements to be added with DO

1) to ... the dishes – мити посуд 2) to ... coffee – приготувати каву

3) to ... money – заробити гроші 4) to ... some gardening – працювати у саду

5) to ... English – займатися вивченням англійської

6. Choose the numbers of statements to be added with DO

1) to friends – подружитися 2) to sport – займатися спортом

3) to ... progress – прогресувати/розвиватися

4) to ... shopping – ходити за покупками

5) to ... a course – проходити курс

7. Choose the numbers of statements to be added with MAKE

1) to ... a decision – прийняти рішення

2) to ... the housework – виконувати роботи по дому

3) to ... a noise – шуміти

4) to ... a phone call – дзвонити

5) to ... an attempt – зробити спробу/спробувати

8. Agree or disagree that

1) the first column of the Irregular verbs table deals with Future Simple

2) the first column of the Irregular verbs table deals with Past Simple

3) the third column of the Irregular verbs table deals with Present Simple

9. Agree or disagree that...

- 1) «to break a record» is translated as «програти змагання»
- 2) «to win the competition» is translated as «перемогти у змаганнях»
- 3) «to go downstairs» is translated as «підніматися сходами»
- 4) to sit-sat-sat is translated as «встановити, поставити»

10. Agree or disagree that...

- 1) «to draw a game» is translated as «звести гру до нічиї»
- 2) «to keep focused and committed» is translated as «залишатися тим, хто не порушив зобов'язання»
- 3) «to get off» is translated as «зійти»
- 4) «Who lost?» is translated as «Хто виграв?»

• .

11. Connect the columns:

- | | |
|--------------------------|------------------------------|
| 1 to look after | А дивитися прямо перед собою |
| 2 to look at | В чекати з нетерпінням |
| 3 to look for | С проглянути |
| 4 to look through | Д поглянути на перегля, нути |
| 5 to look forward to | Е піклуватися про |
| 6 to look straight ahead | Ф шукати |

12. Agree or disagree that

- 1) «treadmill» is translated as «штанга»
- 2) «bar» is translated as «бігова доріжка»
- 3) «circuit training» is translated as «комплекс вправ»

•

13. Fill the brackets:

- to stretch ...– витягти ноги
- to suit the needs of people– задовольнити потреби різних людей
- to ...– проковтнути but to ... the body – торкатися тіла
- to take a ... breath– робити глибокий вдих
- to ... – покрутити, зробити обертовий рух навколо осі
- to thrust – ...

•

14. Connect the columns:

- | | |
|-------------|---|
| 1 great | A no comparison ability |
| 2 marvelous | B suffixes <i>er,est</i> for comparison |
| 3 bad | C <i>more, the most</i> in front of the word without additional changes |
| 4 far | D root change-exception in comparison |
| 5 expensive | |
| 6 cheap | |

•

15. Connect the columns:

- | | |
|--------------|---|
| 1 leaf | F ending <i>es</i> in plural form |
| 2 phenomenon | G ending <i>ves</i> in plural form |
| 3 roof | E ending <i>a</i> instead of ending <i>s</i> in plural form |
| 4 ox | A ending <i>s</i> in plural form |
| 5 feet | B root change-exception in plural form |

16. Connect the columns:

- | | |
|------------|---|
| 1 little | A no comparison ability |
| 2 big | B suffixes <i>er,est</i> for comparison |
| 3 greenery | C <i>more, the most</i> in front of the word without additional changes |
| 4 far | D root change-exception in comparison |

•

17. Connect the columns:

- | | |
|-------------|---|
| 1 wolf | F ending <i>es</i> in plural form |
| 2 criterion | G ending <i>ves</i> in plural form |
| 3 mouse | E ending <i>a</i> instead of ending <i>s</i> in plural form |
| 4 news | A ending <i>s</i> in plural form |
| 5 box | B root change-exception in plural form |

18. Distinguish the words not being relative to the parts of body: mouth, month, palms, saliva, shoulder, thumb, tongue, foot, food

19. Agree or disagree that

- A) *toes of the foot*» may be translated as *верхня частина стопи*
 B) *to slip*» may be translated as *снати*
 C) comparison of the same measure of the feature is formed through «*as...as*»
 D) comparison of the different measure is formed through «*not so...as...*»

20. Connect the columns:

- | | |
|-------------|--------------|
| 1 lunge | A випад |
| 2 dumb bell | B присідання |
| 3 vent | C гантель |
| 4 jogging | D майка |

THE SECOND COURSE MATERIAL

• MODULE 5

• PRACTICAL WORK 9

Ex 9.1 P

A

Repeat the previous practical work words. Are they used in the following text?

Read and translate the text:

Physical fitness exercises have been practised in China for thousands of years. The ancient Chinese were well aware of the importance of physical fitness and continuously sought ways for its improvement. In recent years, many physical education institutes, sanatoriums and hospitals in China have created a variety of remedial exercises.

The Chinese assimilated useful elements from traditional exercises. These exercises are based on modern theories of anatomy, sports physiology and biomechanics. These new exercises are designed to suit the needs of different people. The sample of Chinese physical exercise may be practised both in the morning and in the evening. Persistent practice will sharpen your appetite, will help you to sleep more soundly as well as it will increase your resistance to disease.

Sit upright, stretch legs forward, feet shoulder-width apart. Place palms on the floor at your sides, thumbs should touch the body, fingers should point forward. Look straight ahead. Bend forward, and use your hands to grasp the ball and the toes of the foot. Pull back the top of the foot thrusting the heel forward. Repeat with another foot. Eyes should follow the foot that moves. Repeat 12 times. Remember! You should take a deep breath each time. Sit quietly for a few minutes. You can gently close your eyes and mouth. Move your tongue around inside your

mouth to produce saliva and swallow it quickly. Repeat six times. Then shrug your shoulders and twist your waist. Finally, relax your whole body....

B *Add the text in your own way*

Ex 9.2 P

A

Answer the questions:

1. Have physical exercises been practised in China less than for hundreds of years?
2. In recent years only Chinese hospitals have created a variety of remedial exercises, have not they?
3. Chinese physical exercises are based on modern theories of anatomy, sports physiology but not biomechanics, are not they?
4. Chinese physical exercise may be practised both in the morning and in the evening, may not they?
5. Persistent physical practice will decrease your appetite, will not it?
6. Persistent physical practice will help you to sleep more soundly, will not it?
7. Persistent physical practice will decrease your resistance to disease, will not it?

B

Fill the gaps:

1. Physical fitness e_____ have been practised in China for t_____s of years. The a_____ Chinese were well aware of the importance of physical fitness
2. In recent years, many physical education institutes, s_____s and hospitals in China have created a variety of r_____ exercises. The Chinese assimilated useful elements from t_____ exercises.
3. Chinese physical e_____ are based on modern theories of anatomy, sports p_____ and b_____.

4. These new exercises are designed to s_____the needs of d_____p_____.
5. Chinese physical exercise may be practised both in the mo_____rning and in the evening. P_____ practice will sharpen your appetite, will help you to sleep more soundly as well as it will increase your r_____e to disease.
6. Sit upright, stretch legs f_____, feet shoulder-width apart. Place p_____s on the floor at your sides, t_____ should touch the body, fingers should point forward.
7. Look straight a_____. Bend f_____and use your hands to g_____the ball and the toes of the foot.
8. Pull back the top of the foot thrusting the h_____forward. Repeat with another f_____. E_____ should follow the foot that moves.
9. R_____times. R_____! You should take a deep b_____ each time.
10. S_____quietly for a few minutes. You can gently c_____ your eyes and m_____.

Ex 9.3 P

A

Translate into English:

- 1) Китайці в давнину чудово усвідомлювали важливість фізичної підготовки та корективних вправ;
- 2) Китайці використовували цінні елементи традиційної гімнастики; задовольняти потреби різних людей
- 3) Сядьте прямо; витягніть ноги; ноги на ширині плечей; помістіть долоні на підлогу; великі пальці рук повинні торкатися тіла; дивіться вперед; повторіть вправу 12 разів;
- 4) Щоразу робіть глибокий вдих; потягніть кінчики пальців на себе; подайте п'яти вперед; повністю розслабтеся

B

Represent your set of command to represent your favourite exercises.

Prove their efficiency.

Ask you group-mate to do your physical exercise after the used vocabulary specification

Ex 9.4 P**A**

Use the attached grammar material about Numerals for your own sentences composition concerning sport exercises using the previous vocabulary as well as try to translate the part of Ukrainian explanation into English:

The Numerals

Numerals–числівники. При творенні назв від 13 до 19 суфікс «teen» додається до чисел першого десятка(див. Дати): 7–seven→ 17–seventeen. При творенні назв десятків суфікс «ty» також додається до чисел першого десятка:7–seven→ 70–seventy. Винятки: 2 – two, 12 – twelve, 20 – twenty; 5 – five, 15 – fifteen, 50 – fifty; 3 – three, 13 – thirteen, 30–thirty; 4 – four; 14–fourteen, але 40 – forty . Для творення порядкових числівників додається суфікс «th», якщо числівник закінчується на приголосний, та «ieth», якщо на голосний. При цьому цей останній голосний не пишеться: 90–ninety, а 90-й–the ninetieth Винятки: перший – the first, другий – the second(омонім – секунда), третій–the third, п’ятий – the fifth.

100– one hundred, 1000–one thousand, 1000000–one million.

Номери телефонів та кімнат в готелі читаються як окремі цифри.

My hostel’s room is number five four– Номер моєї кімнати в гуртожитку – 54. My phone number is eight nought six seven three two– Мій телефонний номер – 8-06734.

Fractional (дробові) (вказують на частину від цілого при лічбі і

відповідають на питання «яка частина?». У простих дробах чисельник читається як кількісний, а знаменник як порядковий: $1/3$ - *one third= a third*. $1/2$ - *a(one) half*, $1/4$ *a (one) quarter*. Коли чисельник більший від одиниці, то знаменник закінчується на – s: $5/10$ - *five tenths*. У мішаних дробах після цілого числа вживається *and*: $13 \frac{4}{9}$ =*thirteen and four ninths*. У десяткових дробах між цілим числом та дробом ставиться крапка- point. %- per cent.

B

Translate and continue concerning physical exercises:

1. Сто.... тисяча...мільйон...
2. Перший..., другий..., третій...та дев'ятий..
3. 16576 майбутніх фахівців з фізкультури та спорту...
4. У 2048 році....
5. $3/12$ та $1/2$.
6. Ваш номер телефону –096-275, будь ласка, повторіть. бо я недочув...

Ex 9.5 P

Compose the crossword to involve 15 main items about physical exercises

9 P SELF- CONTROL

- *Evaluate your progress(A-excellent/B-very good/C-good/D- near to good/E-enough to be certified) in perception and ability to use on practice:*
- 1) numerals_____
- 2) Chinese physical exercises_____
- 3) ordinal and fractional numbers_____
- 4) professional terms and previously vocabulary_____

- 5) physical exercise commands _____
- 6) mark as +/- ,% your progress and dates to send into e-learn and to defend

Ex.9.1P	A	
	B	
Ex.9.2P	A	
	B	
Ex.9.3P	A	
	B	
Ex.9.4P		
Ex.9.5P		

- **THE SECOND COURSE MATERIAL**

- **MODULE 5**

- **PRACTICAL WORK 10**

Ex. 10.1 P

A

Inform real location of some your subjects in space using some following words: There is/There are' – Є(існує)/ Є (існують). Ці вирази ставляться на початку речення для вказівки на розміщення об'єктів у просторі, в українському перекладі випускаються: There are students in the class=Студенти-в аудиторії.

праворуч від – to the right to

ліворуч від – to the left to

поруч – near

на однаковій відстані – at the same(similar) distance

ближче до– nearer to

далі від– further from

між– between

над – over

під – under

попереду – in front of

позаду– behind

inside – всередині

outside –зовні

indoors– в приміщенні

outdoors–на вулиці/свіжому повітрі'/відкритому просторі

B

Review and show the basic physiological processes without words. Do all these

words deal with physiological processes and may all of them be represented in gestures?

fine – тонкий (хибний друг перекладача до слів *чудовий* або *штраф*)

reproduction – розмноження

cell – клітина

tissue – тканина

metabolism – обмін речовин

growth – розвиток/ріст /формування організму

nutrition – харчування/ живлення

respiration – дихання

excitation – збудження нервової системи

contraction – гальмування нервової системи/скорочення/стискання

moving a muscle through a long distance against low resistance – переміщення

м'язів на велику відстань із низьким опором

the cardiovascular system – серцево-судинна система

amount of blood that the heart can pump – кількість крові, яку може перекачати

серце

proliferation of small blood vessels that carry oxygen to the muscles – розростання

дрібних кровоносних судин, які перенесуть кисень до м'язів

muscles are moved through a short distance against a high resistance – м'язи

рухаються на коротку відстань із сильним опором

the thickness of the muscle fibres – товщина м'язових волокон

Ex. 10.2 P

A

Review the verbs as well as grammar material about If-Clause in order to compose some adequate sentences to be read for your group-mate for recognizing their meaning and translation:

to keep fit– підтримувати фізичну форму

to keep-kept-kept –зберігати/ утримувати(неправильне дієслово)

to push– штовхати

to pull– тягти (хибний друг перекладача до слова *pool*– *ємність з водою/водойма* та з *swimming pool*– *басейн*)

to perform life functions – виконати функції життєзабезпечення організму

to plant – садити в землю (хибний друг перекладача до слова *plant*-*рослина/рослинний* або *завод/станція*)

If-Clauses – це умовні речення кількох типів, із яких найпоширенішими є два типи. Умовні речення першого типу – це речення, які створюють умовність ситуації (якщо, то...), спрямовану на майбутнє. Це складні речення, де умовність виражається у підрядній частині, яка починається найчастіше з сполучників *when* – *коли* або *if* – *якщо*.

Увага! Існує невідповідність між українським та англійським перекладом таких підрядних частин: в англійському варіанті в підрядних частинах з «if» або «when» вживається не майбутня (Future), а теперішня (Present) дія : не ставиться *will* як виразник майбутнього. В основній частині речення переклад тотожний з українським: *I'll be glad when I meet foreign guest*– *Я буду радий/зрадію, коли зустрінусь із зарубіжним гостем. If he studies properly he will become a skilled specialist in physical culture* – *Якщо він навчатиметься належним чином, то стане умілим фахівцем з фізичного виховання.*

Умовні речення другого типу – речення, які створюють умовність ситуації (якби б, то б...), спрямовану на минуле. Мають особливість перекладу, тотожну з умовними реченнями 1-го типу, однак *will*=*'ll* змінюється на *would*=*'d*, а теперішня дія на минулу: *I'd be glad when I met my parents*-*Я б зрадив, коли б зустрівся з батьками. If he studied properly he would become the skilled specialist in physical culture* – *Якщо б він навчався*

належним чином, то став би умілим умілим фахівцем з фізичної культури.

B

Open the brackets and add your comments as a conclusion:

Sample. *If amount of blood that the heart can pump (to be) out of order we (to need) improving metabolism. So...-*

1. *If amount of blood that the heart **can pump** is out of order we **will need** improving metabolism. So **we' ll** recommend gentle stages of physical training for beginners.*

1. *If amount of blood that the heart **could pump** is out of order we **would need** improving metabolism. So **we'd** recommend gentle stages of physical training for beginners.*

1) If the foreign guests (come) to supper, I (cook) their national dishes. So...

2) I (miss) you if we (move) abroad. So..

3) Ann (be) sorry if our foreign colleague (not come). So...

4) If you (get) lonely, I hope you (phone) me. So...

Ex. 10.3 P

A

Recognize additional words concerning physical process and add some of your previous sentences with them

favourable – сприятливий

strenuous – виснажливий

detrimental effects on – згубний вплив на

beneficial effects on – сприятливий вплив на

as soon asis felt – відразу як відчувається...

performance – представлення

volunteer – бажаючий

while – під час

B

Review the range of words (alive– живий, live–заряджений, активний або під напругою, life–життя, living organisms– істоту) as well as their meaning in the text of song «Live is Life»:

Live, live is life

When we all give the power

We all give the best

Every minute of an hour

Don't think about a rest

Then you all get the power

You all get the best

And everyone gives everything

And every song everybody sings

Then it's life

Live is life

Live is life, live

Live is life, when we all feel the power

Live is life, come on, stand up and dance

Live is life, when the feeling of the people

Live is life, is the feeling of the band, yeah

When we all give the power

We all give the best

Every minute of an hour

Don't think about a rest

Then you all get the power

You all get the best

And everyone gives everything
 And every song everybody sings
 Then it's life
 Live is life
 Live, live is life
 Live, live is life
 Live, live is life
 And you call when it's over
 You call it should last
 Every minute of the future
 Is a memory of the past
 'Cause we all gave the power
 We all gave the best
 And everyone gave everything
 And every song everybody sang
 Live is life

Ex. 10.4 P

Review the u-tube clip, sing this song, retell its main idea in 5 sentences as well as admit all previously used grammar phenomena dealing with this song

text: [Hermes House Band feat. Dj Otzi - Live Is Life - YouTube](https://www.youtube.com/watch?v=592795123&q=dj+%C3%B6tzi+live+is+life&stick=H4sIAAAAAAAAAAONgFuLVT9c3NEwqK4svzipIU4JxzQyzjQ2qtLSyk630c0uLM5P1i1KT84tSMvPS45NzSotLUous8ksyUosUylKLijPz84oXsYqmZCkc3lZSlamQk5mWqpBZDKYBPowdA2QAAAA&sa=X&ved=2ahUKEwingMmcs6CDAxXKQ_EDHVBvDWUQri56BAhcEAY&biw=1494&bih=714&dpr=1.2)

https://www.google.com/search?sca_esv=592795123&q=dj+%C3%B6tzi+live+is+life&stick=H4sIAAAAAAAAAAONgFuLVT9c3NEwqK4svzipIU4JxzQyzjQ2qtLSyk630c0uLM5P1i1KT84tSMvPS45NzSotLUous8ksyUosUylKLijPz84oXsYqmZCkc3lZSlamQk5mWqpBZDKYBPowdA2QAAAA&sa=X&ved=2ahUKEwingMmcs6CDAxXKQ_EDHVBvDWUQri56BAhcEAY&biw=1494&bih=714&dpr=1.2
 5Live, live is life

Ex. 10.5 P

A

Agree or disagree if this video and song text deal with sport or physical culture itself. Ground your thought in written form (5 sentences)

B

Propose own version of some interesting u-tube material to study English as well as to promote physical culture and sport

10 P SELF- CONTROL

Evaluate your progress (A-excellent/B-very good/C-good/D- near to good/E-enough to be certified) in perception and ability to use on practice

- 1) song analysis _____
- 4) If-clauses (the first type)_____
- 5) subjects in space _____
- 6) If-clauses (the second type)_____
- 7) professional terms and previously unknown general words vocabulary_____
- 8) mark as +/- ,% your progress and dates to send into e-learn and to defend

Ex.10.1P	A	
	B	
Ex.10.2P	A	
	B	
Ex.10.3P	A	
	B	
Ex. 10.4P		
Ex. 10.5P		

• **MODULE 5 CHECK-UP**

•

- 1. *Connect the columns and add the missed variant of translation:*

- 1 reproduction А формування організму
 - 2 cell В клітина
 - 3 tissue С ?
 - 4 metabolism D розмноження
 - 5 growth Е тканина
 -
 - **2. Connect the columns and add the missed variant of translation:**
 - 1 nutrition А?
 - 2 respiration В серцево-судинна система
 - 3 excitation С збудження нервової системи
 - 4 contraction D стискання
 - 5 cardiovascular system Е живлення
 -
 - **3. Fill the gaps:**
 - 1) moving a ... t... a long distance against low resistance– переміщення м'язів на велику відстань із низьким опором
 - 2) the amount of blood that the heart can pump– кількість ..., яку може ...
 - серце
 - 3) p...of small blood v.... that carry oxygen to the m...– розростання дрібних кровоносних судин, які несуть кисень до м'язів.
 -
 - **4. Fill the gaps:**
 - 1) muscles are moved through a s... d... against a high r....– м'язи рухаються на коротку відстань із сильним опором
 - 2) the t.... of the muscle f...–товщина м'язових волокон
 - 3) to perform l... f... – виконати функції життєзабезпечення організму
 - **5. Fill the gaps:**
 - праворуч від – to the r... to
-

- ліворуч ...– to the l... to
- на однаковій ... – at the s... distance
- ближче до...– nearer to...
- далі від...– further from
-
- **6. Fill the gaps:**
- і...s– в приміщенні
- о..s–на відкритому просторі
- to k... fit– підтримувати ф...
- inside – в...
- о...е –зовні
-
- **7. Connect the columns and add the missed variant of translation:**
- 1 між A behind
- 2 над B over
- 3 під C between'
- 4 попереду D?
- 5 позаду E in front of
-
- **8. Agree or disagree that**
- 1) the word PLANT may be translated only as ЗАВОД
- 2) the verb KEEP is regular and it is not placed in the table of irregular verbs
- 3) the verb PUSH may be translated as ШТОВХАТИ
- 4) the verb PULL may be translated as ШТОВХАТИ
- 5) the word POOL may be translated as ТЯГТИ
-
- **9. Choose the variant with correct translation of the sentence and propose your own sentence with similar If-Clause case:**

- Якщо Ви вивчите все, то складете іспит належним чином:
- 1) If you'd study everything, you'll pass exam properly.
- 2) If you'll study everything, you'll pass exam properly.
- 3) If you study everything, you'll pass exam properly.
-
- **10. Choose the variant with correct translation of the sentence and propose your own sentence with similar If-Clause case:**
- Якби він би знав все, то відремонтував би обладнання спортзалу належним чином
- 1. If he'll know everything , he'll repair the gym equipment properly.
- 2. If he knows everything , he'll repair the gym equipment properly.
- 3. If he knew everything , he'd repair the gym equipment properly.
-
- **11. Choose the variant with correct translation of the sentence and propose your own sentence with similar If-Clause case**
- Якщо ти знатимеш правила безпеки, то не уразишся струмом
- 1. If you 'd know the safety rules, you 'll not be injured with electric current
- 2 If you knew the safety rules , you 'd not be injured with electric current
- 3 If you know the safety rules , you 'll not be injured with electric current
-
- **12. Connect the columns and add the missed variant of translation:**
- 1 favourable A?
- 2 strenuous В сприятливий
- 3 detrimental С згубний
- 4 beneficial D виснажливий
-
- **13. Fill the gaps:**

- as soon asis felt – відразу як ...
 -– представлення
 - ...– бажаючий
 - while – ...
 -
 - **14. Write the numbers in words:**
 - 2389 athletes, the new record was set in 1987, after thirty of December it will be the 31st of December, 2/5 of our group , 27 per cent.
 -
 - **15. Write the words in numbers:**
 - fifty, fifteen, five third, twelfth, two hundred eighty second, one thousand forty six million eleven
 -
 - **16. Represent the main idea in one Ukrainian sentence as well as note four new words from this abstract:**
 - When we all give the power We all give the best Every minute of an hour Don't think about a rest. Physical fitness exercises have been practised in China for thousands of years. The ancient Chinese were well aware of the importance of physical fitness and continuously sought ways for its improvement.
 -
 - **17. Represent the main idea in one Ukrainian sentence as well as note four new words from this abstract:** In recent years many physical education institutes, sanatoriums and hospitals in China have created a variety of remedial exercises. The Chinese assimilated useful elements from traditional exercises. These exercises are based on modern theories of anatomy, sports physiology and biomechanics. These new exercises are designed to suit the needs of different people.
 -
-

- **18.** *Represent the main idea in one Ukrainian sentence as well as note four new words from this abstract:* The sample of Chinese physical exercise may be practised both in the morning and in the evening. Persistent practice will sharpen your appetite, will help you to sleep more soundly as well as it will increase your resistance to disease. Sit upright, stretch legs forward, feet shoulder-width apart.
-
- **19.** *Represent the main idea in one Ukrainian sentence as well as note four new words from this abstract:* Place palms on the floor at your sides, thumbs should touch the body, fingers should point forward. Look straight ahead. Bend forward, and use your hands to grasp the ball and the toes of the foot. Pull back the top of the foot thrusting the heel forward. Repeat with another foot. Eyes should follow the foot that moves. Repeat 12 times.
-
- **20.** *Represent the main idea in one Ukrainian sentence as well as note four new words from this abstract:* Remember! You should take a deep breath each time. Sit quietly for a few minutes. You can gently close your eyes and mouth. Move your tongue around inside your mouth to produce saliva and swallow it quickly. Repeat six times. Then shrug your shoulders and twist your waist. Finally, relax your whole body.
-
-
-

THE SECOND COURSE MATERIAL

MODULE 6

PRACTICAL WORK 11

Ex. 11.1 P

A

Repeat the previous practical work vocabulary, read and translate the text without using additional technical help:

Physiology is a study of the physical and chemical processes, which take place in living organisms during the performance of life functions. It is concerned with such basic activities as reproduction, growth, metabolism, respiration, excitation, and contraction dealing with the fine structure, the cells, tissues, and organ systems of the body. Physiology is closely linked with anatomy and was historically considered a part of medicine and chemistry. Physiology *studies* functional anatomy of humans, animals as well as plant physiology, studying photosynthesis and other processes of plant life. Human physiology demands regular physical exercise together with a well-balanced nutrition. There are two kinds of fitness exercises: isotonic and isometric.

Isotonic exercise involves moving a muscle through a long distance against low resistance, as in running, swimming, or gymnastics for beneficial effects on the cardiovascular system. It increases the amount of blood that the heart can pump and causes proliferation of small blood vessels that carry oxygen to the muscles. In isometric exercise, muscles are moved through a short distance against a high resistance while pushing or pulling an immovable object to develop large muscles, to increase the thickness of the muscle fibres and their ability to store glycogen as the fuel for muscular activity...

B

Answer the questions:

1. What is physiology?
 2. What basic activities does physiology study?
 3. Physiology is not linked with anatomy, medicine or chemistry, is it?
 4. Physiology concerns only studying functional anatomy of humans and animals, does not it?
-

5. What does human physiology demand together with regular physical exercises?
6. What cases may alcohol and drug intake be favourable for human physiology?
7. All physical exercises are isotonic, are not they?
8. Pushing and pulling of immovable object increase the amount of blood that the heart can pump, do not they?
9. Glycogen is the fuel for muscular activity, is not it?
10. The blood vessels of stomach carry oxygen to the muscles, do not they?

Ex. 11.2 P

A

Fill the gaps up:

- _____ is a study of the physical and chemical processes, which take place in living organisms during the performance of life functions. Physiology is concerned with such basic activities as reproduction, g_____ metabolism, r_____ excitation, and contraction. Physiology deals with the fine structure, the c_____, t_____, and organ systems of the body. Physiology is closely linked with a_____ and was historically considered a part of m_____ and c_____. Physiology *studies* f_____ anatomy of humans, animals as well as p_____ physiology, studying p_____ and other processes of plant life. Human physiology demands regular p_____ exercise together with a well-balanced n_____. S_____ and drugs are likely to seriously d_____ one's health, and excessive alcohol intake is also d_____ to health. There are two kinds of fitness exercises: isotonic and i_____. I_____ exercise involves moving a muscle through a long distance against low resistance, as in running, swimming, or gymnastics for beneficial effects on the cardiovascular system. Isotonic exercise increases the amount of b_____ that the heart can p_____ and causes proliferation of

small blood v_____ that carry oxygen to the muscles. In isometric exercise, m_____ are moved through a short distance against a high r_____, as in pushing or pulling an immovable object to develop large muscles. Isometric exercises increase the thickness of the muscle f_____ and their ability to store g_____ as the fuel for muscular a_____.

Ex. 11.3 P

A

Describe the image 1 using previous vocabulary and analyse if isometric or isotonic exercises are involved into the presented physical training:

SPORTS • СПОРТ

gymnastics • ГІМНАСТИКА

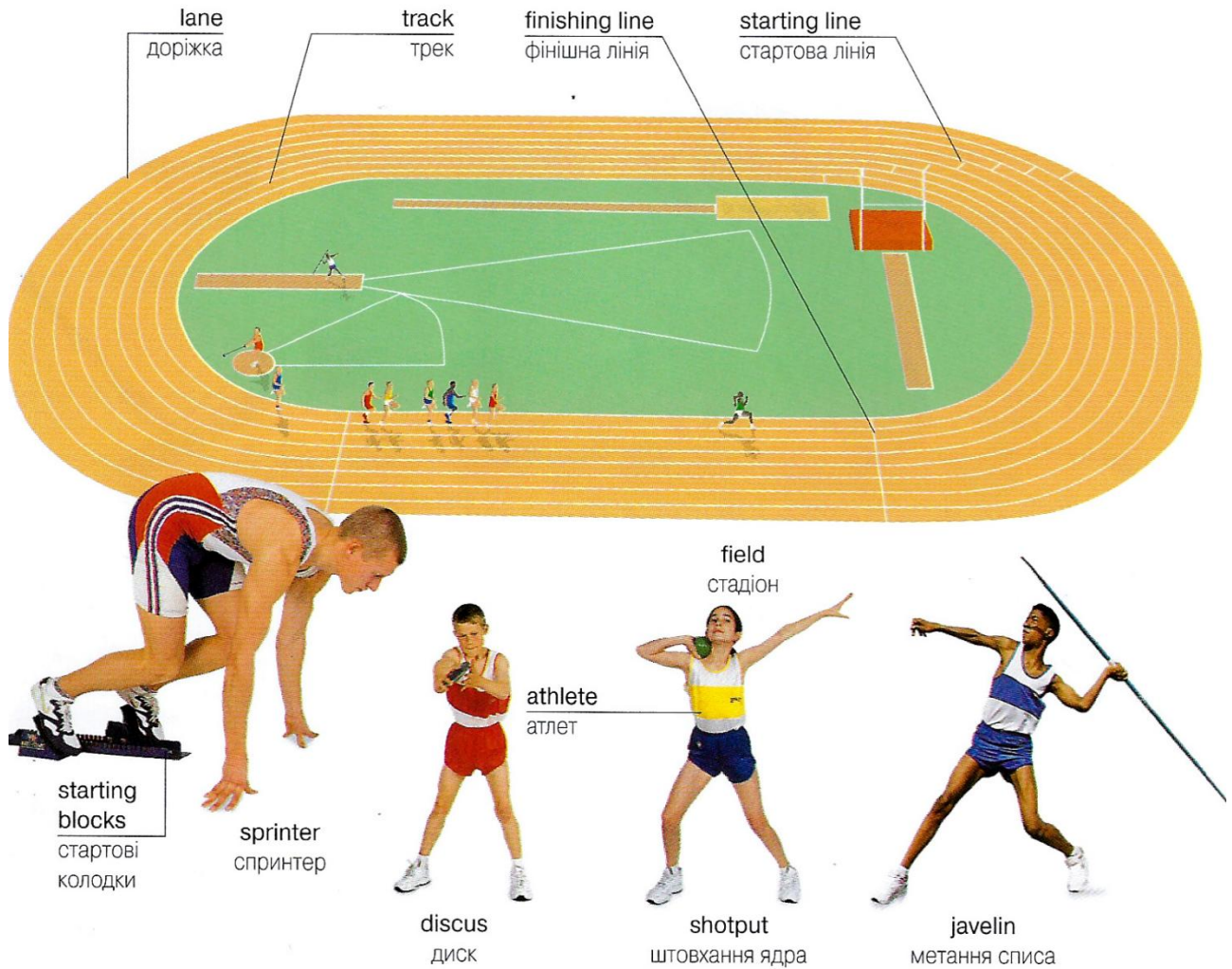
vocabulary • реєстр слів				
horizontal bar поперечина	asymmetric bars різновисокі бруси	rings кільця	medals медалі	silver срібло
pommel horse козел	parallel bars параллельные брусья	podium почесний п'єдестал	gold золото	bronze бронза

B

Describe the image 2 using previous vocabulary and analyse if isometric or isotonic exercises are involved into the presented physical training

SPORTS • СПОРТ

athletics • атлетика



vocabulary • реєстр слів

race біг	record рекорд	photo finish фотофініш	pole vault стрибок із жердиною
time час	break a record (v) побити рекорд	marathon марафон	personal best особистий рекорд

stopwatch
секундомір

Ex. 11.4 P

A

Review grammar material about modal verbs in general and the verb MUST itself in order to compose 5 own sentences with words concerning physiological processes:

Modal verbs – це модальні дієслова. Це такі дієслова, які виражають не власне саму дію, а ставлення до неї (можливість, наказ, пораду, сумнів) тощо. Додатковими модальними дієсловами є *should = ought to* – *слід, рекомендовано*. Іноді вважають модальним і самостійне дієслово *to need* – *потребувати*. Після них, в основному, вживається інфінітив без частки «to». *You must study properly* – *Ти повинен вчитися належним чином*.

Заперечення утворюється через частку «not» після модального дієслова : *But you must not study whole day and night.* – *Але ти не повинен вчитися і вдень, і вночі*. Для творення запитань певне модальне дієслово виноситься перед цим інфінітивом: *Must you have any free time for any hobby?* – *Yes, you / I must.* *Чи повинен ти мати якийсь вільний час на певне хобі?* – *Так*.

Основні модальні дієслова – *can, may, must* змінюються за часами:

Наказ, повинність MUST

В теперішньому часі є повинен(повинні)/мусить (мусять) для різних осіб перекладається через *must* і його синоніми відповідно до конкретного займенника:

I <u>must/am to/ have to</u>	we <u>must/ are to/ have to</u>
they <u>must/are to/ have to</u>	you <u>must/are to/ have to</u>
he <u>must/is to/ has to</u>	she <u>must/is to/ /has to</u>
it <u>must/is to/ has to</u>	

В минулому часі був повинен(були повинні)/мусив (мусили) для всіх осіб перекладається тільки через такий синонім *must* як had to або для займенників/іменників множини were to та для займенників/іменників однини was to. У майбутньому часі буде повинен(будуть повинні)/муситиме (муситимуть) для всіх іменників/ займенників will have to та will be to.

B

Review grammar material about modal verb CAN itself in order to compose 5 own sentences with words concerning physiological processes

МОЖЕ як спроможність, здатність CAN

В теперішньому часі є здатний(здатні)/вміє (вміють) для різних осіб перекладається через *can* і його синоніми відповідно до конкретного займенника:

I can/am able to we can /are able to they can /are able to
 you can /are able to he can / is able to she can /is able to
 it can /is able to

В минулому часі був здатний(були здатні)/вмів (вміли) для всіх осіб перекладається тільки через такий синонім *can* як could або для займенників/іменників множини were able to та для займенників/іменників однини was able to. У майбутньому часі буде здатний(будуть здатні)/вмітиме (вмітимуть) для всіх іменників/ займенників will be able to

УВАГА

При перекладі *can* слід звернути увагу на контекст, оскільки у певних випадках *can* може перекладатися як дієслово «заготовляти/ консервувати» або іменник «запаяна банка- місткість для консервації». Запам'ятайте два дотичні вислови: *Ken can can cans – Кен вміє заготовляти консерви. Can your can'ts into cans to achieve the desired goals – Законсервуй(закрий) свої «не можу» у бляшанки(у значенні «в небуття»), щоб досягти бажаних цілей.*

Ex. 11.5 P**A**

Review grammar material about modal verb MAY itself in order to compose 5 own

sentences with words concerning physiological processes

МОЖЕ як непевненість, дозвіл МАУ

В теперішньому часі є можливим/дозволено для різних осіб перекладається через *may* і його синоніми відповідно до конкретного займенника:

I may/am permitted to/am allowed to we may /are permitted to/are allowed to

they may / are permitted to/are allowed to

you may / are permitted to/are allowed to

he may / is permitted to/ is allowed to

she may / is permitted to/ is allowed to

it may / is permitted to/ is allowed to

В минулому часі було можливим/ було дозволено для всіх осіб перекладається тільки через такий синонім *may* як *might* або для займенників/іменників множини were permitted to/ were allowed to та для займенників/іменників однини was permitted to/was allowed to

В майбутньому часі буде можливим/ буде дозволено для всіх іменників/ займенників will be permitted to/will be allowed to.

B

Compose crossword or represent some interesting or humour illustrated facts about physiological processes and types of physical exercises.

11 P SELF- CONTROL

- Evaluate your progress(A-excellent/B-very good/C-good/D- near to good/E-enough to be certified) in perception and ability to use on practice
- 1) modal verbs_____
- 4) athletics words_____

- 5) gymnastics_____
- 6) physiology _____
- 7) professional terms and previously unknown general words vocabulary_____
- 8) isotonic and isometric exercises_____
- 9) mark as +/- ,% your progress and dates to send into e-learn and to defend

Ex11.1P	A	
	B	
Ex11.2P	A	
	B	
Ex.11.3P	A	
	B	
Ex.11.4P		
Ex.11.5P		

THE SECOND COURSE MATERIAL

- **MODULE 6**

PRACTICAL WORK 12

Ex. 12.1 P

Review the list of injuries and show it to your group-mates without words:

athletic injuries– спортивні травми

arthritis – артрит

breathing is laboured– дихання утруднене

circulation seems inadequate– кругообіг видається порушеним

drugs –наркотичні речовини або хімічні ліки

excessive alcohol intake– надмірне вживання алкоголю

fatigue influences performance– втома впливає на продуктивність виконання вправ

heart attacks– інфаркт

knee injury– травма коліна

rain– біль

bone cracking – розшаровування/розтріскання кістки

strokes – інсульт

illness–хвороба

injury– травма

fracture– перелом

lateral force– бічний силовий удар

ligament tears– розрив зв'язок(хибний друг перекладача до слова *tears-сльози*)

Ex. 12.2 P

Review the verbs and compose own sentences after watching explanation about Active Continuous Tense:

to become-became- become– стати/змінити стан (неправильне дієслово)

can be inserted into a thin slit– може бути вставлений у тонку щілину(розріз)

can be accomplished through this narrow opening– може бути здійснений через цей вузький отвір

caused by overuse– спричинений надмірним навантаженням

to contain– містити

Continuous – дія в конкретний мовлення. Супроводжується обставинами *at this moment* – у цей момент, *at that moment* – у той момент, *at the next moment* – у наступний момент, *now* – зараз, *then* – тоді, *at 6 o'clock* – о 6-й годині.

Continuous	
Present	am is V₄ are I am writing Я пишу (зараз)v
Past	was V₄ were I was writing Я писав(вчора о другій)
Future	will be V₄ I will be writing Я буду писати(завтра о третій)

Ex. 12.3 P

Review the verbs and compose own sentences after watching explanation about Active Perfect Tense:

to embark on– приступити до виконання

to demand– вимагати/потребувати

to devise a regime – розробляти режим

to damage one's health – завдати комусь шкоди/здійснити негативний вплив на чиєсь здоров'я

to involve– залучити

Perfect – дія, пов’язана з наступною своїм результатом. Супроводжується обставинами *already* – вже, *recently* – нещодавно, *just* – щойно, *ever* – колись, *never* – ніколи, *by* – до.

Характеристика будь-якого дієслова потребує зазначення Active (активний), якщо дію виконує сам підмет – суб’єкт або Passive (пасивний), якщо дія здійснюється над підметом – об’єктом. Отже, дієслово речення «Він зараз відвідує кафедру фізичного виховання» характеризується як Present Continuous Active відповідно до обставини зараз, а «Мобільність бігунів на турнірі була колись виміряна» характеризується як Past Perfect Passive відповідно до обставини колись.

Perfect	
Present	have V₃ has I have written Я написав (вже, щойно)
Past	had V₃ I had written Я написав(вчора до; до того, як він прийшов)
Future	will have V₃ I will have written Я напишу (завтра до трьох годин)

Ex. 12.4 P

Review the verbs and compose own sentences after watching explanation about Active Perfect Continuous Tense:

to protect – захищати

prescribed as medication– призначений лікарем/виписаний за рецептом у якості медичного засобу

smoking – тютюнопаління

to suffer– страждати

to see a doctor – звернутися до лікаря

twisting– скручування/зміщення

weakening of the front of the shinbone–ослаблення передньої частини гомілкової кістки

to heal with rest – лікуватися фіксацією/перебуванням у стані спокою

Perfect Continuous – дія певного періоду в часових рамках. Супроводжується обставинами *since* – з (якогось часу), *for...*– протягом, *from...till* – з ...до.

Perfect Continuous	
Present	have been V₄ has I have been writing Я пишу (вже годину, зранку)
Past	had been V₄ I had been writing Я писав (вже дві години)
Future	will have been V₄ I will have been writing Я буду писати (завтра впродовж трьох годин)

Ex. 12.5 P

A

Repeat and analyze if you know material about English Tenses in Active Voice.

Try to retell this material in English:

Review of Tenses – огляд часів. В англійській мові існують три основні групи часів: Present (теперішній), Past (минулий), Future (майбутній). Їхня назва – перше слово для характеристики будь-якого дієслова. У свою чергу, ці три основні групи часів поділяються на чотири підгрупи :Simple / Indefinite

(простий); Continuous (подовжений); Perfect Continuous (доконаний подовжений); Perfect (доконаний). Щоб перекласти англійське речення, слід, насамперед, розглянути проєкції дієслова, згадати, чи дієслово речення правильне чи «неправильне», та скористатися відповідними формулами загальної таблиці дієслів, де V – це початкова форма дієслова (яка подається в словниках) без частки *to*. Наприклад, для правильного дієслова *to proclaim* форма V– це *proclaim*, Vs – *proclaims*, V₃ = Ved – *proclaimed*, а для неправильного дієслова *to find* форма V– це *find*, Vs – *finds*, V₂ – друга колонка таблиці неправильних дієслів – *found*, V₃ – третя колонка таблиці неправильних дієслів – *found*. V₄= Ving. На даний час форма *shall* замість *will* в майбутньому часі для займенників *I, we* вважається застарілою. Якщо минула дія важлива для теперішнього часу своїм результатом, то замість Past Perfect слід ужити Present Perfect.

B

Represent a scene about visit to a doctor with sport injury applying different English Tenses in Active Voices as well as previous grammar knowledge in need.

12P SELF- CONTROL

- *Evaluate your progress(A-excellent/B-very good/C-good/D- near to good/E-enough to be certified) in perception and ability to use on practice:*
- 1) Perfect Tenses in Active Voice_____
- 4) Continuous Tenses in Active Voice_____
- 5) sport injuries types and prevention _____
- 6) sport illness types and prevention _____
- 7) professional terms and previously unknown general words vocabulary_____

VARIANT 1

Ex.1.1 IT (var1)

A

Review the material about *Passive Voice in Simple Tenses*, try to retell it in English as well as to compose some logical story with *Present Simple* applying following words:

almost– майже

face mask – забрало (захисна маска для обличчя)

limb– кінцівка

invention – винахід

padding materials – набивні матеріали для підкладки

prevention – профілактика

protectors– засоби захисту

treatment – лікування

Вираження часів *Passive Simple* представлено так :

	<i>PRESENT SIMPLE</i>	<i>PAST SIMPLE</i>	<i>FUTURE SIMPLE</i>
+ ствердження	I <u>am</u> V3 he <u>is</u> V3 she <u>is</u> V3 it <u>is</u> V3 we <u>are</u> V3 you <u>are</u> V3 they <u>are</u> V3	I <u>was</u> V3 he <u>was</u> V3 she <u>was</u> V3 it <u>was</u> V3 we <u>were</u> V3 you <u>were</u> V3 they <u>were</u> V3	will be V3

Заперечення твориться додаванням частки «not» після «am», «is», «are», «was», «were», «will»: *All spare parts are ordered.* – *Всі запчастини замовляються = Їх замовляють.*

Питальна форма «Чи» твориться перенесенням «am», «is», «are», «was», «were», «will» на початок запитання перед підметом: *Is almost whole sport*

equipment ordered beforehand? –Yes, it is. –Чи майже весь спортивний інвентар замовляється зазделгідь? – Так.

У цілому, Passive Voice – це пасивний стан: такий стан дієслова, коли дія виконується, виконувалась і буде виконуватися над підметом. Так само, як і в активному стані, дієслова групи Passive Simple (Indefinite) виражають регулярну повторювану дію та сполучаються з обставинами *often – часто, seldom – рідко, always – завжди, usually – зазвичай, regularly – регулярно, as a rule – як правило*. Для майбутнього часу (Future Simple Passive) характерне поєднання з обставинами *next – наступного, in – через, tomorrow – завтра*. Для минулого часу (Past Simple Passive) характерне поєднання з обставинами *last – минулого, ago – тому (назад), yesterday – вчора*.

Passive Voice відмінюється у теперішньому (Present), минулому (Past) та майбутньому (Future), закінчуючись завжди на формулу «V3» – третю форму дієслова (Ved для правильних і третю колонку дієслів для «неправильних»).

УВАГА! Passive Voice також вживається і для Perfect у формулі *have/has/had been V3*, і для Continuous(am/is/are/was/were/will be beingV3) з відповідними обставинами.

В

Repeat the material about Passive Voice in Simple Tenses from previous exercise, try to retell it in English as well as to compose some logical story with Past Simple applying such words as

possible – можливий

impossible– неможливий

simpler – простіше

survey – розвідка/опитування

condition – стан

directly– безпосередньо

surgery – хірургічне втручання

due to – завдяки

C

Repeat the material about Passive Voice in Simple Tenses , try to retell it in English as well as to compose some logical story with Future Simple applying following words:

fibre-optic light– волокно-оптичне світло

repair– ремонт/усунення проблем здоров'я шляхом хірургічного втручання

squash = сквош

other racquet sports– інші види спорту, де використовується ракетка

conditioning– попередня підготовка

long-distance runners– бігуни на довгі дистанції

Ex. 7.2 I

A

Read and translate the text as well as add it in your own way as well as admit previously studied grammar phenomena: Athletic injuries surveys have shown that most football and basketball injuries involve the knee injury, either through twisting or due to lateral force. Surgery for such injuries has become much simpler with the invention of the arthroscope, a thin device containing a fibre-optic light that can be inserted into a thin slit in the knee. Repair can be accomplished through this narrow opening. Long-distance runners also suffer of knee injuries, but a more common health problem for runners is the stress fracture, which is a weakening of the front of the shinbone caused by overuse, with pain and possible bone cracking as the result. Ligament tears are more common in gymnastics.

B

Read and translate the text as well as add it in your own way: Almost all these conditions heal with rest. Prevention of injuries depends primarily on good conditioning. Athletes are also protected by the use of better padding materials and of face masks in hockey and eye protectors in squash and other racquet sports. Smoking and drugs (except those prescribed as medication) are likely to seriously damage one's health, and excessive alcohol intake is also detrimental to health. The general rule for fitness trainer to stop exercise as soon as physiological discomfort is felt: that is, as soon as breathing is laboured, circulation seems inadequate, or fatigue influences performance. Those with health problems caused by heart attacks, strokes, injuries, and illness, including conditions such as arthritis, should see a doctor before devising a regime or embarking on any form of strenuous exercise...

Ex. 7.3 I

Answer the questions:

1. What injuries may happen in volleyball?
2. How may arthroscope help in knee injury surgery?
3. What is a common health problem for long- distance runners?
4. Ligament tears are more common in football?
5. How may athletes protect themselves from sport injuries?
6. Must athlete's limb move directly after surgery treatment?
7. What may damage human health except of injuries and illnesses?
8. What must fitness trainer do before a devising a regime to volunteer to keep fit ?
9. What physiological discomfort is the reason to stop training session?
10. Is deep breathing the reason to stop training session?

Ex. 7.4 I

Fill the gaps up: A _____ injuries surveys have shown that most football and basketball injuries involve the k _____ injury, either through twisting or due to l _____ l force. 2. A _____ is a thin device containing a fibre-optic l _____ that can be inserted into a thin s _____ in the knee. Repair can be accomplished through this narrow opening. 3. Long-distance r _____ also suffer of knee injuries, but a more common h _____ problem for runners is the stress f _____. 4. A w _____ of the front of the shinbone caused by o _____, with pain and possible b _____ cracking as the result. 5. L _____ tears are more c _____ in g _____. 6. P _____ of injuries depends primarily on good c _____. Athletes are also protected by the use of better p _____ materials and of face masks in hockey and eye protectors in s _____ and other racquet sports. 7. S _____ and drugs (except those prescribed as medication) are likely to seriously d _____ one's health, and excessive alcohol i _____ is also detrimental to health. 8. The general rule for fitness trainer to stop exercise as soon as p _____ discomfort is felt: that is, as soon as breathing is l _____, circulation seems i _____, or fatigue influences performance. 9. Those with health problems caused by heart a _____, strokes, injuries, and illness, including conditions such as a _____, should see a doctor before d _____g a regime or embarking on any form of strenuous exercise.

Ex. 7.5 I

A

Describe the picture and possible physiological processes to be in these characters bodies asking into account their body , habits and appearance.



B

Describe the picture and possible sport injuries for this kind of sport:

SPORTS • СПОРТ

combat sports • бойові види спорту

opponent
супротивник

guard
шолом

glove
рукавиця

belt
пояс

karate
карате

tae-kwon-do
тайквондо

mask
маска

judo
дзюдо

sword
шабля

aikido
айкідо

kendo
кендо

kung fu
кун-фу

kickboxing
кікбоксинг

wrestling
боротьба

boxing
бокс

C

Describe the picture and possible sport injuries for this kind of sport:

SPORTS • СПОРТ



2.1 IT (var1) SELF- CONTROL

Evaluate your progress(A-excellent/B-very good/C-good/D- near to good/E-enough to be certified) in perception and ability to use on practice

1) Passive Voice

2) physiology

3) injuries

4) the main features to motivate and to overcome faults in sport activities

5) professional terms and previously unknown general words vocabulary_____

6) mark as +/- ,% your progress and dates to send into e-learn and to defend

Ex.2.1 IT (var1)		
Ex.2.2 IT (var1)		
Ex.2.3 IT (var1)		
Ex.2.4 IT (var1)	A	
	B	
Ex.2.5 IT (var1)	A	
	B	

VARIANT 2

Ex. 2.1 IT (var2)

A

Review the material about article A, try to retell it in English and give own samples:

The Articles – артиклі (омонім – статті), серед яких є неозначений (Indefinite: *a* або *an* перед словом, яке починається з голосного). В основному, в реченні артиклі не перекладаються.

Артикль «A» вживається у таких випадках :

1) на позначення одного злічуваного об'єкта , з яким знайомимось вперше :
I always meet a new hostel's friend. – Я завжди зустрічаю нового друга з гуртожитку.

An – це різновид *a* перед словом, яке починається з голосного: *He will be an engineer. – Він буде інженером.*

2) у сталих словосполученнях:

in a high spirit (mood) – у доброму настрої; in a ...voice –...голосом; to have a good time – провести гарно час; to go for a walk – вийти на прогулянку; in a day – через день; in a week – через тиждень; in a year – через рік.

B *Read, translate and title the text, adding it with some stable compounds with*

article «a» as well as recognizing previously studied grammar phenomena or vocabulary: Physical Fitness is an ability of the human body to meet demands imposed by the environment and daily life. Fitness is a state of body that helps develop a more positive and dynamic attitude to life and is likely to affect most phases of human existence. Efficiently working lungs and heart, general alertness, muscular strength, energy, and stamina are the overt signs of physical fitness. It is usually measured in relation to functional expectations: that is, typically, by periodic tests which measure strength, endurance, agility, coordination, and flexibility. In addition, stress testing (for example, using an ergometer) which gauges the body's response to powerful, sustained physical stimulus, is used to analyze fitness.

Ex. 2.2 IT (var2)

A

Review the material about article THE, try to retell it in English and give own samples:

The Articles – артикли (омонім – статті), серед яких є означений (Definite: *the* або *an* перед словом, яке починається з голосного).

Артикль «**The**» вживається у таких випадках:

- 1) перед згадуваним колись об'єктом, перед географічними назвами (гори, ріки, моря): *He comes from the Carpathians* – Він родом з Карпат; 2) перед порядковими числівниками (*the first* – перший) та найвищим ступенем порівняння прикметників (*the best* – найкращий);
- 3) перед предметом, який є єдиний унікальним : *The sun is everywhere* – Сонце повсюди;
- 4) перед словосполученням з *of*: *I know the date of her birth.* – Я знаю дату її народження;
- 5) у сталих структурах на кшталт *in the middle* – посередині; *in the corner* –

на розі; to the right – праворуч; on the one hand – з одного боку; on the other hand – з іншого боку; to the left – ліворуч; in the morning – вранці; in the afternoon – вдень; in the evening – ввечері; to the north – на північ; to the south – на південь; to the east – на схід; to the west – на захід; What's the use? – Яке призначення? Увага! Однак у жодному випадку the не вживається перед назвою міста, іменем та прізвищем, окрім випадку позначення всього роду (the Smiths – Сміти).

B

Read, translate and title the text, adding it with some stable compounds with article «the »as well as recognizing previously studied grammar phenomena or vocabulary:

Regularity of exercise is desirable, and it is important that no form of violent exercise or extreme exertion is undertaken suddenly. A gradual warming-up and preparatory process is essential to prevent injury. Becoming fit involves taking some form of regular exercise; walking is, for example, one of the most effective forms of exercise and can be included in everyday life. Swimming, cycling, aerobics, and dancing (plus basic exercises which can be done almost anywhere) are also very helpful. Many forms of sport and ball games can make a contribution to fitness. The practices of yoga and tai chi, which are increasing in popularity, are also highly beneficial.

Ex. 2.3 IT (var2)

A

Review the material about stable compounds without articles, try to retell it in English and give own samples:

Артикли не вживаються у таких випадках :

1) якщо перед іменником стоїть присвійний або вказівний займенник, слово

What (який), інший іменник у присвійному відмінку, кількісний числівник або заперечення *no*;

2) перед назвами місяців і днів тижня;

3) у сталих словосполученнях: *at home* – вдома; *at work* – на роботі; *at night* – вночі; *in front* – попереду; *to go home* – йти додому; *to enter University* – поступати в університет; *to leave hostel / home* – виходити з гуртожитку / дому; *to cook dinner* – готувати обід; *to watch TV* – дивитись телебачення; *to play football* – грати в футбол; *by bus / by car* – автобусом / машиною; *by train* – поїздом; *in fact* – фактично.

Увага! Артикль не ставиться після слова «to play», якщо далі йде зазначення гри (to play football), та ставиться, якщо далі зазначається вид музичного інструменту (to play the guitar).

B

Read, translate and title the text, adding it with some stable compounds without articles: Physical education, physical culture and sports are the most economically beneficial and effective way to prevent diseases, strengthen the gene pool, increase the potential of labor resources, psycho-physical health, increase the welfare of the population and solve other social problems. The demand and popularity of the sport is fully justified. After all, sport is not only self-organization and discipline, health and youth, an element of culture and lifestyle - it is life itself, moving forward!

Ex. 2.4 IT (var2)

Compose the crossword about physical education using more than 15 basic words from this semester material

Ex. 2.5 IT (var2)

Analyze and represent interesting video or audio material being either dealt with your future profession as well as with articles(in meaning of grammar phenomena)

- **2.1 IT (var1) SELF- CONTROL**

- Evaluate your progress(A-excellent/B-very good/C-good/D- near to good/E-enough to be certified)) in perception and ability to use on practice
- 1) article *a*
- 2) article *the*
- 3) stable compounds with articles and without articles
- 4) physical fitness
- 5) the main features to motivate and to overcome faulties in sport activities
- 6) professional terms and previously unknown general words vocabulary_____
- 7) mark as +/- ,% your progress and dates to send into e-learn and to defend

Ex.2.1 IT (var1)		
Ex.2.2 IT (var1)		
Ex.2.3 IT (var1)		
Ex.2.4 IT (var1)	A	
	B	
Ex.2.5 IT (var1)	A	
	B	

-

• **MODULE 6 CHECK-UP**

• **MODULE 3 CHECK-UP ACCORDING TO**
 • **PRACTICAL WORKS №5 AND №6**

• **1. Connect the columns and add the missed variant of translation:**

- | | |
|----------------|---------------------------|
| 1 to embark on | A вимагати |
| 2 to demand | B ? |
| 3 to devise | C розробляти (про режим) |
| 4 to damage | D завдати шкоди |
| 5 to involve | E приступити до виконання |

2. Connect the columns and add the missed variant of translation:

- | | |
|---------------|-------------------|
| 1 baton | A планка |
| 2 vault | B опорний стрибок |
| 3 tumble | C колесо |
| 4 crossbar | D ? |
| 5 springboard | E місток |

3. Connect the columns and add the missed variants of translation:

- | | |
|-------------------|-----------------|
| 1 lane | A доріжка |
| 2 stopwatch | B метання спису |
| 3 personal best | C ? |
| 4 javelin | D секундомір |
| 5 floor exercises | E ? |

4. Fill the gaps:

- as medication – виписаний за рецептом у якості медичного засобу
 – тютюнопаління

to suffer–

... a doctor – звернутися до лікаря

5. Fill the gaps:

...– зміщення

weakening of the f.... of the– ослаблення передньої частини гомілкової кістки

towith rest– лікуватися фіксацією–перебуванням у стані спокою

6. Connect the columns:

- | | |
|---------------------|---------------|
| 1 obligatory action | A may |
| 2 possible action | B is able to |
| 3 physical ability | C has to |
| 4 recommendation | D ought to |
| 5 must | E were to |
| 6 may | F was able to |
| 7 can | G might |
| 8 ought to | H should |

7. Connect the columns:

- | | |
|--------------|-------------------|
| 1 can | A is permitted to |
| 2 may | B is to |
| 3 must | C could |
| 4 can | D можливо |
| 5 may | E здатний |
| 6 must | F повинен |
| 7 is able to | G міг |

8. Connect the columns

- | | |
|-----------------------------|---------------------|
| 1 міг переплисти (річку) | A might crossed |
| 2 був повинен | B should cross |
| 3 можливо (раніше) переплив | C had to cross |
| 4 слід переплисти | D was able to cross |

9. *Translate taking into account translator's false friends:* Ken can can cans. Can your can'ts into cans to achieve the desired goals?

10. *Represent the main idea in one Ukrainian sentence as well as note four new words from this abstract:* Physiology is a study of the physical and chemical processes, which take place in living organisms during the performance of life functions. It is concerned with such basic activities as reproduction, growth, metabolism, respiration, excitation, and contraction dealing with the fine structure, the cells, tissues, and organ systems of the body. There are two kinds of fitness exercises: isotonic and isometric ones.

11. *Represent the main idea in one Ukrainian sentence as well as note four new words from this abstract:* Physiology is closely linked with anatomy and was historically considered a part of medicine and chemistry. Physiology *studies* functional anatomy of humans , animals as well as plant physiology, studying s photosynthesis and other processes of plant life. Human physiology demands regular physical exercise together with a well-balanced nutrition.

12. *Write the variants of numbers being relative to isotonic exercises:*

- 1) to increase the ability to store glycogen as the fuel for muscular activity;
 - 2) to move a muscle through a long distance against low resistance;
 - 3) to increase the thickness of the muscle fibres
 - 4) to increase the amount of blood that the heart can pump ...
-

- 5) to cause proliferation of small blood vessels that carry oxygen to the muscles.
- 6) muscles are moved through a short distance against a high resistance, while pushing or pulling an immovable object
- 7) to develop large muscles
- 8) in running, swimming, or gymnastics for beneficial effects on the cardiovascular system.

13. Write the variants numbers being relative to isometric exercises:

- 1) to increase the ability to store glycogen as the fuel for muscular activity;
- 2) to move a muscle through a long distance against low resistance;
- 3) to increase the thickness of the muscle fibres;
- 4) to increase the amount of blood that the heart can pump ;
- 5) to cause proliferation of small blood vessels that carry oxygen to the muscles;
- 6) muscles are moved through a short distance against a high resistance while pushing or pulling an immovable object;
- 7)to develop large muscles;
- 8) in running, swimming or gymnastics for beneficial effects on the cardiovascular system.

14. Fill the gaps:

a... injuries– спортивні травми

k...injury– травма коліна

arthritis – артрит

b.... is laboured– дихання утруднене

circulation seems inadequate– к...видається порушенням

15. Fill the gaps:

d... – хімічні ліки

excessive alcohol i...ntake– надмірне вживання алкоголю

f... influences performance– втома впливає на продуктивність виконання вправ

h... attacks– інфаркт

16. Fill the gaps:

rain– б...

b... cracking – розшаровування кістки

l...t tears– розрив зв'язок

t...– сліози

17. Connect the columns and add the missed variants of translation:

1 strokes A ?

2 illness B хвороба

3 injury C травма

4 fracture D перелом

5 lateral force E бічний силовий удар

6 disease F?

18. Connect the columns

1 is training A always

2 has trained B already

3 have been training C Look!

4 has been trained D recently

5 trains E last championship

6 trained F Passive Voice

19. Open the brackets:

1)I'm glad because this coach (to invite) our team to competition.

2) Now I (to train my muscles) to do the best

3) He (to discuss) by his two coaches as a candidate to participate in the nearest soccer match.

MODULE 3 CHECK-UP ACCORDING TO INDIVIDUAL TASKS 2

1. Write the numbers being related to Passive Voice:

№1: is training our athletes

№ 2: was being trained

№ 3: has trained

№4: have been trained

№5: had been training

2. Connect the columns and add the missed variants:

1 prevention А завдяки

2 protectors В ?

3 treatment С лікування

4 directly D ?

5 possible Е профілактика

3. Open the brackets according to adverbial modifier in the case when Passive Voice is in need:

1) This goal (to devote) to the football match audience last week

2) This goal (to devote) to the football match audience next week

3) The forward player (to devote) his goals directly to stadium audience

4) The forward player (to recognize) by audience now due to his achievements

4. Fill the gaps:

a... – майже

p... materials – набивні матеріали для підкладки

impossible – н....

s... – простіше

long-d... runners – бігуни на довгі дистанції

5. Connect the columns and add the missed variants:

1 survey A ?

2 surgery B стан

3 conditioning C попередня підготовка

4 condition D хірургічне втручання

5 limb F ?

6. Fill the gaps:

1) i... – винахід

2) quard – ш...

3) b... – пояс

4) wrestling – б...

7. Represent the main idea in one Ukrainian sentences as well as note four new words from this abstract: Athletic injuries surveys have shown that most football and basketball injuries involve the knee injury, either through twisting or due to lateral force. Surgery for such injuries has become much simpler with the invention of the arthroscope, a thin device containing a fibre-optic light that can be inserted into a thin slit in the knee. Repair can be accomplished through this narrow opening.

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9. *Represent the main idea in one Ukrainian sentences as well as note four new words from this abstract:* Long-distance runners also suffer of knee injuries, but a more common health problem for runners is the stress fracture, which is a weakening of the front of the shinbone caused by overuse, with pain and possible bone cracking as the result. Ligament tears are more common in gymnastics. Long-distance runners also suffer of knee injuries, but a more common health problem for runners is the stress fracture, which is a weakening of the front of the shinbone caused by overuse, with pain and possible bone cracking as the result.

10. *Represent the main idea in one Ukrainian sentences as well as note four new words from this abstract:* Almost all these conditions heal with rest. Prevention of injuries depends primarily on good conditioning. Athletes are also protected by the use of better padding materials and of face masks in hockey and eye protectors in squash and other racquet sports. Smoking and drugs (except those prescribed as medication) are likely to seriously damage one's health, and excessive alcohol intake is also detrimental to health.

11. *Represent the main idea in one Ukrainian sentences as well as note four new words from this abstract:* The general rule for fitness trainer to stop exercise as soon as physiological discomfort is felt: that is, as soon as breathing is laboured,

circulation seems inadequate, or fatigue influences performance. Those with health problems caused by heart attacks, strokes, injuries, and illness, including conditions such as arthritis, should see a doctor before devising a regime or embarking on any form of strenuous exercise

12. *Represent the main idea in one Ukrainian sentences as well as note four new words from this abstract :* Physical fitness is an ability of the human body to meet demands imposed by the environment and daily life. Fitness is a state of body that helps develop a more positive and dynamic attitude to life and is likely to affect most phases of human existence. Efficiently working lungs and heart, general alertness, muscular strength, energy, and stamina are the overt signs of physical fitness.

13. *Represent the main idea in one Ukrainian sentences as well as note four new words from this abstract:* It is usually measured in relation to functional expectations: that is, typically, by periodic tests which measure strength, endurance, agility, coordination, and flexibility. In addition, stress testing (for example, using an ergometer) which gauges the body's response to powerful, sustained physical stimulus, is used to analyze fitness...

14. *Represent the main idea in one Ukrainian sentences as well as note four new words from this abstract :* Regularity of exercise is desirable, and it is important that no form of violent exercise or extreme exertion is undertaken suddenly. A gradual warming-up and preparatory process is essential to prevent injury. Becoming fit involves taking some form of regular exercise; walking is, for example, one of the most effective forms of exercise and can be included in everyday life. Swimming, cycling, aerobics, and dancing (plus basic exercises which can be done almost anywhere) are also very helpful. Many forms of sport

and ball games can make a contribution to fitness. The practices of yoga and tai chi, which are increasing in popularity, are also highly beneficial.

15. Write the numbers of compounds without any articles to be in need:

№1: at... home – вдома;

№2: in ...middle – посередині

№ 3: at... work – на роботі

№4: in ... high spirit (mood) – у добромu настрої

№5: in ...voice – ...голосом

№6: at... night – вночі

16. Write the numbers of compounds with article A:

№1: to go ...home – йти додому

№2: to enter... University – поступати до університету

№3: in... corner – на розі

№4: to have ... good time – провести гарно час;

№5: to... the right – праворуч;

№6: on ... other hand – з іншого боку

17. Write the numbers of compounds with article THE

№1: to cookdinner – готувати обід

№2: to watch... TV – дивитись телебачення

№3: to... left – ліворуч

№4: in... morning – вранці

№5: to go for... walk – вийти на прогулянку

№6: in...afternoon – вдень

18. Write the numbers of compounds without any articles to be in need:

№1: to play ... football – грати в футбол

№2: by ... bus – автобусом

№3: in ... evening – ввечері

№4: in ... week – через тиждень

№5: to ... north – на північ

№6: to leave ... home – виходити з дому

19. Write the numbers of compounds with article THE

№1 in ... year – через рік №2 by... train – поїздом

№3 in ... fact – фактично №4 in... front – попереду

№5 What's ... use ? – Яке призначення?

20. Represent the main idea in one Ukrainian sentences as well as note four new words from this abstract : Physical education, physical culture and sports are the most economically beneficial and effective way to prevent diseases, strengthen the gene pool, increase the potential of labor resources, psychophysical health, increase the welfare of the population and solve other social problems. The demand and popularity of the sport is fully justified. After all, sport is not only self-organization and discipline, health and youth, an element of culture and lifestyle - it is life itself, moving forward

Appendix A

TRANSLITERATION

<i>Ukrainian previous letter</i>	<i>English transliterated version</i>
А	A
Б	B
В	V
Г	h gh only after «з»
Ґ	G
Д	D
Е	E
Є	ie

	ye—from the very beginning of word or
Ж	zh
З	Z
И	Y
І	I
ї	i yi—from the very beginning of word or syllable
Й	I y—from the very beginning of word or syllable
К	K
Л	L
М	M
Н	N
О	O
П	P
Р	R
С	S
Т	T
У	U
Ф	F
Х	kh
Ц	ts
Ч	ch
Ш	sh
Щ	shch
Ь	‘
Ю	iu—from the very beginning of word or syllable yu
Я	ia ya—from the very beginning of word or syllable

Appendix B

THE RULES OF READING

N	English letter and its Ukrainian pronunciation in alphabet version	Ukrainian basic versions pronunciation	Exception
1	Aa [ei]	1.1) [yкp.ei] in open syllable	1.1e) [yкp.o] to read [a] within <i>w<u>a</u>ter, w<u>a</u>nt, w<u>h</u>at</i> 1.2 e) [yкp.a] to read <i>are</i>

		1.2) [широке укр.е] in close syllable 1.3) [укр.а] to read [ar] 1.4) [укр.ол] to read[all]	
2	Bb [бі]	2.1) [укр.б]	2 e) [укр. білд] to read <i>build</i>
3	Cc [сі]	3.1)[укр.с] in general 3.2) [укр.к] before English <i>o, u, a</i> and consonants 3.3) [укр.ч] within ch in general 3.4) [укр.шн] to read [cian]	3.1e) [укр.к] within [ch] for <i>mechanical, Mechanics Chemistry, technology, technological, technical, technique, technician, character, scholar, chorus</i> 3.2 e) [укр.ш] within ch for <i>machinery, machines</i> 3.3 e) [укр.ші] within [sial] for <i>special, specialist, specialty</i> 3.4 e) [укр. карент] to read <i>current</i>
4	Dd [ді]	4.1) [укр.д]	4e) [укр. даз] to read <i>does</i>
5	Ee [і]	5.1) [укр. довге і] in open syllable 5.2)[укр.е] in close syllable 5.3) [укр.йу]. to read [ew] 5.4) [укр. і довге] to read [ee] or [ea] 5.5) [укр.ін] to read [en] from the word beginning	5.1 e) [укр.еі] to read [ea] for <i>great, break</i> 5.2 e) [укр.іа] to read [ea] for <i>real, really</i> 5.3 e) [укр.ьо] to read [ea] for <i>heard, herb, search, research</i> 5.4 e) is missed to read ending [ed] after <i>v, p,s, l</i> 5.5e) is missed to read ending [es] 5.6e) is missed in the end of the word 5.7e) [укр.іа] to read [eer] for <i>engineer, engineering</i> 5.8 e) [укр. реді] to read <i>ready</i> 5.9e) [укр.і] to read <i>read, mean, deal</i> in the first form- the first irregular verbs column 5.10 e) [укр.е] to read <i>read, meant, dealt</i> in the past or passive form within the second or the third irregular verbs column
6	Ff [еф]	6.1) [укр.ф]	6.1e) [укр. фьюче] to read <i>future</i> 6.2 e) [укр.фьост] to read <i>first</i>
7	Gg [джі]	7.1)[укр.дж] in general 7.2) [укр.г] before English <i>o, u, a</i> and consonants	7e) is missed to read ending [ing]
8	H h [ейгч]	8.1) [укр. х] in general	8e) is missed to read <i>hour, honour</i>
9	Ii [ай]	9.1)[укр.ай] in open syllable 9.2) [укр. і] in close syllable	9.1e) [укр. і] for <i>to live, to give, engine,</i> 9.2e) [укр.байо] to read [bjo] 9.3.e) [укр. майкро] to read [micro]
10	Jj [джей]	10.1) [укр.дж]] in general 10.2) [укр.й] in the end of the word	-----
11	Kk [кей]	11.1) [укр. к]	11e) is missed to read [kn]

12	L [ел]	12.1) [укр. л]	12 e) is missed to read <i>talk, should, would</i>
13	Mm [ем]	13.1) [укр. м]	13e)[укр.мойсче] to read <i>moisture</i>
14	Nn [ен]	14.1) [укр. н]	-----
15	Oo [оу]	15.1) [укр.оу] in open syllable 15.2) [укр.звук між о та а] in close syllable 15.3) [укр. у] to read [oo]	15.1 e) [укр.у] to read [o] within <i>to, do, prove, provement, improve, improvement</i> 15.2 e) [укр.ван] to read <i>one</i>
16	Pp [пі]	16.1) [укр.п].	16.1 e) [укр. ф] to read [ph] 16.2e) [укр. преше] to read <i>pressure</i>
17	Qq [к'ю]	17.1) [укр.кв] in general	17e) [укр. к] to read <i>que</i> in the end of the word
18	Rr [а]	18.1)[укр.м'який р] from the beginning of word or syllable 18.2) is missed in the most of cases	-----
19	Ss [ес]	19.1) [укр.с] in general 19.2) [укр.ш] to read [sh] 19.3) [укр.ш] to read [su] 19.4)[укр.жн] to read [sion]	19.1e) [укр.ж] to read [su] within <i>measure, measurements, measuring, pleasure, casual</i> 19.2e) is missed to pronounce <i>answer</i>
20	Tt [ті]	20.1) [укр.т] in general 20.2) [укр.шн] to read [tion] 20.3)[укр.звук між з та с] to read[th] 20. 4) [укр.че] to read [ture]	20.1 e) [укр. с] to read[th] for <i>think, thin, thing, thick, thank, thanks, thought, thumb, thitry, thirsty , thirties, thirteen,theme</i> 20.2 e) [укр.темпріче] to read <i>temperature</i> 20.3e) [укр. ту] to read <i>two</i> 20.4 e) [укр.еменьюе] to read <i>armature</i> 20.5 e) is missed to pronounce <i>listen</i>
21	Uu [ю]	21.1)[укр.ю] in open syllable 21.2) [укр.звук між о та а] in close syllable 21.3) [укр. ьо] to read [ur]	21.1e) [укр. ю] to read <i>you</i> 21.2e) [укр. йо] to read <i>your</i> 21.3e) [укр. янг] to read <i>young</i>
22	Vv [ві]	22.1) [укр.в]	-----
23	Ww [дабл ю]	23.1) [укр.уо] in general or to read [wh] 23.2) is missed before <i>r</i>	23.1 e) [укр. х] to read [wh] for <i>who, whom</i> 23.2 e) [укр. ьо] to read <i>were</i>
24	Xx [екс]	24) [укр.кс]	-----
25	Yy [увай]	25.1) [укр. ай] in open syllable or in the end of	25.1 e) [укр.ай] to read [uy] for <i>buy</i> 25.2 e) [укр.ай] to read [ye] for <i>bye, eye</i>

		short verbs 25.2) [укр.і] in close syllable in the end of nouns or adjectives 25.3) [укр.й] to read [ye] from the beginning of word	
26	Zz[зед]	26.1) [укр.з]	-----

Appendix C

THE SAMPLE OF EXAMINATION CARD TASKS

<i>Examination open tasks</i>	
1	<p><i>A. Answer the questions:</i></p> <ol style="list-style-type: none"> 1. What are the main types of sports? 2. What are perspectives of your work within soccer training? 3. What are the main international sport organizations? 4. What can you tell us about sports in Ukraine and famous sport figures? <p><i>B. Translate the word and conclude own sentence with it using different grammar rules:</i></p> <ol style="list-style-type: none"> 1. легка атлетика

	<p>2. потрібний стрибок 3 сильний та здоровий 4 підтримувати форму 5. гартувати характер 6. спортивне товариство</p>
2	<p><i>Comment on the given problem, perform the suggested communicative roles:</i> You are two soccer players' trainers. Discuss practical situation and adequate terms definitions concerning soccer competition in adequate dialogue.</p>
Testing tasks	
1	<i>Transform the verb «wrote» into negative form</i>
2	<p><i>Connect the columns:</i> 1 for them А для неї 2 for their В для них 3 for they С для її... 4 for she Д для їхнього... 5 for her Е неправильне словосполучення 6 for she's</p>
3	<i>Change the verbs in brackets: He (to be) here soon because he (to have) so many duties every day .</i>
4	<i>Write number- the quantity of modal verbs to be translated as «слід (потрібно)» among such variants as «are able to», «might», «was allowed to», «had to», «should», «could», «must», «will be allowed to», «ought to».</i>
5	<i>Write the numbers in English words: 953208-й</i>
6	<i>Match i several irregular verbs among A want B went C gun D gone E sea Fsee Gseen</i>
7	<p><i>Mark one correct variant for translation «Чи він працює в майстерні ?»</i> A Was he work in workshop? B Does he work in workshop? C Is he work in workshop? D Do he work n workshop? E If he works in workshop ? F Or he works in workshop?</p>
8	<p><i>Find adequate definition for «outdoor» among variants:</i> A a competition between cars, people to see which is the fastest B the start of the game of football C the sport of fighting with swords D a sport in which two people fight and try to throw each other to the ground J a game for two players who hit a ball to each other over nets with rackets K a game that is played by eleven players who try to kick a round ball</p>

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