

МІНІСТЕРСТВО ОСВІТИ І НАУКИ УКРАЇНИ
НАЦІОНАЛЬНИЙ УНІВЕРСИТЕТ ФІЗИЧНОГО ВИХОВАННЯ І
СПОРТУ УКРАЇНИ

МЕТОДИЧНИЙ ПОСІБНИК

із професійно-орієнтованої іноземної (англійської) мови

“ACTIVE LIFE IS A HEALTHFUL LIFE”

на основі оригінальної фахової літератури



для здобувачів другого (магістерського) рівня вищої освіти
заочної форми навчання
спеціальності 017 «Фізична культура і спорт», спеціалізація «Фітнес
та рекреація»

Київ - 2024

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Методичний посібник містить навчальні матеріали, тексти, лексичні та комунікативні вправи аутентичного походження з дисципліни «Фітнес та рекреація», що призначені для здобувачів другого (магістерського) рівня вищої освіти заочної форми навчання за спеціальністю 8.01020303 «Фітнес та рекреація».

Метою даного видання є формування у студентів, які опанували підґрунтя нормативної граматики та мають запас загальнонавчальної лексики, певних мовних комунікативних компетенцій, що дозволять їм здійснювати практичну професійну діяльність в іншомовному академічному і робочому середовищі. Посібник стане невід'ємною частиною навчання та допоможе як у навчанні, так і в майбутній професійній діяльності.

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ПЕРЕДМОВА

Методичний посібник створений з метою допомогти студентам розширити свої знання з англійської мови та зрозуміти їхнє застосування у сфері фітнесу та рекреації.

Посібник містить теоретичні матеріали та практичні завдання з основних тем професійного спрямування для формування розвитку знань, умінь і навичок лексичної компетенції та говоріння в обсязі освітньо-професійної програми «Фізіологія рухової активності» для здобувачів другого (магістерського) рівня вищої освіти заочної форми навчання за спеціальністю 017 «Фізична культура і спорт» (спеціалізація «Фітнес та рекреація»), які опанували підґрунтя нормативної граматики та мають запас загальноповсякденної лексики у межах 2000-2500 лексичних одиниць.

Зміст посібника спрямований на формування професійної комунікативної компетенції, розвиток якої відбувається відповідно до предметних знань студентів, і здійснюється в межах ситуативного контексту, пов'язаного зі спеціалізацією.

Метою посібника є формування навичок розуміння текстового матеріалу, розширення словникового запасу за рахунок професійної термінології та вдосконалення мовних навичок, отримання розуміння того, як вони застосовуються у професійній діяльності. Кожен розділ цього посібника націлений на конкретний аспект фітнесу та велнесу, щоб студенти змогли навчитися використовувати англійську мову у реальних ситуаціях та у майбутній кар'єрі.

Методичний посібник спрямований на розвиток навичок усного мовлення із застосуванням активних та інтенсивних методів навчання на матеріалах діалогів, монологів, усних тем, що виносяться на екзамени, аудіювання, а також спеціальних завдань для групових дискусій з використанням спеціальної термінології, ситуативних та практичних завдань для роботи як індивідуально, так і у групі. Кожен розділ посібника відповідає певному аспекту фітнесу або велнесу, що допомагає студентам зрозуміти, як англійська мова використовується в їхній професійній діяльності.

Перелік завдань
з орієнтованої професійної англійської мови для студентів, які
здобувають вищу освіту освітнього ступеня магістр
(заочної форми навчання)

СЕМЕСТР I (ЗАЛІК)

I. *Прочитайте спеціальні тексти і зробіть письмовий переклад.*

1. An Active life is a healthful life
2. Physical fitness
3. What is physical fitness
4. Flexibility

II. *Виконайте лексико-граматичні вправи в письмовій формі.*

Ex. 1.1-1.5 (p. 5-6); ex. 2.1-2.4 (p. 7-8); ex. 3.1-3.5 (p. 9-10); ex. 4.1-4.5 (p. 10-11).

III. *Прочитайте і письмово перекладіть статті з англомовної періодики.*

1. The house where monsters live.
2. When times are lean, Ukrainians adapt much better than pampered Americans.
3. As demand exceeds supply on job market, salaries rise.
4. Hot jobs offered by foreign companies.

СЕМЕСТР II (ЗАЛІК)

I. Прочитайте спеціальні тексти і зробіть письмовий переклад.

5. Cardiovascular endurance
6. Cardiorespiratory endurance and physical therapy
7. Maintenance of cardiovascular endurance
8. Health and wellness

II. Виконайте лексико-граматичні вправи в письмовій формі.

Ex. 5.1-5.6, ex. 6.1-6.9; ex. 7.1-7.7; ex. 8.1-8.6

III. Прочитайте і письмово перекладіть статті з англомовної періодики.

- 5 U.S. women don't enjoy their femininity enough.
6. How to talk about pay.
7. Will you be fired soon?
8. Where obesity is bigger and better.

СЕМЕСТР III (ЗАЛІК)

OTHER COMPONENTS OF PHYSICAL FITNESS

I. Прочитайте спеціальні тексти і зробіть письмовий переклад.

9. Types of exercises
10. Body composition
11. Rest and sleep
12. Health benefits of dancing

II. Виконайте лексико-граматичні вправи в письмовій формі.

Ex. 9.1-9.19, ex. 6.1-6.9; ex. 7.1-7.7; ex. 8.1-8.6

III. Прочитайте і письмово перекладіть статті з англомовної періодики.

9. New dress code raises sartorial office standards
10. Autumn in Sofiyivka Park, inspired by love
11. Shock-induced appetite for weight-loss?
12. Anna Sibekina, Renault Ukraine manager

IV. Напишіть есе про свою майбутню професію і зробіть переклад англійською мовою.

СЕМЕСТР IV (ІСПИТ)

I. Прочитайте спеціальні тексти і зробіть письмовий переклад

13. Benefits of physical fitness.
14. Nutrition and physical fitness.
15. The fluid factor.

II. Виконайте лексико-граматичні вправи у письмовій формі.

Ex. 13.1-13.4; ex.14.1-14.4; ex.15.1-15.4;

III. Прочитайте і письмово перекладіть статті з англомовної періодики.

13. Hard times foster creativity in people.
14. Men 'more intelligent than women' on average.
15. Competition, not conformity, is key to success.
16. Men, tradition and culinary delights.

IV. Зробіть усне повідомлення на тему «Моя майбутня спеціальність».

TEXT I.

AN ACTIVE LIFE IS A HEALTHFUL LIFE

Many people participate in a program of regular exercise. How much do you know about the types of exercises that a person of your age chooses?

Suppose you ride your bike for thirty minutes each day. Should you ride as fast as you can? Should you ride at a slow, steady pace? Should you choose a route that involves hills?

Suppose you are on a soccer team. You practice four days a week for two hours. You have a game each Saturday.

Does this activity make your heart and lungs strong? Are you getting enough exercise? Consider the benefits of physical fitness. Physical fitness results from regular exercise.



1.1. Read and translate the text “An active life is a healthful life” in writing.

1.2. Answer the questions you have met in the text.

1.3. Find in the text the English equivalents for the following:

регулярно тренуватися; вести активний спосіб життя; припускати; маршрут; тіло; враховувати/брати до уваги; серце; вибирати; рух; краще мало, ніж нічого; перевага/користь; зміцнювати; швидкий; темп; їхати на велосипеді; легені; повільний; рівномірний.

1.4. Make up all 4 types of questions to the sentence below:

You practice four days a week for two hours.

1.5. Put the verb in the sentence into Past and Future Indefinite Tense (give negative and interrogative form also).

Physical fitness results from regular exercises.

1.6. Read, translate and act out the dialogue.

- You look upset. What's the matter?
- I'm not quite well lately. Though I'm not ill I'm getting tired very quickly.
- It's because of your lifestyle. You should make more motion.
- I think you are right. Now everyone talks about physical fitness. Anyway you have only one body and it is time to pay attention to health improving.
- Good for you. Let's begin with a well-balanced plan for improving your level of physical fitness.
- OK

1.7. Listen to the information in the video and give its main ideas.

<https://www.youtube.com/watch?v=Y8HIFRPU6pM>
https://www.youtube.com/watch?v=75d_29QWELk

TEXT II.

PHYSICAL FITNESS

- Life skills objectives:
- The goal of competition is not to win against another, but to exceed your personal best.
 - Choose and participate in exercises that develop each area of fitness and provide health benefits.
 - Develop diet, exercise, and sleep habits that promote physical fitness.

There are many kinds of exercises from which you can choose to develop a well-balanced plan for improving your level of physical fitness. Before you develop a plan, you need to know more about physical fitness. Which exercises help you develop flexibility? Which exercises help you make your heart and lungs stronger? Which exercises help you develop good muscle tone? Which exercises help you increase muscle tissue and decrease body fat? A thorough knowledge of the advantages of good physical fitness is needed to



answer these important questions. This knowledge will enable you to make an individualized plan that will improve your level of physical fitness.

2.1. Find in the text the English equivalents for the following words and learn them by heart:

ціль; перевершити; м'язовий тонус; покращувати; важливий; зменшувати; розвивати; звичка; сприяти поширенню; гнучкість; м'язова тканина; прагнення; досконалий; нарощувати; огрядність; тип; допомагати; потребувати; знання; давати можливість; рівень; вигравати; змагання; вправність; перевага; надавати/забезпечувати; особистий.

2.2. Match the words in pairs according their meaning.

advantage	-	to improve
type	-	to keep fit
objective	-	to exercise
to practice	-	to exceed
thorough	-	benefit
to be in great shape	-	kind
to master	-	goal
to increase	-	profound

2.3. Read, translate the dialogue. Transform it from Direct speech into the Indirect one.

- Each time I hear about physical fitness I wonder what it is.
- Oh, physical fitness is a level of health in which you have muscular endurance, muscular strength, flexibility, cardiovascular endurance, and a lean body composition.
- How can you achieve physical fitness?
- It is achieved by the regular movement of muscles through a variety of exercises and right diet and sleep habits.
- How long should one practice?
- Maintaining physical fitness is a life-long process and should be a part of your life style.
- Now I see that physical fitness results from regular exercise.
- You have said it.

2.4. *Open the brackets and put the verbs into right tense form:*

1. Physical education (*to be*) an educational process that (*to have*) as its aim the improvement of human performance and enhancement of human development through the medium of physical activities selected to realize this outcome. 2. In this definition, “education” (*to be*) broadly defined as representing the ongoing process of learning and total development that (*to occur*) throughout our lifespan. 3. Physical education (*to include*) the acquisition and refinement of motor skills, the development and maintenance of fitness for optimal health and well-being, the attainment of knowledge about physical activities and exercise, and development of positive attitudes toward physical activity as a means to improve human performance. 4. It also (*to contribute*) to total individual development, and (*to enhance*) one’s quality of life. 5. Physical education (*to be, not*) only concerned with the physical outcomes that (*to accrue*) from participation in activities but also with the development of knowledge and attitudes conducive to lifelong learning and lifespan participation. 6. Physical education (*to be*) concerned with the promotion of active lifestyles for people of all ages and abilities. 7. For the benefits of physical education activities to be realized, physical educators (*must, to conduct*) sound physical education programs and (*to select*) activities judiciously so that participants (*may, to attain*) the maximum benefits from participation.

2.5. *Listen to the information in the video and give its main ideas.*

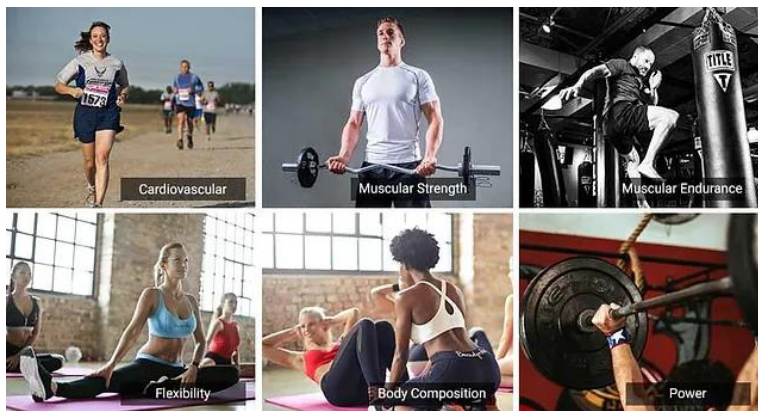
<https://www.youtube.com/watch?v=rBUjOY12gJA>

<https://www.youtube.com/watch?v=wWGulLAa000>

<https://www.youtube.com/watch?v=UzWd8ynGLEM>

TEXT III.

WHAT IS PHYSICAL FITNESS



Physical fitness is a level of health in which you have muscular endurance, muscular strength, flexibility, cardiovascular endurance, and a lean body composition.

Physical fitness is

achieved by the regular movement of muscles through a variety of exercises. Maintaining physical fitness is a life-long process and should always be a part of your lifestyle. People with disabilities can also reach a measure of physical fitness by doing exercises appropriate for their conditions. When you are physically fit, you

- are more likely to be at your ideal weight,
- have more energy and work without fatigue,
- are better able to cope with stress
- are less likely to be depressed and anxious,
- are less likely to have psychosomatic diseases and disorders.
- are less likely to have chronic diseases such as high blood pressure, coronary heart disease, and obesity-related diabetes,
- will develop muscle tone,
- have stronger bones
- are better able to relax and sleep well,
- have better digestion and less constipation,
- have increased lung capacity,
- have a strong heart muscle,
- are more apt to be socially active,
- feel better about yourself and your appearance,
- are more likely to decelerate the aging process,
- are less likely to have accidents and injuries.

3.1. *Read the text “What is physical fitness” and translate it in written form.*

3.2. *What is the English for:*

гнучкість, серцево-судинний, високий кров'яний тиск, втома, інваліди, витривалість, худорлявий, розминатися, бути більш (менш) схильним до будь-чого, відповідний, справлятися зі стресом, довічний процес, травлення, переконувати, композиція тіла, досягати, неспокійний психосоматичні порушення, бути розташованим до суспільної діяльності, запор, процес старіння, зменшувати, травма, розтягувати, за допомогою, стан.

3.3. *Insert the proper words given in the box.*

stretch, composition, strength, injuries, slowly warming up

1. Muscular strength and endurance, flexibility, cardiovascular endurance, and a lean body ... make up physical fitness.
2. Sports medicine doctors are now convinced that stretching cold muscles on a cold day may lead to
3. Begin your exercise by
4. After your muscles are warmed up, you can
5. Muscular ... helps you exert force against resistance.

3.4. *Complete the sentences with information found in the text above.*

1. When you are physically fit, you are more likely (apt) to
2. When you are physically fit, you are less likely to
3. When you are physically fit, you are better able to
4. When you are physically fit, you have better
5. When you are physically fit, you feel
6. When you are physically fit, you will

3.5. *Open the brackets and put the Infinitive of the verb into proper Tense Form.*

MUSCULAR STRENGTH

1. Muscular strength (to be) the amount of force that your muscles (*can to exert*) against resistance.

Muscular Strength

- Muscular strength is the amount of force a muscle or muscle group can exert against a heavy resistance.
- **Anaerobic exercises** improves muscular strength.



2. When you (to use) your muscles regularly, they (to become) strong.

3/. They (to help) you lift, push, pull, jump, twist, turn, and bend.

4. Having muscular strength (can, to keep) you from being easily fatigued.

5. It (can, to keep) your muscles from becoming sore

or injured when you (to do) things like shovel snow or mow the lawn.

6. Strong muscles also (to help) you stand, sit, and walk easily.

7. When you (to have) strong abdominal and back muscles, you (to be) less likely to have lower back pain.

8. You (to be) more likely to have correct posture.

9. Muscular strength (to improve) performance in sports.

10. You (to be able, to throw) a softball farther and (to hit) a tennis ball harder and with more control when your muscles (to be) strong.

11. There (to be) a difference in muscle size in males and females.

12. Even if size, weight, and activity (to be) equal, females would not develop as much muscle mass as males.

13. The endocrine system, not physical activity, (to help) determine muscle size.

3.6. Answer the questions to the text "Muscular Strength".

1. What is muscular strength?
2. When do your muscles become strong?
3. What movements do they help you to do?
4. What benefits do the strong muscles supply you?
5. Which muscles do you have to practice in order to escape lower back pain?
6. Is there any difference in muscle size in males and females?
7. Does the endocrine system determine muscle size or does physical activity do it?

3.7. *Open the brackets and put the verbs into proper Tense Form:*

1. In recent years many people (*to discover*) that active living (*to contribute*) significantly to good health and wellness. 2. Regular physical activity (*to be*), however, only one of many different life-style patterns that (*can, to enhance*) health and quality of life. 3. Recent scientific evidence (*to suggest*) that a healthy life-style, more than any other single factor, (*to be*) responsible for optimal wellness. 4. The implication (*to be*) that each of us (*can, to learn*) to alter our life-styles to foster lifetime fitness and wellness.

3.8. *Complete each sentence with a word from the box.*

freedom, important, optimal, well-being, heredity

1. Health is optimal ... that contributes to quality of life. 2. It is more than freedom from disease and illness, though ... from disease is ... to good health. 3. ... health includes high-level mental, social, emotional, spiritual, and physical fitness within the limits of one's ... and personal disabilities.

3.9. *Open the brackets and put the verbs into right tense form.*

1. The human organism (*to be designed*) to be active. 2. In search of food, primitive people sometimes (*to have to*) fight with other predators or to flee for safety. 3. Even our more recent ancestors (*to be required*) to do vigorous activity as a relatively major part of their normal daily routine. 4. However, automation and technology (*to free*) modern civilization from the exhausting physical labor required of earlier generations. 5. Even though physical exertion (*to become*) less necessary as a part of the normal work of many adults, the need for regular exercise (*not, to decrease*). 6. If anything, it (*to increase*). 7. Lack of regular physical activity (*to result*) in poor physical fitness. 8. Those who (*not, to be*) physically fit often (*to suffer*) from hypokinetic diseases or conditions.

3.10. *Ask questions to the underlined words.*

MUSCULAR ENDURANCE

1. Muscular endurance is the ability to continue using muscular strength.
2. When you have muscular endurance, your muscles are able to perform repeated movements for long periods of time without becoming tired.
3. Many daily activities as well as many sports activities require muscular endurance.
4. Suppose you have a heavy load of books to carry home from school today.
5. You use muscular strength to lift the books from your desk.
6. If you walk home from school and continue to carry the books, you use muscular endurance to hold the books.
7. Muscular endurance also helps you maintain correct posture.
8. Muscular endurance is important in many sports.
9. To repeatedly hit a tennis ball, swing a golf club, or roll a bowling ball, you need muscular endurance.
10. This is the reason your arm and shoulder muscles may become tired when you first begin practicing these sports.
11. Muscular endurance is also needed to hike, ride a bicycle, or swim long distances.



3.11. Fill in the blanks with the words from a box.

endurance; benefits; one body; healthful; process; proverb; to improve; lean body composition

1. There is a ... "A sound mind in a sound body".
2. Everybody knows that an active life is a ... life.
3. You have only ... and you must maintain it in great shape.
4. There are many kinds of exercises ... your level of physical fitness.

5. Physical fitness depends on muscular ..., muscular strength, flexibility, cardiovascular endurance, and a 6. Maintaining good health is a life-long 7. Only regular exercise, right diet and proper sleep habits bring ... of physical fitness.

3.12. *Read and translate the dialogue. Transform it from Direct speech into Indirect one.*

- Can you explain me the difference between muscular endurance and muscular strength?
- Look here. Muscular strength is the amount of force that your muscles can exert against resistance. As for muscular endurance it is the ability to continue using muscular strength.
- Do you mean that the muscles are able to perform repeated movements for long periods of time without becoming tired?
- Right you are. Having muscular strength can you keep from being easily fatigued. Muscular endurance is very important in such physical activities as cycling, skiing, long distance running, swimming, tennis, hiking etc.
- Do you have to work harder than you might ordinarily do?
- Sure, but you should be very careful not to overtax your heart.

3.13. *Listen to the information in the video and give its main ideas.*

https://www.youtube.com/watch?v=-lXg-35Xo_o

<https://www.youtube.com/watch?v=dwMMn2FdBFQ>

TEXT IV.

FLEXIBILITY

Flexibility is the ability to move the body through a full range of possible motion. When you are flexible, your body does not get stiff easily. You are less likely to injure your muscles or to have lower back pain.

Inactive persons are less flexible than persons who enjoy a variety of activities in which movement is required. Active persons stretch their muscles more than inactive persons. If you spend most of your day sitting, muscles connected to your knee, hip, and elbow joints begin to shorten. To remain flexible,



the muscles must be stretched. Many fitness experts claim that stretching for 20 minutes a day helps prevent the stiffness that accompanies aging.

Flexibility is important in many sports.



A gymnast shows flexibility as he or she moves through a range of motion. A drum major shows flexibility twirling a baton, reaching, and bending.

4.1. *Read and translate the text “Flexibility” in writing.*

4.2. *Answer the questions.*

1. What is flexibility? 2. What benefits does flexibility supply you? 3. Which people are less flexible? 4. When do your muscles begin to shorten? 5. What should be done to remain flexible? 6. Who claims that stretching for 20 minutes a day helps prevent the stiffness that accompanies aging? 7. Is flexibility important in many sports? 8. Where is flexibility important?

4.3. *Find in the text the equivalents for the following words:*

діапазон руху; болі в попереку; здатність; важливий; супроводжує старіння; рухатися; згинання; позов; насолоджуватися різними видами діяльності; гнучкий; легко стає жорстким; м'язи; необхідно; необхідно розтягнути; гнучкість колінних, тазостегнових (кульшових) і ліктьових суглобів; менше шансів травмувати м'язи; запобігти жорсткості.

4.4. *Listen to the information in the video and give its main ideas.*

<https://www.youtube.com/watch?v=FI51zRzgle4>
<https://www.youtube.com/watch?v=I9ZRSplTSu8>

4.5. *Insert articles if it is necessary.*

BALLISTICK STRETCHING



1. If you were to walk out to ... track on any spring or fall afternoon and watch people who are warming up with stretching exercises before they run, you would probably see them use bouncing movements to stretch ... particular muscle. 2. This bouncing technique is more appropriately known as ballistic stretching, in which repetitive contractions of ... agonist muscle are used to produce quick stretches of ... antagonist muscle. 3. Over ... years, many fitness experts have questioned ... safety of ... ballistic stretching technique. 4. Their concerns have been primarily based on ... idea that ballistic stretching creates somewhat uncontrolled forces within ... muscle that may exceed ... extensibility limits of ... muscle fiber, thus producing small microtears within ... musculotendinous unit. 5. Certainly this may be true in sedentary individuals or perhaps in ... athletes who have sustained muscle injuries.

4.6. *Open the brackets and use a verb in a proper Tense and Voice forms.*

1. Most sports activities (*to be*) dynamic and require ballistic-type movements. 2. For example, forcefully kicking a soccer ball 50 times (*to involve*) a repeated dynamic contraction of the agonist quadriceps muscle. 3. The antagonist hamstrings (*to contract*) eccentrically to decelerate the lower leg. 4. Ballistic stretching of the hamstring muscle before engaging in this type of activity (*should, to allow*) the muscle to gradually adapt to the imposed demands and (*to reduce*) the likelihood of injury. 5. Since ballistic stretching (*to be*) functional, it (*should, to integrate*) into training and reconditioning programs when appropriate.

4.7. *Translate the following into English.*

Гнучкість це здатність здійснювати плавний рух суглоба або зв'язки суглобів. Гнучкість властива одному окремому суглобу. Термін «гарна

рухливість/гнучкість» передбачає, що немає відхилень, що обмежують рух. Гнучкість може обмежуватися жиром, кістковими структурами, шкірою, сполучною тканиною, зв'язками, м'язами і сухожиллями. Існує пасивна й активна амплітуда руху. Вимірювання гнучкості відбувається за допомогою гоніометра. М'яз - агоніст скорочується, щоб викликати рух, а м'яз - антагоніст розтягується зі скороченням агоніста. Існують різні види техніки для поліпшення гнучкості: балістичного, статичного і пропріоцептивного (здатного реєструвати сигнали, що виникають в м'язах, сухожиллях, суглобах тощо), нервово-м'язове полегшення (посилення рефлексу).

4.8. *Complete the sentences with words from a box.*

the antagonist muscle, good flexibility, proprioceptive neuromuscular facilitation techniques, an agonist muscle, a goniometer, be limited
--

1. is one that contracts to produce joint movement. 2. The term implies that there are no joint abnormalities restricting movement. 3. is stretched with contraction of the agonist. 4. Measurement of joint flexibility is accomplished through the use of 5. Ballistic, static, and have all been used as stretching techniques for improving flexibility. 6. Flexibility may by fat, bone structure, skin, connective tissue, ligaments, or muscles and tendons.

4.9. *Open the brackets and use the verbs in a right grammar form.*

1. Active range of motion, also called dynamic flexibility, (to refer) to the degree to which a joint can be moved by a muscle contraction, usually through the midrange of movement. 2. Dynamic flexibility (to be) not necessarily a good indicator of the stiffness or looseness of a joint because it (to apply) to the ability to move a joint efficiently, with little resistance to motion. 3. Passive range of motion, sometimes called static flexibility, (to refer) to the degree to which a joint may be passively moved to the endpoints in the range of motion. 4. No muscle contraction (to be) involved to move a joint through a passive range.

4.10. *Translate the following into English.*

ДЕЯКІ РЕКОМЕНДАЦІЇ ДЛЯ СТРЕТЧИНГУ

Для здійснення правильної та безпечної програми зі стретчингу слід дотримуватись наступних рекомендацій.

* Перед початком занять з енергійного стретчингу (before stretching vigorously) слід розім'ятися за допомогою повільного бігу або швидкої ходьби.

* Для збільшення гнучкості м'язи повинні інтенсивно навантажуватися (be overloaded) або розтягуватися, перевищуючи допустимі межі (beyond its normal range), але не до стану болю (to the point of pain).

* Збільшення амплітуди рухів буде специфічним для кожного суглоба або м'яза окремо.

* Дотримуйся обережності під час стретчингу м'язів, що оточують хворий суглоб (that surround a painful joint).

* Уникай надмірних навантажень зв'язок і капсул (Avoid overstretching the ligaments and capsules), що оточують суглоби.

* Завжди розтягуйся поступово та під контролем (with control).

4.11. *Complete the sentences with words from a box below.*

motion, musculotendinous, an essential component, goal, prevention

1. Flexibility has been defined as the range of ... possible about a single joint or through a series of articulations. 2. The maintenance of a full, nonrestricted range of motion has long been recognized as of athletic fitness. 3. Flexibility is important not only for successful physical performance but also for the ... of injury. 4. The ... of any effective flexibility program should be to improve the range of motion at a given articulation by altering the extensibility of the musculotendinous units that produce movement at the joint. 5. It is well documented that exercises that stretch these ... units over time will increase the range of movement possible about a given joint.

Article I

THE HOUSE WHERE MONSTERS LIVE

By Alexander Liapin
Kyiv Post

It's oogly-boogly great fun to enjoy the neat Bankova Street attraction - the architectural pride of Kyiv, the Monster House.

From 1903 to 1920, an eccentric man lived in Bankova 10, Vladislav Horodetsky, an architect, artist and writer, was the sort of man to take risks. At any given moment, he would do a trick or make an unexpected move. Just like him, the house that he built in a very aristocratic part of Kyiv is steeped in mystery.

The Monster House's appearance, decorated elaborately with various gargoyles and spooky creatures, is responsible for many rumors and myths. People say, the architect created his brainchild as a shrine to his long-lost daughter who had drowned in Meringa lake. The lake used to be where the monument to Ivan Franko is today. Others say it was his lover who drowned in the lake and Horodetsky built the house for her.



Some went even further, telling tall-tales of how Horodetsky had left to hunt in Africa and was ripped apart by tigers, eagles, hyenas,

crocodiles and every other real and imagined animal. People said he was left for dead. Fortunately, the tales were simply gossiping and the artist returned to Kyiv where he immortalized his supposed heroic deeds in concrete. But the real story is Horodetsky just built a wonderfully strange house for the sake of it.

Horodetsky got the material to build the dark gray mass of mythic creatures - big and small, from cement producer Richter. Richter thought it would be a dandy advertisement for the new product and Horodetsky agreed. A sculptor from Milan, Emilio Sala (E. Salia), decorated the house with the fantastic monsters, which Horodetsky sketched and Salia sculpted. Salia later finished the interior of the building.

When the house first went under construction, many predicted it would slide down the hill and trample the Ivan Franko Theater. They even wagered bets on it, saying there was no feasible way for such a peculiar house to stay standing. But, obviously, they were wrong.

In addition to the Monster House, his creations include the St. Nicholas Roman Catholic Cathedral in Velyka Vasilkovska Street, the National Art Museum of Ukraine, and many others.

Overall Horodetsky lived in Kyiv for almost 30 years. In 1920, when Kyiv fell under Bolshevism, he emigrated to Warsaw. He did not stay standing as long as his famous house, however. In 1930 he died in Persia (Iran) and was buried at Doulab Catholic Cemetery in Tehran.

Article II

WHEN TIMES ARE LEAN, UKRAINIANS ADAPT MUCH BETTER THAN PAMPERED AMERICANS

By Lena Redko

Kyiv Post

SAN FRANCISCO, CALIFORNIA - I heard of Generation X a lot when I lived in Ukraine, but not so much about Generation Y - with the exception of Pepsi's New Generation in the late 1980s,

The latter - also referred to as "millennials," "post-baby boomers," or "20+" - have been lately the center of attention in the United States. They are part of a generation loosely defined as being born between 1978 and 2000.

America has had a long period of well-being before the recent economic turmoil. The generation of today's young adults in the United States was raised in the atmosphere of ultimate well-being, with many of the basic needs over-satisfied. In summary, they are the "hothouse kids," as Newsweek once called them.

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Article III

AS DEMAND EXCEEDS SUPPLY ON JOB MARKET, SALARIES RISE

By Yulia GOLUB
Kyiv Post

Tatiana Kolombet, a commercial director at the Ukrainian branch of Brain Source International recruitment agency, has more than five years of experience in the business. Kolombet says that both foreign and domestic companies are fighting for employees in Ukraine, where job offerings exceed qualified professionals.



KP: How is the job market doing with the influx of foreign companies, and what jobs are highest in demand?

TK: In Ukraine, we have a situation where demand is higher than supply. Every foreign company entering the market needs a lawyer, and they want the one of the highest caliber, but Ukraine does not have enough qualified lawyers to fill this demand. Some companies opt to hire lawyers with two years of experience and then train them. Others invite people from their home country.

KP: As Ukrainian companies get more sophisticated and adapt to Western business practices, are they looking to the international labor market for specialists, and hiring more foreigners?

TK: Brain Source International has received more and more requests for foreign employees. Companies are ready to pay higher salaries and generous bonuses, but they are still not ready to pay all salaries officially. Sometimes the owners or top-managers of Ukrainian companies do not speak English, so the search field becomes narrower: Russia or Poland.

KP: How competitive is the job market? How often do professionals switch companies in search of higher salaries and benefits, and how are companies instilling employee loyalty?

TK: We have seen the development of a job-hopping trend. Companies are fighting for good employees. And, it is the responsibility of HR departments to find ways of retaining good workers. Today the minimum of what an employee can ask for in terms of benefits is paid mobile communication and a laptop computer. It's getting common for top managers to be offered a corporate car. A social package, free lunches and career growth opportunities are also strong factors affecting employee loyalty.

KP: What is your forecast for Ukraine's recruitment market in the near future? What specialists will be most in demand?

TK: First of all, a qualified professional is always in high demand, no matter what the profession. For the past two years, we have observed an increasing demand for lawyers. Moreover, sales managers have always been in demand.

Article IV

HOT JOBS OFFERED BY FOREIGN COMPANIES

By Yulia GOLUB

Kyiv Post

Hey, all you college students! Wondering what profession to choose and where to land the highest paid job upon graduation?

Well, recruiters in Kyiv say that regardless of what career you opt for, foreign companies operating in Ukraine generally pay 30 to 40 percent higher salaries and offer stronger benefit packages, including free mobile phone service, laptops, lunches and cars for top managers.

But before you even think of landing a job in a foreign company, brush up on your English. Fluent English is a must, no longer just a plus, experts say.

The positions most in demand nowadays, in addition-to lawyers, are public relations, human resource, marketing and sales managers.

Long gone is the Soviet mindset of doing business, when a high-ranking official would order factories to churn out massive amounts of goods without putting effort into a sales strategy. Now that Ukraine has embarked down the road of free market and competitive economics, the role of salesmanship is high up on the agenda of companies, be they domestic producers or foreign companies importing their goods into the country.

"In order to make money, companies now realize they need to sell whatever it is they produce or offer on the market," said Pavlo Logay, chief executive at World Staff, a top management recruitment company.

Thus, it's no surprise that the highest number of job offerings, some 15 percent of listings in World Staff's database, are for sales managers. Logay added that monthly salaries typically offered for such positions are between \$1,000 and \$2,000.

Next in demand, and well-paid at that, are lawyers. "Five years ago, lawyers were in such high demand, that even a medical school had a law faculty," said Logay. He noted that listings for lawyers tapered off a few years ago, but are back up this year, accounting for some 13 to 14 percent of open positions listed by

companies in World Staff's database. With investments, merger and acquisitions, and overall business activity in Ukraine booming, companies are competing for qualified lawyers again.

According to Personnel Executive, a recruitment agency, lawyers typically earn monthly salaries between \$1,500 and \$2,000.

"However, senior lawyers can make up to \$15,000 per month," added Veronika Bodashko, a partner at Personnel Executive. With demand as high as it is, the growth opportunities for lawyers are strong. After several years of experience, lawyers have a real shot at becoming partners in law firms. The same process can take a decade or more in highly competitive western markets.

If you are not excited about sales or law, your best bet for a well-paid job is in the marketing, public relations and human resource management sectors. Nearly 30 percent of all jobs listed in World Staff's database are for these professions, and salaries range from \$1,000 to \$5,000.

And if you're a hi-tech guru, your best chances are, of course, to secure a job as a programmer or a related position in Ukraine's dynamic software development business, which relies heavily on foreign contract work.

According to IT Personnel recruitment agency, salaries in this segment fluctuate from \$500 to \$2,500, but many successful programmers opt to work as freelancers, seeking out lucrative contracts of their own.

TEXT V.

CARDIOVASCULAR ENDURANCE

Cardiovascular endurance is the ability to sustain vigorous activity that requires increased oxygen intake for extended periods of time. For example, you might take a long bike trip or swim several laps in a pool. You might help someone move to a new home. With cardiovascular endurance, you are able to walk up and down stairs for an extended length of time.

The ability to gain cardiovascular endurance



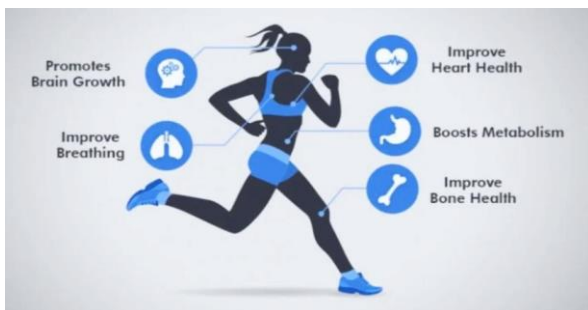
depends on the frequency, intensity, and length of time spent in training. It is also depending on the condition of your body and your heredity.

Cardiovascular endurance has many health benefits. Cardiovascular endurance keeps the heart muscle, blood vessels, blood, and lungs in excellent condition. When you take part in exercises that promote cardiovascular endurance, your heart muscle and other body muscles need more oxygen. For example, when you rest, your heart pumps five to six quarts of blood per minute. When exercising, your heart pumps 20 to 25 quarts per minute. Like any muscle, the heart must be exercised to strengthen and increase its performance.

Cardiac output is the amount of blood pumped by the heart each minute. Cardiac output is equal to the heart rate multiplied by the stroke volume.

Stroke volume is the amount of blood the heart pumps with each beat. Cardiovascular endurance strengthens the heart muscle increasing stroke volume. With a greater stroke volume, the heart will beat fewer times to supply oxygen to body cells. Consequently, the resting heart rate is lowered allowing the heart more rest between beats. Athletes generally have lower heart rates because they have strengthened their heart muscles.

Cardiovascular endurance also increases oxygen capacity. Lungs function with the help of the diaphragm. Cardiovascular endurance strengthens the diaphragm, which helps the lungs expand and contract. This increases the volume of exchanged air. Consequently, the heart does not have to beat as often to supply the body with oxygen.



Cardiovascular endurance has healthful benefits to the arteries and blood. Even as an adolescent, you may already have some symptoms of atherosclerosis. Atherosclerosis is the accumulation of fat deposits on arterial

walls. Because these fat deposits narrow the passageway, the heart has to work harder to pump blood through an artery. Cardiovascular endurance is helpful in preventing the build-up of these deposits.

Cardiovascular endurance also results in changing the ratio of HDLs to LDLs in the blood. A high-density lipoprotein (HDL) is a substance in blood that prevents the formation of fatty deposits in arterial walls. HDLs transport the extra fat in the blood to the liver to be removed from the body. A low-density lipoprotein (LDL) is a substance in blood that is a factor in the formation of fatty deposits in arterial walls. You can help prevent atherosclerosis by increasing HDLs and lowering LDLs in your blood.

Research indicates that exercises that promote cardiovascular endurance can change the ratio of HDLs to LDLs. Exercises done for 30 to 40 minutes a day three times a week for seven to ten weeks will increase HDLs and lower LDLs.

5.1. *Read and translate in writing the text “Cardiovascular Endurance”.*

5.2. *Answer the questions to the text.*

1/ What does the term “cardiovascular endurance” mean? 2. Please give the examples of such intense activities. 3. Does the ability to gain cardiovascular endurance depend on the frequency or intensity in training? 4. What else factors could affect cardiovascular endurance? 5. What health benefits would cardiovascular endurance bring to a person? 6. What is atherosclerosis? 7. What is the difference between HDLs and LDLs? 8. How can you help to prevent atherosclerosis? 9. What indicates that exercises that promote cardiovascular endurance can change the ratio of HDLs to LDLs? 10. What should you do in order to increase HDLs and lower LDLs?

5.3. *Find in the text the English equivalents for the following:*

Ліпопротеїди високої щільності, витривалість серцево-судинної системи, споживання кисню, тривалий період часу, зміцнювати, частота, кровonosні судини, отже, підліток, рівний, жирові запаси/жирові відкладення, спадковість, розширюватися, скорочуватися, пропорція, речовина, визначати, накачувати, клітина, битися, множити/збільшувати, набувати, відмінний, удар, підтримувати енергійну діяльність, вимагати, кварта, працездатність, хвилинний викид крові, кількість, ударний об'єм, кисневий обмін, легені, запобігати, речовина, дослідження, виводити з організму, удар (серця), прохід, звужувати, показувати, підвищення, накопичення, здатність, ліпопротеїди низької щільності, зниження.

5.4. Explain in English the meaning of following notions.

- a) Cardiovascular endurance is
- b) Cardiac output is
- c) Stroke volume
- d) Atherosclerosis is
- e) A high-density lipoprotein (HDL) is
- f) A low-density lipoprotein (LDL) is
- g) Cardiovascular endurance increases
- h) Cardiovascular endurance strengthens

5.5. Put questions to the underlined words/phrases in the sentences below.

- 1) With cardiovascular endurance, you can engage in activities that require oxygen over an extended time period.
- 2) Cardiovascular endurance strengthens the heart, blood vessels, and diaphragm muscle.
- 3) Cardiac output is determined by heart rate and stroke volume.
- 4) When your stroke volume increases, your resting heart rate will become lower.
- 5) Cardiovascular endurance helps prevent the development of atherosclerosis.
- 6) A healthy person has a high ratio of HDLs to LDLs.

5.6. Translate the following into English.

Витривалість визначається як здатність організму витримувати тривалі фізичні навантаження. Усі види тренувальних планів включають у певному обсязі роботу на витривалість. Тренування на витривалість головним чином присвячене вдосконаленню аеробної ємності.

Аеробна діяльність відбувається за наявності кисню, що доставляється до тканин м'язів через серцево-судинну систему. Вона може тривати не менше 10 хвилин.

Анаеробна діяльність відбувається тоді, коли брак кисню перевищує його компенсацію через серцево-судинну систему. Зазвичай анаеробна діяльність характеризується високоінтенсивними зусиллями, що призводять до утворення молочної кислоти. Саме вона викликає втому, утруднене дихання, дискомфорт та почуття розпачу.

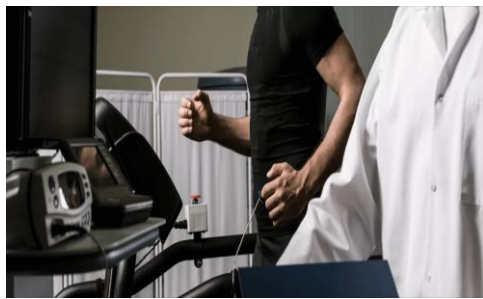
5.7. Listen to the information in the video and give its main ideas.

<https://www.youtube.com/watch?v=0yXaIsVfwzo>
<https://www.youtube.com/watch?v=6KBBPOlyMWw>

TEXT VI.

CARDIORESPIRATORY ENDURANCE AND PHYSICAL THERAPY

Although strength and flexibility are commonly regarded as essential components in any injury rehabilitation program, relatively little consideration is given toward maintaining levels of cardiorespiratory endurance. An athlete spends a considerable amount of time preparing the cardiorespiratory system to be able to handle the increased demands made upon it during a competitive season. When injury occurs and the athlete is forced to miss training time, levels of cardiorespiratory endurance may decrease rapidly. Thus, the sports therapist must design or substitute alternative activities that allow the individual to maintain existing levels of fitness during the rehabilitation period.



By definition, cardiorespiratory endurance is the ability to perform whole body activities for extended periods of time. The cardiorespiratory system provides a means by which oxygen is supplied to the various tissues of the body. Without oxygen the cells within the human body cannot possibly function, and ultimately death will occur.

Thus, the cardiorespiratory system is the basic life-support system of the body.

6.1. *Read and translate the text “Cardiorespiratory Endurance and Physical Therapy” in writing.*

6.2. *Answer the questions to the text.*

1. How much consideration is given toward maintaining levels of cardiorespiratory endurance in an injury rehabilitation programs? 2. Why does an athlete spend much time preparing the cardiorespiratory system? 3. What occurs if an athlete is forced to miss training time? 4. What must a sports therapist do to allow the individual to maintain existing levels of fitness during the rehabilitation period? 5. What is cardiorespiratory endurance by definition? 6. What kind of means does cardiorespiratory endurance provide? 7. What can happen without oxygen? 8. What is the basic life-support system of the body?

6.3. *Find in the text the English equivalents for the following:*

базова життєзабезпечуюча система; нарешті/врешті-решт; особливо важливий; визнаватися/рахуватися; відносно невелика увага; підтримувати/зберігати; витривалість; витрачати/марнувати; значна кількість часу; щоб бути здатним/щоб мати можливість; регулювати/справлятися; змагальний сезон; підвищені вимоги; відбуватися;

бути змушеним пропускати час тренувань; рівень; швидко знижуватись; таким чином; замінювати/заміщати; нинішній/даний рівень фітнесу; за визначенням; тривалий; надавати засіб; постачати; тканини; клітини, смерть.

6.4. *Open the brackets and use the verbs in a right tense form.*

1. The heart (*to be*) the main pumping mechanism that (*to circulate*) oxygenated blood throughout the body to the working tissues. 2. The heart (*to receive*) deoxygenated blood from the venous system and then (*to pump*) the blood through the pulmonary vessels to the lungs, where carbon dioxide (*to be*) exchanged for oxygen. 3. The oxygenated blood then (*to return*) to the heart, from which it (*to exit*) through the aorta to the arterial system and (*to be*) circulated throughout the body, supplying oxygen to the tissues.

6.5. *Insert the articles if it is necessary.*

1. As ... body begins to exercise, ... muscles use ... oxygen at ... much higher rate, and ... heart must pump more oxygenated blood to meet this increased demand. 2. ... heart can adapt to this increased demand through several mechanisms. 3. Heart rate shows ... gradual adaptation to ... increased workload by increasing proportionally to ... intensity of ... exercise and will plateau at a given level after about 2 to 3 minutes

6.6. *Supply the gaps with prepositions if it is necessary.*

1. Monitoring heart rate is an indirect method ... estimating oxygen consumption." 2. ... general, heart rate and oxygen consumption have a linear relationship, although ... very low intensities and... high intensities this linear relationship breaks down. 3. ... higher intensity activities maximal heart rate may be achieved before maximum oxygen consumption, which will continue to rise. 4. The greater the intensity ... the exercise, the higher the heart rate. 5. Because ... these existing relationships it should become apparent that the rate... oxygen consumption can be estimated ... taking the heart rate."

6.7. *Complete the sentences with the words from the box.*

beats; blood per beat; increased demand; maximal heart rate

1. A second mechanism by which the heart is able to adapt to ... during exercise is to increase the stroke volume, the volume of blood being pumped out with each beat. 2. The heart pumps out approximately 70 milliliters of ... 3. Stroke volume continues to increase only to the point at which there is simply

not enough time between ... for the heart to fill up. 4. This point occurs at about 40% of ... , and above this level increases in the volume of blood being pumped out per unit of time must be caused entirely by increases in heart rate.

6.8. *Put questions to the underlined words.*

1. Stroke volume and heart rate together determine the volume of blood being pumped through the heart in a given unit of time. 2. Approximately 5 litres of blood are pumped through the heart during each minute at rest, referred to as the cardiac output, which indicates how much blood the heart is capable of pumping in exactly 1 minute. 3. Thus, cardiac output is the primary determinant of the maximal rate of oxygen consumption possible. 4. During exercise, cardiac output increases to approximately four times that experienced during rest in the normal individual and may increase as much as six times in the elite endurance athlete.

6.9. *Translate the following into English.*

ВПЛИВ НА ПРАЦЕЗДАТНІСТЬ

Кардіореспіраторна витривалість грає вирішальну роль у здатності вести нормальну повсякденну діяльність. Втома безпосередньо залежить від відсоткового вмісту максимального кисневого споживання, який необхідний для даного навантаження.

Повсякденна діяльність може знижуватися, якщо погіршуватиметься продуктивність використання кисню. Таким чином, покращення кардіореспіраторної витривалості має бути важливим компонентом будь-якої тренувальної програми.

Незалежно від тренувальної техніки, що використовується для поліпшення кардіореспіраторної витривалості, основна мета залишається та сама: збільшити можливість, з якою кардіореспіраторна система здатна доставляти достатню кількість кисню працюючим м'язам. Без кисню організм неспроможний виробляти енергію протягом тривалого часу.

6.10. *Listen to the information in the video and give its main ideas.*

<https://www.youtube.com/watch?v=3roNSBh-Qe8>

<https://www.youtube.com/watch?v=MUv4IrEmEE0>

TEXT VII.

MAINTENANCE OF CARDIORESPIRATORY ENDURANCE

The sports therapist should routinely incorporate activities that will help maintain levels of cardiorespiratory endurance into the rehabilitation program. Cardiorespiratory endurance involves the coordinated function of the heart, lungs,

blood, and blood vessels to supply sufficient amounts of oxygen to the working tissues.



The best indicator of how efficiently the cardiorespiratory system functions is the maximal rate at which oxygen can be used by the tissues. Heart rate is directly related to the rate of oxygen consumption. It is therefore possible to predict the

intensity of the work in terms of a rate of oxygen use by monitoring heart rate.

Aerobic exercise involves an activity in which the level of intensity and duration is low enough to provide a sufficient amount of oxygen to supply the demands of the working tissues. In anaerobic exercise the intensity of the activity is so high that oxygen is being used more quickly than it can be supplied, thus an oxygen debt is incurred that must be repaid before working tissue can return to its normal resting state.

Continuous or sustained training for maintenance of cardiorespiratory endurance involves selecting an activity that is aerobic in nature and training at least three times per week for a time period of no less than 20 minutes with the heart rate elevated to at least 60% of maximal rate.



Interval training involves alternating periods of relatively intense work followed by active recovery periods. Interval training allows performance of more work at a relatively higher work load than continuous training. During rehabilitation, continuous and interval training techniques should be incorporated.

Fartlek makes use of jogging or running over varying types of terrain at changing speeds. Parkour is a training technique that combines continuous training with exercises done at stations along the course.

7.1. Read and translate the text "Maintenance of Cardiorespiratory Endurance" in writing.

7.2. Answer the questions to the text.

1. How can the sport therapist maintain levels of cardiorespiratory endurance?
2. What does cardiorespiratory endurance involve?
3. What is the best indicator of how efficiently the cardiorespiratory system functions?
4. What is directly related to the rate of oxygen consumption?
5. Why is it possible to predict the intensity of the work?
6. What kind of activity does aerobic exercise involve?
7. How high is the intensity of the activity in anaerobic exercise?
8. What kind of activity is continuous or sustained training for maintenance of cardiorespiratory endurance?
9. What does interval training involve?
10. What does interval training allow?
11. Should continuous training techniques be incorporated during

rehabilitation or should interval training? 12. What is Fartlek? 13. What kind of a training technique is Par cours?

7.3. Find in the text the English equivalents for the following:

зазвичай; включати до складу; діяльність/заходи; підтримувати/зберігати; кардіореспіраторна витривалість; мати на увазі/припускати; легені; кровonosні судини; постачати/доставляти; достатня кількість; кисень; тканини; кращий показник; функціонувати/діяти; максимальна швидкість; ЧСС; з огляду, безпосередньо пов'язане; споживання/засвоєння; отже; передбачати; зняття показників/моніторинг; залучати; рівень; тривалість; низький; достатньо; забезпечувати; задовольнити потреби; високий; таким чином; кисневе голодування зростає, відшкодовувати; стан спокою; тривалий; безперервний; передбачає підбір діяльності; за характером; щонайменше; тричі на тиждень; не менше ніж; підвищений/піднятий; що перемежується/чергується; відносний; відновлювальний період; дозволяти/давати можливість; виконувати більше роботи; відносно високе робоче навантаження; біг підтюпцем; різноманітні типи; місцевість; пункт; маршрут; вздовж.

7.4. Open the brackets and put the verbs into a proper Tense and Voice form.

FARTLEK TRAINING

1. Fartlek (*to be*) a training technique that is a type of cross-country running originated in Sweden. 2. Fartlek literally (*to mean*) "speed play." 3. It (*to be*) similar to interval training in that the athlete (*must, to run*) for a specified period of time; however, specific pace and speed (*to be*) not identified.



4. It (*to be*) recommended that the course for a Fartlek workout be some type of varied terrain with some level running, some uphill and downhill running, and some running through obstacles such as trees or rocks. 5. The object (*to be*) to put surges into a running workout, varying the length of the surges according to individual purposes. 6. One advantage of Fartlek training (*to be*) that because the pace and terrain always change, the training session (*to be*) less regimented and (*to allow*) an effective alternative in the training routine. 7. Again, if Fartlek training (*to be*) going to improve cardiorespiratory endurance it (*must, to elevate*) the heart rate to at least minimal training levels. 8. Fartlek (*may; to be used*) best as an off-season conditioning activity or as a change-of-pace activity to counteract the boredom of training using the same activity day after day.

7.5. *Insert articles if it is necessary.*

PAR COURS

1. Par cours is ... technique for improving cardiorespiratory endurance that basically combines continuous training and circuit training. 2. This technique involves jogging ... short distance from station to station and performing ... designated exercise at each station according to guidelines and directions provided on ... instruction board located at that station. 3. Par cours circuits provide ... excellent means for gaining some aerobic benefits while incorporating some of... benefits of calisthenics. 4. Par cours circuits are found most typically in parks or ... recreational areas within metropolitan areas.



7.6. *Complete the sentences with words from a box.*

factors; fitness levels; cardiorespiratory endurance capability;
measuring; specific levels

EVALUATION OF CARDIORESPIRATORY ENDURANCE

1. Numerous tests have been developed to evaluate 2. Most of these tests are based on the idea that ... is best indicated by the maximal capacity of the working tissues to use oxygen (VO₂max). 3. We know from an earlier discussion that VO₂max can be predicted or estimated by ... heart rates at varying workloads. 4. You can easily perform the following tests so that ... of cardiorespiratory endurance may be identified. 5. Each of the tests described below is based to a large extent on one or both of the following ...: (1) the motivation of the person and (2) the minimal level of cardiovascular endurance.

7.7. *Translate the following into English.*

Переважно доставка кисню в організмі передбачає скоординовану взаємодію чотирьох компонентів: (1) серця, (2) кровоносних судин, (3) крові та (4) легень. Поліпшення кардіореспіраторної витривалості за допомогою тренування відбувається у зв'язку зі збільшенням здатності кожного з цих елементів забезпечувати необхідним киснем працюючі тканини. Загальне усвідомлення того, як впливають різні типи тренувальної техніки на роботу

серця, кровоносних судин та легень, polegшує розуміння того, як слід скласти програми реабілітації для підтримки існуючих рівнів кардіореспіраторної витривалості.

7.8. Listen to the information in the video and give its main ideas.

https://www.youtube.com/watch?v=ZViBiZ4g_mM

<https://www.youtube.com/watch?v=3roNSBh-Qe8&t=48s>

TEXT VIII.

HEALTH AND WELLNESS

Health comprises several dimensions: physical health, mental health, social health, spiritual health, and emotional health. Traditionally, the public has viewed good health as the absence of disease. Given this perspective, if an individual was not sick, he or she was, by definition, healthy.



Today, however, this perspective is different; the emphasis is on wellness. It is realized that not being ill

is only one aspect of being healthy. Wellness is a state of optimal well-being. Wellness emphasizes each individual's responsibility for making decisions that will lead not only to the prevention of disease but to be promotion of a high level of health. Wellness is multidimensional. Achieving a high degree of wellness requires developing and maintaining a satisfactory level of fitness, expressing emotions effectively, maintaining good relationships with others, maintaining one's mental health, and consideration of ethics, values, and spirituality.

According to wellness philosophy, the achievement of a healthy lifestyle is the responsibility of the individual. Attainment of a healthy lifestyle is achieved through proper nutrition, regular and appropriate exercise, adequate rest and relaxation, effective stress management, adherence to sound safety practices, and elimination of controllable risk factors as smoking or drug use. Those individuals who adopt a healthy lifestyle may experience an optimal state of well-being, while those who choose to practice an unhealthy lifestyle may be at an increased risk for disease, such as coronary heart disease.



Holistic health is closely related to wellness. Holistic health is based on the premise that an individual's health is affected by virtually all aspects of an individual's life. Physical, psychological, emotional, spiritual, environmental, genetic, and social factors all interact to influence an individual's state of health. Thus, all of these factors must be considered when helping an individual achieve a state of optimal health.

Health promotion programs have grown within the past decade. These programs focus on helping individuals make changes in behaviors and alterations in their lifestyle that will encourage and support an optimal state of health. For example, a health promotion program may assist an individual to become aware of the health risks associated with leading an inactive lifestyle. Then education and behavioral interventions are utilized to assist the individual to incorporate physical activity into his or her lifestyle, thereby reducing the individual's risk of disease and contributing to a more favorable health status. Self-responsibility is central to any health promotion efforts; individuals must assume the responsibility for making choices that contribute to the attainment and maintenance of health.

8.1. Read the text "Health and Wellness" and do its translation in writing.

8.2. Find the English equivalents in the text for the following words and phrases:

духовний; бути вразливим до; виміри/параметри; відповідний; відсутність; здоровий; етика; генетичний; усвідомлювати; почуття відповідальності; взаємодіяти; сприятливий; поведінкові інтервенції; взяти на себе відповідальність; впроваджувати; досягати стану оптимального здоров'я; багатомірний; цінності; прихильність до; цілісний; фактично; правильний/вірний; ступінь; надавати особливого значення/підкреслювати; за визначенням; у тісному взаємозв'язку; вести здоровий спосіб життя; оптимальний стан; відмова від чинників ризику; що контролюються; однак; довкілля; задовільний; харчування; передумова/поняття; зміни; заохочувати; зусилля з пропаганди здоров'я; використовувати; поведінка; пасивний спосіб життя; відповідно до; ефективно долати стрес; таким чином; останнє десятиліття; сприяти.

8.3. Put 15 questions to the text (general, alternative, disjunctive and special).

8.4. *Open the brackets and put the verbs into proper Tense and Voice form.*

1. In recent years many people (*to discover*) that active living (*to contribute*) significantly to good health and wellness. 2. Regular physical activity (*to be*), however, only one of many different life-style patterns that (*can, to enhance*) health and quality of life. 3. Recent scientific evidence (*to suggest*) that a healthy life-style, more than any other single factor, (*to be*) responsible for optimal wellness. 4. The implication (*to be*) that each of us (*can, to learn*) to alter our life-styles to foster lifetime fitness and wellness.

8.5. *Complete each sentence with a word from the box.*

freedom, important, optimal, well-being, heredity

1. Health is optimal ... that contributes to quality of life. 2. It is more than freedom from disease and illness, though ... from disease is ... to good health.
2. ... health includes high-level mental, social, emotional, spiritual, and physical fitness within the limits of one's ... and personal disabilities.

8.6. *Fill in the gaps with prepositions if it is necessary.*

1. Recreation is another area ... physical education and sports. 2. For recreation, people ... all ages engage ... physical activity of their choice for physical and spiritual recovery. 3. Constructive use of free time, as a rule, gives them pleasure. 4. Like all physical culture, recreation is experiencing a rapid rise and covers all segments ... the population. 5. Increased free time and increased income have encouraged recreational pursuits ... a variety ... programs and activities. 6. Concern ... the environment has demanded caution ... outdoor recreation. 7. There are many opportunities to engage ... recreational activities, both individually and in special programs. 8. Fitness and recreation is my choice and my ... destiny.

8.7. *Translate the following into English.*

ЗДОРОВ'Я ТА ВЕЛНЕС

Здоров'я складається з кількох аспектів (dimensions): фізичне здоров'я, психічне здоров'я, соціальне здоров'я, духовне здоров'я та емоційне здоров'я. Традиційно здоров'ям вважали відсутність хвороб. Якщо ти не хворів, ти був здоровий.

Сьогодні акцент (emphasis) ставиться на оздоровлення. Велнес – це стан оптимального самопочуття.

Відповідно до філософії оздоровлення (wellness philosophy),

досягнення здорового способу життя є відповідальністю людини. Здоровий спосіб життя досягається (Attainment of a healthy lifestyle is achieved through) за допомогою правильного харчування, регулярних і відповідних фізичних вправ, достатнього відпочинку та розслаблення, ефективного управління стресом, дотримання правил безпеки (adherence to sound safety practices) та усунення контрольованих факторів ризику, таких як куріння або вживання наркотиків.

Фізичні, психологічні, емоційні, духовні, екологічні, генетичні та соціальні фактори взаємодіють, впливаючи на стан здоров'я людини. Таким чином, усі ці фактори необхідно враховувати, допомагаючи людині досягти стану оптимального здоров'я.

За останнє десятиліття програми зміцнення здоров'я (Health promotion programs) зросли. Ці програми зосереджені на (focus on) допомозі людям внести зміни у поведінку та спосіб життя, які сприятимуть і підтримці оптимального стану здоров'я. Власна відповідальність посідає центральне місце в будь-яких зусиллях зі зміцнення здоров'я; люди повинні взяти на себе відповідальність за вибір, який сприяє досягненню та підтримці здоров'я.

8.8. *Listen to the information in the video and give its main ideas.*

<https://www.youtube.com/watch?v=6VSFpMcjbP4>

<https://www.youtube.com/watch?v=45Mip2dTZpI>

ARTICLE V:

U.S. WOMEN DON'T ENJOY THEIR FEMININITY ENOUGH

By Lena REDKO

Being Ukrainian, I grew up in a society where femininity was - and still is - praised. I am not talking about women wearing dresses and heels. In my viewpoint, there is much more to being feminine.

I consider Ukrainian women to be feminine because they are generally not attracted to jobs like firefighting or police service. More importantly, I consider them feminine because they encourage men to be gentlemen. A Ukrainian woman expects a man to open the door for her, pass her the coat, and give her a hand with a heavy suitcase. It does not make her feel patronized. Nor does it take away her right to pursue a doctorate in philosophy (PhD), be a CEO (Chief Executive Officer) or lead the country as prime minister.

An American woman, on the other hand, might sue you for this, depending on the circumstances.

Despite general "ladylike" behaviors, I believe that Ukrainian society is in many ways woman-dominated. Even the Kyiv Independence Square has a statue

of woman — it is a symbol of the Ukrainian nation. I believe that Tymoshenko's braid is loaded with the same message. Adult women in Ukraine always managed to maintain their femininity while getting a higher education, progressing in their career and rising to an influential position in the nation.

While I applaud the feminist movement's accomplishments in the United States today - gender discrimination is illegal - I have mixed feelings about some of the aspects of feministic behaviors. American women seem to feel threatened by the smallest deference to gender.

They strive to look independent, not in need of open doors or of help with the coat. They prefer to pay for themselves when they are out and do their best to not look overly feminine when they want to be taken seriously. Some women prefer to be called "Ms." instead of "Miss" or "Mrs." because they considering revealing marital status to be discriminatory.

While all of these deserve respect, my biggest concern is that the fear of looking womanly may have its effects on family values. There are too many stories in the news about forgotten babies - in the car, in the store or elsewhere. Also, according to the National Center for Health Statistics, the divorce rate in the United States topped 50 percent in 2015.

So, ladies, my advice is: keep your femininity. It gives you a competitive advantage. There must be a serious reason why many American men are looking for wives in Ukraine. Also, it is unfortunate that there is no "Woman's Day" in the U.S. What's wrong with being a CEO and getting flowers and compliments all day? This is what I would call smart.

Leno Redko, a Kyiv native, lives in San Francisco and is studying for a master's in business administration at the University of San Francisco.

ARTICLE VI.

HOW TO TALK ABOUT PAY

By Edward COCKS

Surely, the question asked most often by prospective job seekers is: "When should I talk about salary?" The answer: "After the offer is made."

Let the employer make the offer, preferably in writing, and then base your response on your own expectations and requirements. If you are happy with the initial salary offer, then things are simple. Accept and begin your new career. If you want more, the challenge is now on you to engage in the negotiating process. The secret to salary negotiation is to focus on the value that the position has to the company, then to the value you bring to the position.

Some advice: Be absolutely certain that you completely understand the job and all of the employer's requirements.

If at all possible, ask for a written job description or have the employing

manager restate the description. This also provides you with valuable time to plan your next few steps. One of the best tactics in this exercise came from a friend and colleague who wrote it all down, spend a moment looking at it and then turned it around to the executive offering the job and said: "Is this everything the job you are offering entails?"

This was perfect! Now the employer is responding to, rather than leading, the negotiation process. Even better, it focuses them on the requirements of the job and makes them more likely to increase their valuation of the position.

After verifying exactly what the position involves, you should be able to draw upon your knowledge of the local market and industry' conditions (you did do your home-work right?) and decide how you will react. Do your best to make the employer change the offer amount as much as possible before you ever say the number you have in mind.

For instance, when the employer has verified that the position is completely and accurately described, rather than responding with a raised amount, ask them another question: "Do you believe that your offer is fair for this market, given the position's importance to the company?" Again, they are in a responding position. Keep them responding to your questions as long as possible and, hopefully, raise their offer.

When the value of the position to the company is fully established, now is the time to ask: "Am I the candidate you want to fill this position?" When they verify that you are indeed the one, they want for the position, simply say: "I believe that I can do this job well above your expectations and would like to know what your best offer will be'." Again, this continually keeps them responding to questions and, so far, you have been simply asking questions.

If the final number is again below your expectation, now you can say: "The offer I would find acceptable is..." - and then be ready with the amount. Be sure this is an offer you will accept.

One last reminder, all too often employers will try to force you into negotiating based upon your last salary. This is one of their tactics for salary negotiation, albeit a flawed one, and has absolutely no bearing on your value to their company.

In fairness to the employer, you must also remember that your financial situation is of no concern to them in the negotiation process. Good luck!

ARTICLE VII

WILL YOU BE FIRED SOON?

Julia SKIDAN

Julia Skidan is a partner in the Kyiv office of Almond Consulting, a-British-based firm at www.almondcon-sulting.co.uk that specializes in such areas as executive coaching and career development.

One of the biggest anxieties many employees have is the fear of being fired.

The fear may either be a psychological illusion, or a signal of real danger. For those lucky enough not to have been through staff cuts, downsizing, restructuring, or whatever euphemism the boss decides to use, here is a crash course.

Let's deal with the psychological aspects first. The fear of being fired is directly connected to our basic survival reflex: no money - no food. So worrying about job security is absolutely healthy. Now and then we all experience butterflies in the stomach when the workload is overwhelming, the deadlines are past due or the project is falling apart. Fine, believe me, it is absolutely fine. There is no danger in feeling that way unless you are totally lazy and constantly abuse your job or your employer's confidence.

Some peoples' fears of being dismissed approach paranoia. It brings on constant nervousness. It robs them of their positive tone, work output and job satisfaction. I remember a very bright information technology professional who was afraid to make a single mistake or take any increased responsibility. He became nearly invisible to management and colleagues. He felt safer not attracting any attention to himself or his work. Later it was quite painful for him to realize that his contribution to the company's business was not appreciated.

Now let's move from imaginary fears to reality: what if the danger of being fired is real? If you are not on probation and have not violated employment laws or company policies, the sacking will happen gradually. The danger signs may include:

- placing others in charge of duties/ projects that would normally be yours.
- excluding you from meetings you used to be in;
- withholding information, you would normally receive;
- your boss sets unrealistic goals or performance expectations for you;
- a cooling attitude from management, for instance, delayed or no response to your e-mails, no office visits, and so on.

One way to check whether your job is secure is to take a test designed by famous German social psychologist Kurt Lewin. Develop a list of the key aspects of your professional life. The list should look something like this:

- Service record (good/bad)
- Client relations (good/bad)
- Relationships with colleagues (respectful/disrespectful)
- Energy level (high/low)
- Creative skills (high/low)
- Leadership skills (high/low)
- Work attitude (diligent/routine). Now honestly evaluate your performance by placing a plus, minus or zero next to the category. Now add it up.

If you've got more pluses than minuses, then you're most likely facing a favorable scenario and may even get a promotion.

If you have more zeros, then your outlook is neutral you're probably ok. If you've a lot of minuses, then you have reason to worry.

To avoid that dreadful negative scenario, here are just a few simple but effective tips:

- Your self-development should be continuous.

- ' Deepen your professional efficiency every day.
- ' Exercise a proactive attitude and initiative.
- ' Keep abreast of the news and trends in your area of expertise.
- ' Broaden your horizons in general knowledge.
- ' Don't be afraid of making a mistake; be afraid of repeating it over and over again.

When a business is downsizing, how do you know if you might get the ax? Here are some common clues:

- placing others in charge of duties/projects that would normally fall to you;
- excluding you from meetings you used to be in;
- withholding information you would normally receive;
- asking you to put down some ideas on the future your projects;
- a cooling attitude from management, delayed or no response to your e-mails, no office visits, face-to-face meetings avoided.

ARTICLE VIII

WHERE OBESITY IS BIGGER AND BETTER

As Americans continue to get fatter the junk-food fan Bill Clinton is weighing into the debate, writes Tom Baldwin

Ripples of fat are spreading ever wider across America's waistline, according to a report that suggests obesity rates rose last year in all but one of the nation's 50 states.

A survey published by Trust in America's Health indicated that almost one in four adults is clinically obese and almost two thirds are overweight

Mississippi is the fattest state, while six more from the south-east are in the heftiest dozen. The state exhibiting the largest increase in obesity last year was Alabama, while only Oregon bucked the trend by holding steady at 21 per cent.

The Trust, a non-profit organization that promotes health education, highlighted figures showing that 7 per cent of US adults have diabetes and called for more government action to tackle an obesity epidemic that it says is endangering lives.

It is costing the country \$39 -billion (£21.6 billion) in extra healthcare cost – and billions in lost production.

There is a similar problem in Britain, where about one adult in five is obese but, as ever, it is bigger in America.

In recent months carmakers are reported to have been adapting designs to take into account of the ever-growing American belly, with the Honda Accord sold in the US two inches wider than the same model in Europe and Japan.

Airlines are ditching magazines, seats and even life vests to compensate for the increased fuel costs of carrying their passengers' extra pounds.

Meanwhile, US military strategists are worrying about America's long-term

security because so many potential recruits are too fat to fight.

The fast-food and soft-drink industry, which is estimated to spend \$11.2 billion a year on advertising, is beginning to feel the heat. Seventeen states have recently passed legislation aimed at tackling childhood obesity. "Super Size Me", a documentary film in which Morgan Spurlock became fat and ill by eating only at McDonald's for a month, was widely seen as having helped to shame the restaurant chain into offering healthier options last year.

Yesterday, a Harvard health report suggested that fast-food retailers were deliberately targeting children by clustering outlets around schools, while earlier this month Bill Clinton joined a campaign to improve America's eating habits. The former President said a lifetime of eating junk food had caused his "brush with death" last year. Recalling his quadruple heart bypasses surgery, Mr. Clinton said: "I realized that one more time I've been given another chance and I wanted to make the most of it. The bottom line is we've got too many kids overweight and they're walking time-bombs."

But the junk-food industry is fighting back against bans on the sale of drinks and snacks at schools. In June, Jodi Rell, the Governor of the Connecticut, vetoed a state-wide ban on unhealthy food in schools after being pounded by \$250,000 of industry lobbying.

Sales of soft drinks in schools totalled about \$700 million last year, with companies such as Coca-Cola and Pepsi keen to target consumers when they are young and establishing brand loyalties. The National Restaurant Association, backed by a clutch of senior Republican senators, held a press conference this summer at which its president, Steven Anderson, said that food establishments "should not be blamed for issues of personal responsibility and freedom of choice".

Legislation is also opposed by the libertarian Right in America, where organizations such as the Cato Institute are outraged at the prospect of the Government telling citizens how — or what — they should eat.

OTHER COMPONENTS OF PHYSICAL FITNESS:

TEXT IX.

TYPES OF EXERCISES



There are several types of exercises that will help you develop muscular strength, muscular endurance, flexibility, cardiovascular endurance, lowered percentage of body fat, and increased lean tissue. It is important to understand the benefits of each type of exercise. Then you will be better able to plan your personal

exercise plan.

9.1. *Translate in writing the text above.*

9.2. *Ask all 4 types of questions (general, alternative, disjunctive, and special ones) to the following sentence. See sample.*

A personal exercise plan includes a variety of exercises.

E.G.:

GENERAL: Does the language comprise different “dialects”?

ALTERNATIVE: Does training have a language of its own **or** not?

DISJUNCTIVE: We sometimes misunderstand each other when we talk about training, **don’t we?**

SPECIAL: **How do** some coaches use the term “Speed work”?

9.3. *Read and translate the text “Isometric Exercise”.*

ISOMETRIC EXERCISE

An isometric exercise is an exercise in which your muscles are tightened for about five to ten seconds without any movement of body parts. You may tighten your muscles or you may try to push or pull an immovable object.

Pushing against the wall is an example of an isometric exercise. Tightening the abdomen while lying on your back with your knees bent is another isometric example. You might stand on a jump rope and pull the rope ends as hard as possible. Do not hold your breath while you do these isometric exercises.



Isometric exercises develop muscular strength. They help make the muscles attached to your bones larger and stronger. However, they are of limited value in building flexibility and muscular endurance and are of little value in promoting cardiovascular endurance. Isometric exercises may cause a sudden increase in blood pressure and should not be selected by persons with heart problems.

9.4. Answer the questions:

- 1) What is an isometric exercise?
- 2) What movements tighten your muscles during such exercise?
- 3) What exercise can be recommended to tighten the abdomen?
- 4) Do you hold your breath while isometric exercises?
- 5) What do isometric exercises develop?
- 6) How do isometric exercises influence in building flexibility?
- 7) What is their value in promoting cardiovascular endurance?
- 8) Why should the persons with heart problems be careful with this type of exercises?

9.5. What is the English for:

скакалка; відсотковий вміст; напруга м'язів; віджиматися; нерухомий; очеревина; тягнути; затримувати дихання; сильно; розвивати; прикріплювати; служити причиною/викликати; обмежений; однак; мати невелику цінність/не приносити великої користі; раптовий; згинання тулуба; залучати.

9.6. Ask questions to the underlined parts of the sentences.

a) Isometric exercises involve tightening muscles for five to ten seconds without moving body parts.

b) Standing on a jump rope and pulling on the ends helps strengthen your biceps.

9.7. Line up the given words in logical order:

strength, increase, Isometric, muscular, exercises

9.8. Describe an isometric exercise.

9.9. Make up questions in order the sentences below can be the answers to them.

ISOTONIC EXERCISES



- 1). ...
An isotonic exercise is an exercise in which there is a contraction of a muscle causing movement.
- 2). ...
Swimming, walking, running, bicycling, and sports activities are isotonic exercises.
- 3). ...
Push-ups, curl-ups, and jumping jacks are all isotonic.
- 4). ...
Weight lifting is another example of isotonic exercise.
- 5). ...
When beginning to do isotonic exercise, it is important to increase the amount of exercise gradually.
- 6). ...
Muscles need to be strengthened in order to build endurance.
- 7). ...
You may choose to begin with ten curl-ups and five push-ups and gradually increase the number of each.
- 8). ...
When beginning a weight-lifting program, you may begin with a certain weight and then gradually increase the amount of weight and the number of times you lift it.
- 9). ...
Isotonic exercises help build muscular strength and improve flexibility.
- 10). ...
Some isotonic exercises may improve your cardiovascular endurance if you perform them at a certain intensity for a specified amount of time.

9.10. *Insert prepositions if it is necessary.*

1. ... properly performing the curl-up, you contract and strengthen your abdominal muscles. 2. Press the small ... your back against the floor. 3. ... bent legs, hip width apart, lift your shoulders off the floor. Repeat. 4. Isotonic exercises involve contraction and movement ... muscles. 5. Isotonic exercises increase ... muscular strength and flexibility.

9.11. *Perform the following activity on isotonic exercise:*

Divide into groups of five or six. Develop an isotonic exercise routine that includes two exercises for strengthening arm muscles, two exercises for strengthening leg muscles, and two exercises for strengthening abdominal muscles. Your group may want to obtain exercise and fitness books from the library to complete this project. Demonstrate six exercises in your routine for the rest of your classmates.

9.12. *Open the brackets and put the verbs into proper Tense and Voice form. Do its translation in writing.*

ISOKINETIC EXERCISE

An isokinetic exercise (*to be*) an exercise in which a weight, or resistance, (*to be moved*) through an entire range of motion. Machines with weight plates, popular at exercise clubs, (*to utilize*) isokinetic exercise that (*to promote*) flexibility, strength, and muscular endurance. An extra feature of machines with weight plates (*to be*) that resistance (*can; to be varied*). While resisting the weight plates, heart rate (*to increase*). Maintaining this heart rate level (*to promote*) cardiovascular fitness.



Another type of isokinetic strength training equipment (*to be*) a pneumatic system. Pneumatic equipment (*to use*) pressurized air for resistance instead of weight plates. Resistance (*can; to be varied*) easily at any time during range of motion with the adjustment of a knob. Because weight plates (*not; to be used*) for resistance, injury is less likely to occur. The easy adjustment of resistance (*to allow*) a smoother workout. This type of equipment also (*to promote*) flexibility, strength, and muscular endurance.

To receive maximum benefit and prevent injury, you (*should; to learn*) correct ways to use exercise equipment. Have someone help you determine

- how much weight you should lift at each station,
- when to increase resistance, and
- how many repetitions you should perform at each station.

9.13. Make the following sentence negative and interrogative:

- Pneumatic equipment will enable you to move through an entire range of motion.
- Some isokinetic exercises utilize weight plates. Others involve pressurized air.
- Learn the correct procedure for using weight machines.
- Isokinetic exercises involve the movement of weight through an entire range of motion.

9.14. Translate the following in writing:

AEROBIC EXERCISE

Aerobic means with air. An aerobic exercise is a form of exercise that requires a continuous use of oxygen over an extended period of time. This usually means at least 15 to 30 minutes of continuous exercise. Aerobic exercise help you develop cardiovascular endurance, some flexibility and muscular strength.



Some examples include aerobic dancing, bicycling at a steady pace, distance swimming, distance running, and speed walking.

The American College of Sports Medicine (ACSM) recommends that aerobic exercise always be performed at your target heart rate for cardiovascular benefit. The target heart rate is between 60 and 90 percent of the difference between your resting heart rate and your maximum heart rate. This figure is added to your resting heart rate. Maximum heart rate is 220 minus your age. An average resting heart rate is about 70. An example will illustrate how to determine target heart rate.

Example: Suppose you are 15 years old. Your maximum heart rate would be 220 minus 15 or 205. Your resting heart rate is 70. Target heart rate is between 60 to 90 percent of the difference between your resting heart rate and your maximum heart rate.

$$205 \text{ (maximum heart rate)} - 70 \text{ (resting heart rate)} = 135$$

$$60 \times 135 = 81 + 70 = 151 \text{ lowest target heart rate}$$

$$90 \times 135 = 122 + 70 = 192 \text{ highest target heart rate}$$

Target heart rate = 151 to 192 beats per minute

If you choose running as an aerobic exercise, you would need to run at a

steady pace to maintain your target heart rate of 151 to 192 beats per minute. There is quite a difference between the lowest and the highest heart rates. Most healthy persons your age use 75 percent to determine the target heart rate at which they will exercise.

Example:

$$205 \text{ (maximum heart rate)} - \text{(resting heartbeat rate)} = 135$$

$$75 \times 135 = 101 + 70 = 171 \text{ beats per minute}$$

To achieve and maintain cardiovascular endurance, the ACSM recommends exercising three to five days per week. The exercise sessions should include 15 to 60 minutes of continuous aerobic activity. The number of minutes depends on the intensity of the activity. During exercise, you can take your pulse to see if you are maintaining your target heart rate. The ACSM¹ tends to favor aerobic activity of longer duration and less intensity. When this plan is followed, there is more likely to be a total fitness effect and less likely to be any health hazards.

1. ACSM = American College of Sports Medicine

ACSM and CDC Recommendations



150 minutes
of moderate-intensity aerobic activity every week

2X per week

Muscle-strengthening activities on 2 or more days a week that work all major muscle groups



9.15. Define the parts of speech (subject, predicate, object, adverb, attribute) in the sentence.

- a) Aerobic exercise includes those in which oxygen is used for at least 15 to 30 minutes.
- b) Aerobic exercise benefits you most when performed at your target heart rate.
- c) To calculate target heart rate, you should use 60 to 90 percent of the difference between your resting and maximum heart rate, and add that figure to your resting heart rate.

9.16. Put the sentences into the Present, Past and Future Perfect Tense, A. V. Make them negative and interrogative.

- a) Shortness of breath occurs after anaerobic exercise.
- b) Anaerobic exercises improve muscular strength and flexibility.

9.17. *Fill in the gaps with words from the box.*

isotonic exercises; results in; a form; air; done; slows; 100-meter dash; exercise; beneficial; increase speed; are contracted; oxygen debt

ANAEROBIC EXERCISE

Anaerobic means without An anaerobic exercise is of exercise in which the body's demand for oxygen exceeds the supply. An anaerobic exercise is usually ... in short, fast bursts of energy. This a condition known as oxygen debt. One sign of oxygen debt is shortness of breath. If the person ... or stops the exercise, recovery begins. You have seen this effect if you have watched someone out of breath after running the

Some ... can also be anaerobic. For example, if you repeat exercises using weights, you would be doing an isotonic and anaerobic The exercise is isotonic because muscles ... with movement. The exercise is anaerobic because you would experience Anaerobic exercises may improve muscular strength, muscular endurance, and flexibility. They also help However, they are usually not ... to cardiovascular endurance.

9.18. *Self-check translation. What is the English for:*

ліпопротеїни низької щільності; тривалі проміжки часу; витривалість серцево-судинної системи; максимальне наповнення пульсу; сприяти здоров'ю; стиснене повітря; принаймні; менша інтенсивність; обчислювати; гнучкість; середній; задишка; стометрівка; призводити до; виникати; весь спектр рухів; перевага; серцебиття; затримувати дихання; цифра; віджимання; ноги широко розставлені; покращувати; м'язи червонного преса; кисень; загроза здоров'ю; належна частота серцевих скорочень; відновлення; викид; потреба; відчувати.

9.10. *Listen to the information in the video and give its main ideas.*

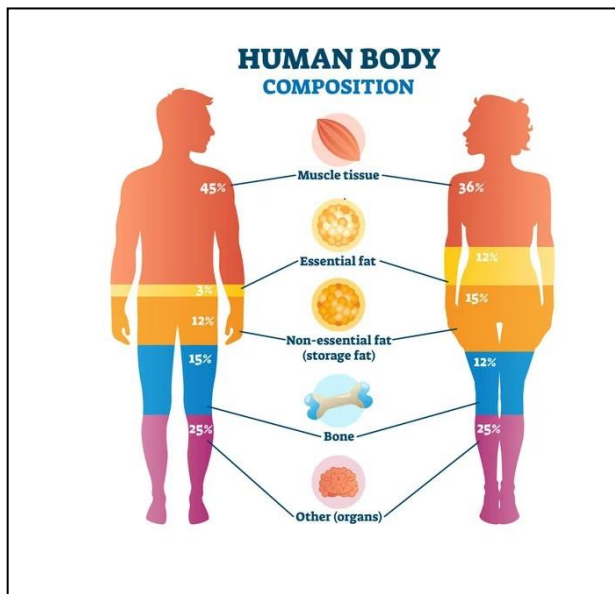
<https://www.youtube.com/watch?v=kIVlncTK6oA>
<https://www.youtube.com/watch?v=a44ayeoSfKM>

TEXT X.

BODY COMPOSITION

Your body is made up of two types of tissues - fat tissue and lean tissue. Your body composition is the percentage of fat tissue and lean tissue in your body. As you become physically fit, the ratio changes. The percentage of fat tissue decreases and the percentage of lean tissue increases.

The body uses fat tissue every day. Fat is used as the body stores and uses nutrients. Everyone has stored fat beneath the skin and around the internal organs. The number of fat cells a person has is determined at a very young age. Fat cells can become smaller, but they cannot be lost. Females have more stored fat in their bodies than males. The total percentage of body weight that is fat is usually 16 to 19 percent for males and 22 to 25 percent for females.



Muscles, bones, cartilage, connective tissue, nerves skin, and internal organs are lean tissue. The percentage of your body weight that is lean tissue varies. The amount of muscle and size of your bones are the factors that most greatly influence the percentage of your body that is lean tissue. As many people age, their level of physical activity decreases. By using less energy, muscle tissue decreases and a larger percentage of their body weight becomes fat.

Your heredity influences your body composition, the size of your bones, and your muscle structure. Generally, you inherit a tendency toward one of three body builds.

An ectomorph is a person who is long-boned and has a lean body build.

A mesomorph is a person who has a muscular body build.

An endomorph is a person who has a greater percentage of fat tissues and a flabby appearance.

The type and frequency of exercise in which you engage also influences body composition. When you exercise to develop cardiovascular endurance and become physically fit, the ratio of fat tissue to lean tissue decreases and the percentage of lean tissue increases. For example, marathon runners may have only eight to ten percent fat tissue.

Research indicates a relationship between susceptibility to heart disease and the area where fat accumulates. If you are wider in the abdomen than in the hips, you are more susceptible to heart disease than if the opposite is true.

10.1. Read and translate the text "Body composition" in writing.

10.2. Answer the questions to the text in writing.

1. Name two main types of issue. 2. What does your body composition imply? 3. When does the ratio change? 4. What can you do in order to decrease the percentage of fat tissue and to increase the percentage of lean tissue? 5. What role does the fat play in the human body? 6. Who has more stored fat in the bodies – females or males? 7. What makes up lean tissue? 8. Does the percentage of your body weight that is lean tissue vary or not? 9. What factors influence the percentage of your body that is lean tissue? 10. Why do many aged people become fat? 11. What does heredity influence? 12. What kind of person is ectomorph? 13. Describe an endomorph? 14. How do we call a person who has a muscular body build? 15. How does the type and frequency of exercise in which you engage influence body composition? 16. Is there any relationship between susceptibility to heart disease and the area where fat accumulates? 17. What body type do you belong to?

10.3 Find the English equivalents in the text for the following:

тип та частота вправ; успадковувати; співвідношення; склад тіла; мезоморф; жирова тканина; м'язова тканина; зменшуватись; збільшуватись; запаси організму; поживні речовини; ектоморф; під шкірою; внутрішні органи; жирові клітини; бути втраченим; хрящі; маса тіла; змінюватись; спадковість; сполучна тканина; схильність; худорлява статура; в'ялий вигляд; ендоморф; вправлятися; розвиток витривалості серцево-судинної системи; покращення фізичної форми; схильність; накопичуватися.

10.4. Substitute the underlined italicized words with those from the text.

1. Your body is composed of two types of tissues. 2. As you become physically healthy, the ratio alters. 3. The percentage of fat tissue diminishes and the percentage of lean tissue enlarges. 4. Everyone has accumulated fat beneath the skin and around the internal organs. 5. The number of muscle and size of your bones are the factors that most greatly impact the percentage of your body that is lean tissue. 6. The kind and frequency of exercise which you take up also influences body constitution. 7. Research indicates a relationship between receptivity to heart disease and the area where fat is stored. 8. If you are wider in the abdomen than in the hips, you are more subject to heart disease than if the opposite is true.

10.5. Fill in the gaps with words from a box.

controlling; high; percentage; in terms of; saturated; contributes;
maladjustments; caloric intake

1. Body composition relates to the makeup of the body muscle, bone, fat, and other elements. 2. With respect to physical fitness, the term particularly refers to the ... of fat in the body relative to the fat-free content. 3. An excess of fat in the body is unhealthy, because it requires more energy for movement and may reflect a diet high in ... fat. 4. The demand on the cardiorespiratory system is greater when the percentage of body fat is 5. Furthermore, it is believed that obesity ... to degenerative diseases such as high blood pressure and atherosclerosis. 6. Obesity can also result in psychological ... and may shorten life. 7. A balance between and caloric expenditure is necessary to maintain proper body-fat content. 8. Adequate exercise, therefore, is effective in ... body fat.

10.6. Open the brackets and put the verb into proper Tense and Voice form.

1. Being overweight (*to imply*) having excess body weight relative to bone structure and height. 2. This excess (*could, to be*) due to excess fat or to a higher proportion of muscles. 3. Obesity clearly (*to describe*) a condition of having an excessive amount of weight. 4. The development of obesity (*to attribute*) to several factors, including heredity, social environment, and a lifestyle that (to include) poor nutritional habits and sedentary behavior. 5. Body composition analysis (*to indicate*) the percentage of total body weight composed of fat tissue versus the percentage composed of lean tissue. 6. The size and number of adipose (*to determine*) percentage body fat. 7. Percentage body fat (*can, to measure*) by measuring the thickness of the subcutaneous fat with a skinfold caliper at specific areas.

10.7 Listen to the information in the video and give its main ideas.

<https://www.youtube.com/watch?v=50V5fdYNgB4>

<https://www.youtube.com/watch?v=NYa3Jvk0ZhM>

TEXT XI.

REST AND SLEEP

You have been learning about the importance of regular activity. It is also important to have periods of inactivity. Rest and sleep help your body rebuild itself and reenergize. While you sleep, several changes occur in your body. Your heart rate slows by about 10 to 15 beats per minute, your blood pressure decreases, and you take fewer breaths per minute. Your muscles lose tension during sleep. Growth hormone is released into the blood. You are actually growing while you sleep and rest!



Your need for sleep and the times at which you go to sleep and awaken are individual. Each person has a natural inborn energy cycle or biorhythm. Your biorhythm determines when your highest peaks of energy occur and when you feel most sluggish. Sometimes it is helpful to plan your activities around this energy

cycle. When you feel sluggish, you will also want to check your diet to see if it is well-balanced.

Most adolescents sleep seven to nine hours each night. You may need more sleep if you feel fatigued, or overly tired. You may feel fatigued if you have exercised strenuously or if you are under stress. Fatigue may also result from a starvation diet, lack of sleep, or illness.

Sometimes you cannot get to sleep. This is normal. But when your inability to get to sleep becomes a pattern, you have insomnia. Insomnia has several causes - stress being the leading one. Insomnia is one of the most frequent symptoms of depression. Eating or drinking foods and beverages high in caffeine or sugar tends to stimulate you and may cause insomnia. Eating late, consuming spicy foods, and drinking alcoholic beverages are also causes. Following are some tips for getting a good night's sleep. Select a medium-hard mattress for your bed. This type of mattress will support your back. Try to keep your environment quiet or play soft, restful music. If you have difficulty sleeping, try some relaxation exercises. You might drink a glass of milk. Milk contains tryptophan, which acts as a natural sedative. Examine your lifestyle.

11.1. Read and do written translation of the text "Rest and Sleep".

11.2. Give detailed answers to the following questions.

- 1) What causes of insomnia you might change?
- 2) How are your nutritional needs similar to those of an Olympic athlete?
- 3) Why do you need seven to nine hours of sleep a night?
- 4) What would you do if you could not get to sleep?

11.3 Fill in the gaps with prepositions if it is necessary.

SLEEP DISTURBANCE



1. Insomnia is a common sign ... stress that drains a person's energy. 2. The reason ... insomnia may be that you are anxious or excited ... future events.

3. Losing sleep because you are concerned and worried ... an upcoming paper or exam is a sign ... stress.

4. Although missing a night or two of sleep may be a normal thing for some people, for others it can be a symptom of stress.

11.4. Fill in the gaps with words from a box.

breathe; approximately; to cope; psychosomatic illnesses; poor; breathing exercises; blood pressure; endorphins; dangerous; continue to practice; the simplest; mobility and flexibility; diaphragmatic; chest; calming

YOGA

1. Yoga originated in India ... 6000 years ago. 2. Its basic philosophy is that most illness is related to ... mental attitudes, posture, and diet. 3. Practitioners of yoga maintain that stress can be reduced by a mixture of mental and physical approaches. 4. Through yoga it is possible for some ... with such stress-induced responses as overeating, hypertension, and smoking. 5. Yoga's meditative aspects help, it is believed, in alleviating ... 6. It aims to unite the body and mind to reduce stress; for example, Dr. Chandra Patel, a yoga expert,

has found that persons who practice yoga can reduce indefinitely as long as they yoga. 7. Various body postures and are used in this activity. 8. Hatha-yoga uses a number of positions through which the practitioner may progress, beginning with and moving to the more complex. 9. The purpose of the various positions is to increase of the body. 10. However, many of the recommended positions are potentially 11. Slow, deep, ... breathing can help in alleviating stress. 12. Many people ... in a shallow fashion. 13. However, deep breathing, fully expanding your ... as you inhale, helps to lower blood pressure and heart rate. 14. Deep breathing has a ... effect on the body. 15. It also increases production of ..., the body's own natural, morphinelike pain-killing substances.



11.5. Ask questions to the underlined words or phrases.

BREATHING EXERCISES



1. Some people just use deep breathing as relief from stress. 2. These persons maintain that as the body takes in more oxygen, they feel better and experience less stress. 3. Also, by concentrating on the breathing, the source of stress often is forgotten. 4. A typical deep-breathing exercise for relaxation involves sitting, closing the eyes, inhaling slowly and deeply through the nose to expand the diaphragm and the abdomen, and then exhaling slowly through the mouth. 5. When inhaling, you could say, "I am," and then during each exhalation, say the word "relaxed". 6. This process should be repeated eight or ten times or as long as you wish and are comfortable. 7. After this routine, you should breathe normally and rest quietly in a relaxed condition. 8. Whenever you find yourself in a stressful situation, such as before taking a final exam or standing in front of an audience, use deep breathing to relax.

11.6. Open the brackets and use the verbs in a proper Tense and Voice.

MEDITATION

1. Meditation (*to use*) mental focusing exercises to control or concentrate one's attention. 2. In most forms, meditation (*to involve*) sitting quietly for a period of time, usually 15 – 20 minutes, and concentrating on a single word or image while breathing slowly and rhythmically. 3. Utmost concentration (*to be*) important in this process. 4. The response that (*to underline*) this process sometimes (*to call*) the relaxation response. 5. Bringing about the relaxation response, meditation (*to advocate; to say, to help*) the body to counteract the biochemical changes that (*to cause*) stress. 6. The goal of this technique (*to be; to elicit*) the relaxation response whenever the individual (*to confront*) stressful situations. 7. The relaxation response, it (*to believe; to cause*) beneficial physiological changes such as a decrease in respiratory rate, heart rate, blood pressure, and muscle tension.



11.7. Translate the following into English.

МАСАЖ

Масаж - це механічне подразнення тканин за допомогою ритмічного тиску і розтягування. Масаж може бути дуже розслаблюючим як метод зниження стресу. Повільне, ніжне, поверхневе погладжування може зняти напругу і заспокоїти, роблячи м'язи більш розслабленими. Масаж викликає підвищення температури шкіри та посилення кровообігу в підлеглих м'язах. Його також використовують для зменшення болю, пов'язаного зі спазмом або напругою. Психологічний вплив масажу може бути таким же корисним, як і фізіологічний. Якщо покласти руку на іншу людину, вона відчує, що хтось їй допомагає. Масаж може зменшити тривогу, що призводить до більшого розслаблення. Ви можете масажувати шию, обличчя, голову та плечі. Для багатьох дотик є корисною, формою невербальної комунікації і може бути заспокійливим.



11.8. Listen to the information in the video and give its main ideas.

<https://www.youtube.com/watch?v=IzQ2siryQrM>

<https://www.youtube.com/watch?v=7Ep5mKuRmAA>

TEXT XII.

HEALTH BENEFITS OF DANCING

It's never been easier or more popular to shake your booty and reap the many health benefits of dance. Beginner classes for adults with or without partners are widely available at dance studios, community centers and many gyms. Salsa, swing, hip hop, jazz, ballroom, belly and ballet: It doesn't matter what type of dance you enjoy, as long as you are moving to the beat, your body benefits. Dancing makes exercising fun, requires no special equipment and is suitable for all ages.



And whether you're looking to lose weight, boost your mood, maintain your flexibility or keep your mind sharp, dancing does it all.

It is well known that dancing improves your overall health and well-being. In addition to the above health benefits, it has been shown to help improve other markers not just of improved health, but quality of life. An American Heart Association study showed that older patients who suffered heart failure, and who subsequently enrolled in a waltz class, had improved oxygen levels, artery elasticity and other cardiac indicators compared to people who did other forms of exercise. What's more, the dancing group experienced better sleep, increased sexual activity and reduced anxiety levels.

12.1. Read the text "The Health Benefits of Dancing" and do its translation in writing.

12.2. Find the English equivalents in the text for the following words and phrases.

ніколи; легко; «трясти сідницями»; вигода/користь; приносити користь/вигоду; отримати величезну користь здоров'ю; бути доступним/у наявності; широкий; це не має значення/не важливо; подобатися/насолоджуватися; рухатися у такт; робити вправи привабливими; вимагати; обладнання; придатний; чи; дивитися на; втрачати; вага/маса; підняти настрій; підтримувати/зберігати; гнучкість; зберегти ясність розуму; покращувати; якість; загальний; благополуччя; на додаток/додаток; вищезгаданий; маркер; показати; страждати; серцева недостатність; згодом; записатися/зареєструватися; кисень; рівень; еластичність артерії; індикатори/показники; порівняно; більш того; покращувати сон; збільшувати; зменшувати; тривожність/занепокоєння.

12.3. Answer the questions to the text “The Health Benefits of Dancing”.

1. Dancing is very popular these days, isn't it? 2. Does dancing have any health benefits? 3. Where can you find dance beginner classes for adults? 4. What dances are the most popular? 5. What is the most important thing for health in dance? 6. What are the advantages of dancing over other types of physical activity? 7. What type of exercising can help you to lose weight, boost your mood, maintain your flexibility or keep your mind sharp? 8. Dancing improves your overall health and well-being, doesn't it? 9. What did the older patients who suffered heart failure do in order to improve their cardiac indicators? 10. What cardiac indicators have they been able to improve while waltzing compared to people who did other physical activity?

12.4. Substitute the words in italics to those ones from the text.

1. It's never been easier or more popular *to dance* and *benefit* of dance. 2. Beginner classes for adults with or without partners *can be found at* dance studios, community centers and many gyms. 3. *Never mind* what kind of dance you engage in, as long as you are moving to the beat, your body benefits. 4. Dancing makes exercising *attractive, needs no* special equipment and is *appropriate* for all ages. 5. It has been shown to help improve other *indicators* not just of improved health, but quality of life. 6. The older patients who suffered heart failure *joined* a waltz class, had improved oxygen levels, artery elasticity and other cardiac indicators compared to people who did other forms of exercise.

12.5. Complete the sentences logically according to the text.

1. It's never been easier or more popular to
2. Beginner classes for adults with or without partners are widely available at
3. It doesn't matter what type of dance you enjoy, as long as
4. Dancing makes exercising ... , requires no ... and is suitable for
5. Whether you're looking to lose ..., boost your ..., maintain your ... or keep your ..., dancing does it all.
6. It is well known that dancing improves your
7. An American Heart Association study showed that older patients who suffered heart failure, and who subsequently enrolled in a waltz class, had improved
8. The dancing group experienced better ..., increased, and reduced ...levels.

12.6. Read and translate the conversation below.

DANCING HELPS WITH WEIGHT LOSS

- Hi, Carol! How are you getting on? You look upset.
- Hi, Susan! There is nothing to boast of. My problem is extra weight.

What can help people willing to take measures to shed weight?

- I guess the dance styles that require fast movement and leave you breathless, such as salsa or swing dancing, can help you with weight loss.



- Really? What kind of dancing would you advise me to cope with the problem?

- If you are trying to shed some pounds through dance, be sure to select a style that requires intense movement—put your all into it, and do it often.

- Right you are. What are the energy costs for dancing?

- Dancing can help you reach the recommended goal of at least 10,000 steps a day, which can help keep weight in check.

- It goes without saying. There is no better language than that of dance.

- You see, that one study found that those participating in a square dance (кадриль) traveled the equivalent of five miles in one night.

- Really? It was a pleasure to talk with you.

- The pleasure was mine. Bye for now!

12.7. Insert prepositions if it is necessary.

1. Dance movement is a therapeutic form of exercise which is great not only ... physical health but also mental and emotional health. 2. Music ... itself can be very powerful. 3. It can affect our moods and our state of well-being ... triggering memories and other emotional experiences. 4. Just hearing a song ... our childhood can create a sensation ... our entire bodies that can instantly affect our mood and trigger memories in just a matter ... seconds. 5. When dance or any movement is set to music it can create a stress relieving, joyful and sometimes healing moment ... those involved as well as increasing/releasing endorphins ... the brain.

12.8. Translate the following into English.

ТАНЦЮВАЛЬНА ТЕРАПІЯ

1. Використання танцю виявилось дуже корисним для полегшення фізичних, емоційних і соціальних проблем (dance has proved very helpful in alleviating) 2. Танцювальна терапія набула широкого поширення (acceptance) як психотерапевтичний засіб фізичного та емоційного вираження. 3. Завдяки (Through) танцю пацієнт або клієнт отримує свободу рухів і набуває почуття ідентичності. 4. Танець спонукає (encourages) людей розпізнавати свої емоції та висловлювати їх. 5. За допомогою танцю, варіюючи якості руху (by varying movement qualities), люди можуть передавати (convey) свої почуття та ідеї іншим і, можливо, зображати (portray) емоції, які вони не можуть висловити (verbally). 6. Танець є засобом не тільки для вираження своїх почуттів та емоцій іншим, а й засобом пізнання самого себе (gaining insight into oneself). 7. Танець за своєю природою може сприяти розвитку чутливості та усвідомленості (can promote sensitivity and awareness). 8. Танцювальна терапія – одна з швидкозростаючих (fastest-growing) професій. 9. Вона використовується в реабілітаційних центрах, психіатричних центрах, геріатричних програмах, лікарнях та програмах для людей з обмеженими можливостями (persons with disabilities). 10. Танцювальна терапія застосовується до всіх верств населення: від дуже юного до похилого віку. 11. Стандарти сертифікації танцювальних терапевтів встановлені Американською асоціацією танцювальної терапії (ADTA).

12.9. Open the brackets and put the verbs into proper Tense and Voice form.

DANCING DELIVERS A TOTAL BODY WORKOUT

1. Dancing (*to provide*) a great, overall low-impact aerobic workout. 2. Like other forms of aerobic exercise, dance (*to strengthen*) the heart, lungs and circulatory system (кровоносну систему). 3. But the varied movements also (*to improve*) core strength, coordination, balance, flexibility, muscle tone and spatial awareness (просторове усвідомлення). 4. Unlike some other aerobic exercises, like running, most types of dance easily (*can, to modify*) to meet different physical limitations.

12.10. Ask questions to the words in italics.

DANCING STRENGTHENS BONES

1. *Dancing* is a pleasurable way to increase bone mass and improve muscle strength. 2. It can be especially helpful for *those at risk for low bone density*. 3. Certain dance steps, especially those that get you moving from side to

side, improve the strength of your tibia, femur (міцність гомілки, стегна) and other leg bones—which bear the majority of your body’s weight. 4. By building up your bone mass, you can ward off (запобігти) or slow down the progression of osteoporosis.

12.11. Complete each sentence with a word from the box.

your blood pressure and pulse; hormones; spirits; is linked to;
physical activity; Dance class; risk; touching;

DANCING SHARPENS YOUR MENTAL SKILLS, BOOSTS YOUR MOOD



1. A study in the New England Journal of Medicine found that dancing a lower rate of dementia. 2. In addition to the mind-boosting increase in blood flow to the brain that you get during any form of, researchers suspect that memorizing dance steps and staying in sync with the rhythm of the music promotes the growth of new neurons and activates connections between existing ones. 3. can foster (встановлення) new connections and nurture (зміцнення) existing relationships, both of which have been linked to a lower ... of cognitive decline (зниження когнітивних функцій) and Alzheimer’s. 4. If you feel your ... lifting as you dance, you’re not imagining things: socializing with friends and connecting with your partner can promote the release of the feel-good ... oxytocin and serotonin. 5. Plus, research has shown that ... a loved one, which you’ll do while you cha cha cha around a dance hall or wedding reception, lowers — two things that can reduce help your risk of heart disease.

12.12. Insert articles if it is necessary.

1. Dance movement is a therapeutic form of exercise which is great not only ... physical health but also mental and emotional health. 2. Music ... itself can be very powerful. 3. It can affect our moods and our state of well-being ... triggering memories and other emotional experiences. 4. Just hearing a song ... our childhood can create a sensation ... our entire bodies that can instantly affect our mood and trigger memories in just a matter ... seconds. 5. When dance or any movement is set to music it can create a stress relieving, joyful and sometimes healing moment ... those involved as well as increasing/releasing endorphins ... the brain.

12.13. Translate the following into English.

1. Танцювальна терапія не є встановленою областю медичної практики та визнається по-різному у країнах світу. 2. У країнах, де потрібен ступінь магістра освіти, танцювальні терапевти часто працюють у медичних психіатричних закладах разом з іншими фахівцями в галузі охорони здоров'я, тоді як в інших країнах практика танцювальної терапії є другорядною та переважно відбувається у приватних та незалежних установах. 3. З цієї причини наукові дослідження механізмів та ефективності танцювальної терапії все ще перебувають у зародковому стані. 4. Крім того, оскільки практика танцювальної терапії неоднорідна, а обсяг і методологія сильно різняться, це ще більше ускладнює створення суворих з медичної точки зору доказових баз. 5. Проте існують дослідження, які свідчать про позитивні результати танцювальної терапії.

12.14. Listen to the information in the video and give its main ideas.

<https://www.youtube.com/watch?v=kClzsIO7G1k>

<https://www.youtube.com/watch?v=ZPISEmdUqiY>

ARTICLE IX

NEW DRESS CODE RAISES SARTORIAL OFFICE STANDARDS

By Nataliya Horban

It's the first question of the day when you awake with bleary eyes — what to wear? Now workers in the Cabinet of Ministers building will have an easier time making their choice, after the Government on Oct. 4 published a lengthy dress code urging them to maintain "a responsible appearance."

The document, written in the style of an old-fashioned handbook for decorous living, is aimed at "securing society's and citizens' trust in the state service."

The rules were immediately assailed by critics as unnecessary. Fashion-conscious opposition leader Yulia Tymoshenko, the former prime minister known for her designer wardrobe, called them "laughable."

The code, which runs to several pages, provides highly detailed and specific guidelines as to what is "de rigueur" this season in the government building. See-through dresses or large tie-knots get the thumbs down; subdued colors and matching socks and trousers are in favor.

The correct attire, the document assures, will increase self-confidence and even lead to career advancement.

Petro Ivanov, an official from the cabinet of ministers, said the code was only a list of recommendations, and that no fashion police would roam the building. Visitors, such as journalists, are also asked to stick to the guidelines.

"All we ask for is that journalists respect the recommendations. The code concern only Secretariat staff and its task is to only provide suggestions," said Ivanov.

According to officials, no particular case triggered the publication of the code. "I am convinced that all these rules have existed for a long time in the form of unwritten rules," said Mykhailo Kukhar, spokesman for the Ministry of Labor and Social Policy. "During the six months I spent in the cabinet, 99 percent of the officials dressed in a way that would correspond to the current code."

According to Kukhar, that remaining one percent were violators and they were men: "Women usually dress in a strict and modest manner."

Other insiders disagreed. "Some younger female workers looked like they were attending a party at the Playboy mansion," said a former cabinet of ministers' official, speaking on condition of anonymity

The ex-official added that the guidelines would only be beneficial.

Yulia Tymoshenko, Ukraine's most famous fashionista, mocked the rules. "The Queen of England and former Libyan leader Muammar Gaddafi, for instance, for sure would not get into the cabinet building," Tymoshenko said. She put a political spin on the move: "When they don't know how to carry out reforms, they start bringing in a dress code," she said.

Tymoshenko's long-time political foe Hanna Herman, deputy head of the presidential administration, also known for her snappy designer attire, agreed, calling the rules "archaic".

"Every person should have a sense of moderation. If they don't have it, it's worth considering whether such a person should be employed in government service," she told Interfax-Ukraine news agency.

Others said it would take much more than a dress code to lift government officials' reputation.

"I support an idea of a dress code adoption," said Nataliya Tymoshenko, a visiting professor of ethics at the Diplomatic Academy of Ukraine. "The only problem is that it is not enough to state those guidelines: Officials need to be given some training about etiquette, including not only clothing but manners as well."

Government's new recommendations for how public workers should dress:

- The appropriate colors of the clothes should be classic: dark blue, brown, black or olive, with limited visible pattern.
- Ties can be patterned, such as polka-dots, checks or stripes. Stripes are favored.
- The regulations point out the physiological differences between men's and women's sense of smell. "Woman might get irritated when sensing a bad smell on a distance over half a meter," the document observes, adding that bad odors can cause a conflict within a group of people.
- Precious stones should be worn by married women, while younger girls should consider pearls or pure quartz as their options. Earring should match the eyes, be small and not jingle.
- During the summer heat, women should wear waterproof mascara and very little eye shadow.
- See-through dresses and blouses which make underwear visible are also on a no-no list. If one can stick two fingers between the body and the belt, it is an indicator that the belt isn't too tight.
- Men should watch the size of their tie, as a disproportionate tie knot may affect the appearance of the face and neck.
- Socks need to match the color of the trousers, and have to be tight, long and without any pattern.
- Men and women should not-wear— the same outfit for two days in a row.

ARTICLE X

AUTUMN IN SOFIYIVKA PARK, INSPIRED BY LOVE

Sofiya Pototska, the 18th century femme fatale, was known to break many hearts with her unearthly beauty. Her husband, Polish magnate Stanislav Pototsky, was hopelessly under her spell.

To show his love, he gave Pototska an enormous park for her birthday. It became an architectural and design gem of its time and still carries her name.

The 180-hectare Sofiyivka Park in Uman took six years to be built in an originally nearly treeless area. The workers skillfully used the landscape's natural features. By design, it was supposed to illustrate Homer's poems Iliad and Odyssey. Many of the park's sights are named after gods of ancient mythology: the pond of the Ionic Sea, Tantalus Grotto and Apollo.

The most popular material for construction was granite, which is in abundance in the area. Having no equipment but their own hands, many Ukrainian peasants died while moving the huge rocks which were used to design numerous artificial waterfalls of the park.

Taking advantage of the popularity of this tourist destination, locals take visitors around the park for horse riding or perform music on the streets to fill the air with lovely melodies and to hopefully earn some money. The park has its own flock of sheep, grazing park's hills which, surprisingly, are free from litter. Numerous ponds are homes for swans and ducks. The fountain shaped as a snake is famous for its engineering genius and simplicity - operating without any pump, a 15-meter high water column is a result of a difference in water pressure.

Sofiyivka is a popular wedding site among couples from all over Ukraine, given the romantic idea behind the park's story.

Story by Nataliya Horban

ARTICLE XI

SHOCK-INDUCED APPETITE FOR WEIGHT-LOSS?

LONDON, (Reuters) -People willing to take drastic measures to shed weight may soon have an alternative to stomach stapling - electric shock treatments.

A U.S. medical company has scooped up the patents on an electric shock weight-reducing device developed by an Italian doctor.

New Jersey-based Transneuronix has tested the device, which is implanted near nerves in the stomach wall and sends out a tiny current 12 times a minute, on 300 patients around the world. "This slows down peristalsis, the sequence of muscle contractions that force food along the digestive tract, so you won't feel hungry again quickly," New Scientist magazine said on Wednesday.

The device also contracts muscles and restricts the amount of food that can pass through the stomach. It can be left on constantly or just used when an urge to binge strikes.

ARTICLE XII

ANNA SIBEKINA, RENAULT UKRAINE MANAGER

- *Where did you learn your English?*
- I started studying English only at the age of 17 when I entered the University of Finance and International Trade. But I made it and now I feel almost as a native speaker.
- *How did it help you in your career?*
- As I work at the French company, I use French language more often. But English helps me to communicate with our English-speaking partners - we have a lot of them. Also, English is indispensable while travelling.
- *Your favorite places (ways) to spend free time in Kyiv?*
- I love going to cinema and theater, my favorite ones are Molodiy, DAKH and Ukrainian Drama Theater. Sometimes I enjoy spending time at Parliament library - it's a very cozy place. I also like strolling in the Maryinsky Park or just wandering downtown, especially on the summer evenings, when the city is empty.
- *What's your idea of a perfect weekend?*
- Perfect weekend is planned in advance. Most of all I love to travel by car to see the greatest sights of Ukraine and to plan the route by myself.
- *What's the key to success in life?*
- It consists of three elements: to be yourself, to read a lot and work hard. Education and diligence make person confident and help gain success.
- *Your biggest pet peeve?*
- Disorder - I can't stand when it's messy or untidy.
- *How would your friends describe you?*
- They would say that I am very intelligent, resourceful, always cheerful and full of new ideas.
- *What was your childhood dream?*
- My biggest dream at the age of five was to have a beautiful white car called Renault.
- *Favorite movie?*
- I love the old movies and cartoons - I never grow tired of them.
- *What's your favorite music?*
- Enigma and French singer Garou.
- *What is the best place you've traveled to?*
- Travelling is my passion, but I can't single out a "best" place. Every place I have ever been to is unique - some of them are impossible to compare.

TEXT XIII.

BENEFITS OF PHYSICAL FITNESS

You must have muscular endurance, muscular strength, flexibility, cardiovascular endurance, and a lean body composition to be physically fit. Muscular strength helps you lift, push, pull, and jump and prevents you from being easily fatigued. Muscular endurance involves using muscles for long periods of time without becoming tired. Flexibility enables you to move your joints and muscles without being stiff. Cardiovascular



endurance enables you to do activities such as running and bicycling in which you increase your oxygen intake for extended lengths of time. When you regularly exercise to promote cardiovascular endurance, you change the ratio of lean tissue and fat tissue. Isometric exercises help you develop muscular strength but are of little value in promoting cardiovascular endurance. Isotonic exercises help build muscular strength, improve flexibility, and may improve cardiovascular endurance. Isokinetic exercises promote muscular strength and endurance. Aerobic exercises, such as running, build cardiovascular endurance. Anaerobic exercises may improve muscular strength and endurance, and flexibility, and speed. Everyone has the same nutritional needs. Rest and sleep help your body rebuild itself and help prevent fatigue. Regular physical exercise helps some cancer patients tolerate their treatment.

13.1. Read and translate the text “Benefits of physical fitness” in writing.

13.2. Answer the questions to the text.

1. What must you have to be physically fit? 2. What does muscular strength help you to do? 3. What is the function of muscular endurance? 4. Flexibility enables you to move your joints and muscles without being stiff, doesn't it? 5. What is the

role of cardiovascular endurance while practicing running and bicycling?

6. What factors can influence the ratio of lean tissue and fat tissue? 7. What do isometric exercises help you develop muscular endurance or increase muscular strength? 8. What is the difference between aerobic and anaerobic exercises? 9. What can help prevent fatigue? 10. Does physical exercise help some cancer patients tolerate their treatment?

13.3. Open the brackets and put the verbs into proper tense form.

- 1) Physically fit persons (to need) the same nutrients as those persons who (to be) inactive.
- 2) Your diet (to contribute) to your level of physical fitness.
- 3) A physically fit person (to need) (to balance) exercise with rest and sleep.
- 4) When planning your activities, (to keep) your biorhythm in mind.
- 5) Regular exercise (to promote) healthful sleep.
- 6) Your need for sleep (to be influenced) by your activity level.

13.4. Fill in the gaps with words from a box.

cancer patients; the exercise; weightlifting; patients; derived; active; mental; chemotherapy; weakened by surgery; emotionally; should change;

EXERCISE AND CANCER

Researchers have studied the physical and ... effects of exercise in helping cancer patients tolerate their treatment and have feelings of well-being. Exercise was found to help 93 percent of the 251 ... studied. Most of the patients had had surgery. About half had received ... or drug treatment. Some had been given radiation.

The patients ... better physical health and a more positive mental outlook after exercise. Forty-eight percent of the patients said ... helped them fight their cancer. Exercise helped in many cases to restore strength to muscles Exercising in groups often helped ... as people shared experiences and encouraged each other. The most popular exercises were running, swimming, bicycling, and

Researchers felt that this study ... the image of the cancer patient. A person can have cancer and still be ... and involved with life. How do some ... benefit from exercise?

13.5. Translate the following into English.

ФОКУС НА КЕРУВАННЯ ЖИТТЄВИМИ НАВИЧКАМИ

- Насолоджуйтеся багатьма перевагами фізичного здоров'я .
- Покращуйте м'язову силу, щоб підіймати, штовхати, тягнути, стрибати, крутитися, повертатися та згинатися.
- Підвищуйте м'язову витривалість, щоб продовжувати займатися спортом протягом тривалого часу.
- Розтягуйтеся щодня по 20 хвилин, щоб залишатися гнучкими.
- Збільшуйте ліпопротеїни високої щільності та зменшуйте ліпопротеїни низької щільності, регулярно займаючись вправами, що сприяють серцево-судинній витривалості.
- Регулярно виконуйте вправи, щоб збільшити відсоток сухої м'язової маси та зменшити відсоток жирової тканини.
- Виконуйте ізометричні вправи для збільшення м'язової сили.
- Займайтеся спортом, гімнастикою та іншими ізотонічними вправами для розвитку м'язової сили та покращення гнучкості.
- Перш ніж виконувати ізокінетичні вправи, проконсультуйтеся з навченим фітнес-тренером, щоб дізнатися про силові тренажери та ваші можливості.
- Займайтеся аеробними вправами три-п'ять днів на тиждень по 15-60 хвилин із цільовою частотою серцевих скорочень.
- Дотримуйтеся збалансованої дієти з груп здорових продуктів, яка відповідає семи цілям дієти та допомагає вам підтримувати ідеальну вагу.
- Спите принаймні сім-дев'ять годин щоночі.

ТЕКСТ XIV.

NUTRITION AND PHYSICAL FITNESS

A. MALNUTRITION

Food supplies energy to the body. There are many involuntary body activities for functioning of which any person needs a certain amount of foods. Physical activity increases the demand for energy and foods. But too little or too much of nutrients over some months lead to ill health or malnutrition. The body can adapt to little dietary intakes, for example by reduced physical activity. The result of too low an intake of food is under-nutrition, and, in extreme cases, starvation. For example, it results from a poor diet in developing countries.

Besides there are some diseases resulting from malnutrition. One of them is anemia. It results from too little an intake of minerals or vitamins. Obesity (great fatness) is also a form of malnutrition, because it leads to ill health.

B. PLANNING BALANCED MEALS

The provision of palatable and acceptable meals must be first consideration. A balanced meal is one which provides adequate amounts of protein and all the minerals and vitamins as well as energy. It should also provide dietary fiber, and should be limited in fat, sugar and salt contents. These are to be supplied from other sources during the day. At least one balanced meal should be eaten every day.

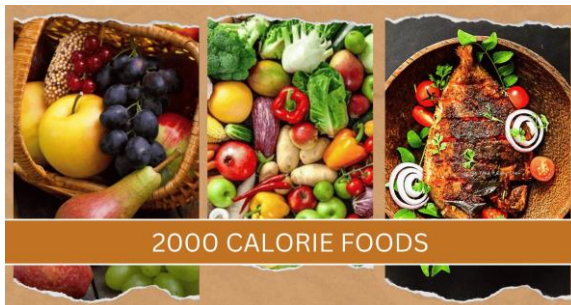


Most foods contain a wide variety of common foods. Thus, the simplest way to meet nutritional standards is to eat a varied diet containing a wide selection of different types of food. Traditional meals are generally nutritionally satisfactory, but nevertheless certain general rules

should be followed. These are:

1. Each main meal should contain a lot of fruit and vegetables. They are good sources of some vitamins and minerals, which we cannot find in other foods.
2. Each meal should contain foods rich in protein, such as meat, poultry, fish, cheese, eggs, milk, bread, nuts, peas or beans.
3. Foods rich in energy should be eaten only in amounts which will satisfy appetite and maintain correct body weight. Such foods include foods rich in sugar.

C. NUMBER OF MEALS A DAY



A meal can be defined as the amount of food eaten at one period of time, and which provides 200 kilocalories or more. This definition covers much more than the popular meaning of the word, which is that of hot, cooked food eaten while sitting down. People may eat from two to six

or more such meals a day. The arrangement of a meal can be determined by custom, life style and by working conditions.

Although the amounts of nutrients in different meals may be different, the total intake of each nutrient should meet an individual's needs. And if the food eaten is to be absolutely adequate for health, an individual's needs in total nutrient intake should be covered every day and over a period of a week.

It is evident that the number of meals taken in a day (and the amount of food eaten at one time) influences the amount of nutrients utilized by the body.

People who eat sweets or chocolates between meals or eat a large number of snacks will have a reduced appetite for vegetables, cereals or meat at the next main meal. This is bad practice. Firstly, the intake of nutrient from the main meal will be reduced, and, secondly, excessive consumption of sweets can result in severe dental decay. Also, it can result in an increase in weight if the total daily energy intake exceeds the energy used up.

D. SLIMMERS AND VEGETARIANS

If a person wants to be in good health, he must be careful about his diet. Planning a slimming diet is a matter of individual preference. The energy intake should be cut down by up to 1,000 kilocalories each day, but other nutrients shouldn't be reduced much. It is often convenient to cut out fatty and sugary foods such as sweets, preserves, biscuits and puddings as well as alcohol, as these tend to be sources of energy rather than nutrients. Fat can be trimmed from meat and foods can be boiled or grilled but not fried.

Effective slimming diets are all basically low energy diets, though they vary in how this is achieved. A good plan is to base meals on a modest helping of lean meat, fish, eggs or cheese with liberal amounts of fruits and vegetables and small amounts of bread and potatoes. Eating three or four meals a day gives better results than eating the same amount of food at one or two



meals only; breakfast should be included. As it may take several months to reach the desired weight, a slimming diet should be sensible and palatable. After this, a diet of reduced energy content may still be included to maintain the correct weight.

Vegetarians do not eat meat and most do not eat fish, but the majority consume some animal products – the most important of which are milk, cheese and eggs. Such diets may be lower in energy than a mixed diet because most vegetables have a high-water content, but, in general, their nutritional values are very similar to those of mixed diets.

A much smaller group, vegans, eat no foods of animal origin at all. Man's nutrient requirements with the exception of vitamin B12 can be met by a diet composed entirely of plant foods but to do so it must be carefully planned using a wide selection of foods.

E. ASSESSING THE ADEQUACY OF A DIET

It is important not only that all the essential nutrients should be present in a diet, but that should be present in the amounts required by different people. To find out whether a particular diet is nutritionally adequate, three things must be known:

1. What foods are eaten?
2. How much of each food was eaten?
3. What kind of person ate the foods? Were they men, women adolescents or children, etc.?

When the answers to these questions are known, daily nutrient intakes can be compared with the amounts recommended for health. People who do heavy work need more food than those of mental work. The elderly people must not eat so much as the young. Those who are active should not eat more than sedentary.

Essential Nutrients



Macronutrients

Provide energy in the form of kcals
Carbohydrates- 4 kcals/g
Protein - 4 kcals/g
Fat(Lipids)-9 kcals/g



Water

Approximately 60% of our bodies are composed of water which makes it very essential. It is needed in large quantities but does not provide energy in calorie form. Dehydration can occur without it and can affect a lot of our life if we don't make sure we are consuming enough water.



Micronutrients

These are your vitamins and minerals. The 13 vitamins are categorized into either fat-soluble or water-soluble. There are either trace minerals (the ones we need few of) or major minerals (the ones we need more of).

Special attention should be paid to the diet in disease. Any person with high temperature and poor appetite should the first few days have a fluid or semifluid diet. If high temperature keeps for a long time, a man becomes very weak and it is important to give him a high caloric diet. A very important part of such a diet is fat though many people don't like it. So, it is necessary to give fatty food in a pleasant form. It should be noted the many diseases can be cured by appropriate diet.

It must however be emphasized that the mineral and vitamin recommendations are high enough to cover the needs or practically all healthy people; therefore, it is only when an individual is consistently obtaining less than this

recommended intake that there could be any cause for concern.

14.1. Read and translate the text "Nutrition and physical fitness" in writing.

14.2. Answer the questions to the text.

1. What leads to ill health or malnutrition? 2. Which disorders and diseases result from malnutrition? 3. What does the term "a balanced meal" mean? 4. What is the simplest way to meet nutritional standards? 5. What is the amount of food eaten at one period of time? 6. How often may people eat a day? 7. Why should an individual's needs in total nutrient intake be covered every day and over a period of a week? 8. What do effective slimming diets include? 9. What do you know about vegetarians? 10. Why do you need to assess the adequacy of a diet?

14.3. Put each of the following words into its correct place in the passage below:

animals	bowl	chopsticks	daily
die	energy	Europeans	grow
healthy	knives	left	man
mouth	people	plants	plates
play	spoons		

FOOD



Food is one of our most important ... needs. It gives us ... to work and It makes us grow, and keeps our bodies strong and Without food, we All living things — plants, ... and man — need food to live and But only ... make their own food. They also provide food for animals and... .

Customs influence the ways ... eat. Most Americans and ... eat from individual ... using ... forks, and Arabs use only their ... hands to spoon foods from a central Chinese and Japanese use ... to pick up food from a small bowl held close to the

14.4. Choose the right answer.

- You shouldn't eat so many sweets; they're ... for you.
a) bad b) disagreeable c) unhealthy d) unsuitable
- My aunt could tell fortunes from tea
a) buds b) grounds c) leaves d) seeds
- Would you ... the salt, please?
a) carry b) deliver c) give d) pass
- This avocado ... rather hard.
a) feels b) senses c) smells d) tastes
- Oranges are said to be ... for me but I don't much like them.
a) appetizing b) good c) healthy d) nourishing
- "What would you like to drink, Miss Delicate, some ... or something stronger?"
a) brandy b) cider c) sherry d) whisky
- In the jar there was a ... which looked like jam.
a) material b) powder c) solid d) substance
- Pork chops are one of my favorite
a) bowls b) courses c) dishes d) plates
- These are ... potatoes, not the end of last season's.
a) fresh b) new c) ripe d) young
- Light ... were served during the interval.
a) drinks b) foods c) meals d) refreshments
- In Mrs. Conservative's... , it is essential to eat a big breakfast.
a) confidence b) idea c) opinion d) principle
- They arrived so late for the meal, that the food was... .
a) dried b) hard c) lost d) spoilt
- I usually ... white coffee for breakfast.
a) consume b) eat c) have d) take
- In England they eat apple ... with pork.
a) cream b) custard c) pudding d) sauce

15. A cool drink ... him after his long hot journey.

a) recovered b) refreshed c) relaxed d) rested

16. Is this ... water?

a) drink b) drinking c) potted d) swallow

17. No thank you, I don't ... sugar in tea.

a) drink b) put c) take d) use

18. Would you like me to ...the tea?

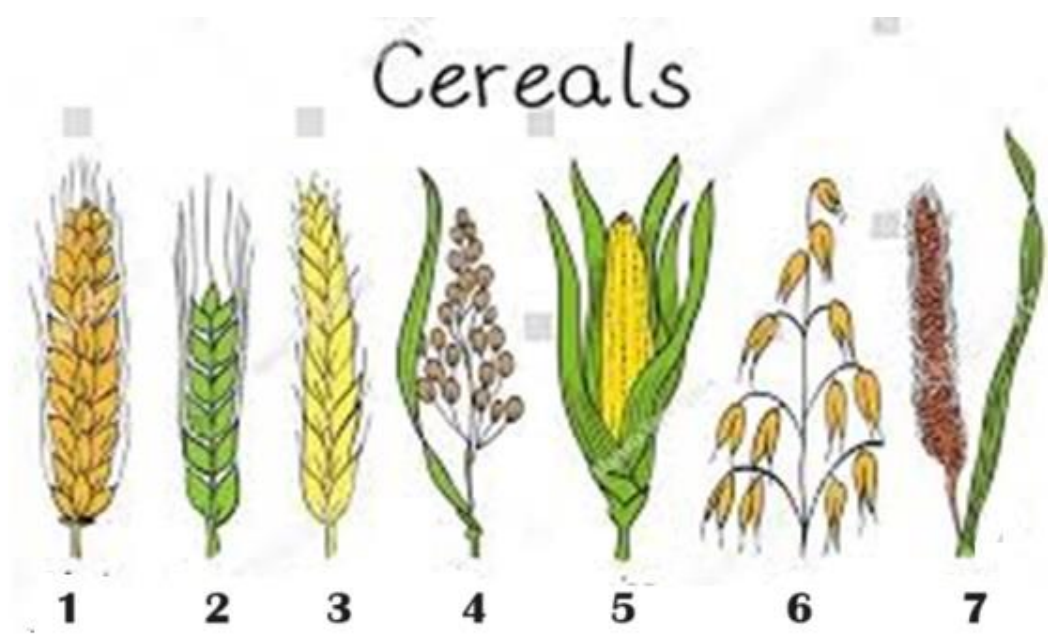
a) drain b) drip c) pour d) spill

14.5. Find the similar folk saying and phrases in your native language. Use them in stories:

1. Hunger is the best sauce.
2. To be hungry as a hunter.
3. Who has never tasted bitter, knows not what is sweet!
4. Hope is a good breakfast, but a bad supper.

14.6. Match the pictures with the right names of cereal:

... barley ... maize ... millet ... oats ... rice ... rye ... wheat



14.7. Translate the following into English.

ЇЖА

Раціон повинен бути збагачений складними вуглеводами, які необхідно споживати безпосередньо як після тренування, так і між тренуваннями. М'язовий глікоген витрачений під час тренування найкраще заповнюється у такий спосіб. Також щоденні дози таких мінералів як залізо, цинк, хром, селен, кальцій, поташ, натрій та магній



(iron, zinc, chromium, selenium, calcium, potassium, sodium, and magnesium), які необхідні для нормальних біохімічних реакцій, слід вживати разом із їжею на вибір.

TEXT XV.

THE FLUID FACTOR

Of all the nutrients to consider, water is the most important. Yet fluid intake often receives inadequate attention. No matter what your level of sport participation, you have one important similarity to the elite athlete: You will get thirsty. In most adolescents and adults, 60% of the lean body weight is water. Many of the body's functions depend upon water. During vigorous exercise this dependence is pronounced, and the need for fluid replacement becomes crucial. Exercise increases the body's internal core temperature (the temperature around your spine and organs). Vigorous exercise, especially during hot weather, double-session training, or competitions, markedly elevates your core temperature.

Your brain's hypothalamus—the body's thermostat—senses the rise in core temperature and sends messages to the muscles and skin to begin the cooling process. When your hypothalamus senses an increase in core temperature above 37°C, the hot blood at your core moves toward your skin. The sweat mechanism is activated, and the air moving across your damp skin produces the cooling effect of evaporation. Your skin temperature decreases to several degrees below the core temperature, so that hot blood from the core passing through the skin becomes cooler. The blood then moves back to the core to reduce the core temperature, and the cycle continues.

This process costs the body a great deal of precious water. In fact, perspiration is the major cause of water loss. During activity, such as vigorous running, cross-country skiing, and so on, a person can lose between 1 and 3 liters of water per hour. That can represent a weight loss of up to 7



the core temperature
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The blood then
the core temperature
continues.
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pounds per hour. If the process continues for an hour or more, the body cannot execute its cooling and other basic functions adequately. Fatigue sets in, and performance is affected. Even relatively mild dehydration reduces performance. Fink (1982) demonstrated that losing only 2% to 3% of the body's fluid through dehydration (about 3 or 4 pounds of body weight) will decrease performance by 3% to 7% in runners competing in 1,500-, 5,000-, and 10,000-meter races.

Increased respiration also contributes to dehydration. As the steam from your breath on a cold morning shows, the air you expire contains a good deal of water. You lose more if the air is dry or hot, or if you are breathing large volumes of air (as in endurance exercise). During exercise it is possible to lose between 150 milliliters to 300 milliliters of water per hour through respiration alone.

Longer training sessions or competitions mean more water loss. Theoretically, a marathon runner, a triathlete, or a marathon cross-country skier will lose an average of 160 ounces of water over the course of a 2 ½ - to 3-hour race. That's 10 pounds of water! Even if 40 ounces of fluids were consumed along the way, a 120-ounce deficit would remain.

How can you replace so much fluid over the course of the race or practice session? You can't- Your body must be properly hydrated before the event so that you can depend on stored water as well as on water consumed during the race or training session. Stored water is released as follows: For every gram of carbohydrate (glycogen) stored in the muscles, liver, and blood, the body stores 3 to 4 grams of water. During oxidation (combustion) of this glycogen to provide energy, the water is liberated as well and can be used in the cooling process.

This is why athletes who properly hydrate themselves before practice or competition can go the distance without replenishing all fluids lost. Of course, elite athletes can accomplish this more efficiently than average athletes can.

Water will always be a good replenisher. However, commercial sugar-and-electrolyte solutions can be effective if they include appropriate sources of glucose. Macaraeg (1983) has shown that use of polymerized glucose replacement fluids (as compared to no fluids or just plain water) will delay the onset of exhaustion in well-trained athletes. It is best if fluid replacement is a hypotonic solution (one with a lower osmotic pressure than that of the body's fluids).

This is necessary to allow adequate absorption during exercise. If the solution is too concentrated, the body will not absorb it well, which might lead to gastric distress and poor assimilation of water. Look for products that use glucose polymer solutions, which are absorbed more completely during exercise. Also, make sure you are familiar with the fluids served at feed stations in any race you enter. If you have not used them before or feel uncomfortable with their concentrations, prepare your own fluids and arrange to have them available. Some basic principles that apply to fluid replacement include the following:

Every day, especially one before competitive or long events, drink eight to ten 8-ounce glasses of water or juice.

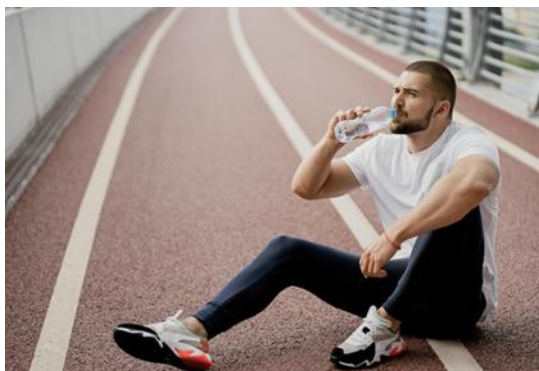
If you know you need more than that, drink more. One to 2 hours before your event or workout, drink a couple of glasses of water or dilute glucose solution. Drink 5 to 10 ounces of water 10 to 20 minutes before you exercise.

If a competition or workout will last over an hour, it is best to replace fluids every 15 to 20 minutes during exercise. This might mean 5 to 6 ounces of water at every water stop.

It is important not to wait until you are thirsty to drink; if you do so, you will fall far behind your body's water needs. This is why it is so essential to replace water regularly throughout the day as well as during exercise. Your urine color should always be clear. If your urine is chronically cloudy or yellowish in color, you are probably underhydrated (unless you take B-complex vitamins, which give urine a bright greenish-yellow color). Check your urine color frequently and replace fluids appropriately.

Cold water is absorbed faster in your system than warm water is. If you are exercising moderately, this isn't crucial. Furthermore, on a cold day, a warm beverage can feel great. However, on hot days or during intense competition or practice, water must enter your system as fast as possible. Fluid chilled to 40 °F is best suited for this.

The dryness that comes with altitudes above 5,000 feet, coupled with the increased workload the lower partial pressure of oxygen puts on the body, raises fluid requirements. Make sure extra water is available if you live or train at a high altitude.



After a hard training session or competition, it may take 10 to 20 hours to fully rehydrate your body. If you're planning to exercise hard the next day, rehydrate with water, fruit juices, skim milk, or herb teas. Caffeine drinks such as coffee, tea, or cola, as well as alcohol (such as the post workout beer) are diuretics (they cause the body to eliminate water) and should be avoided. Check your weight every morning and night to estimate fluid losses; a 5-pound weight loss over 24 hours means you've lost about 2 ½ quarts of water.

To stay hydrated,
it's recommended to drink
eight 8-ounce
glasses of water a day.



15.1. Read and translate the text “The Fluid Factor” in writing.

15.2. Make up 10 questions of all types to the text.

15.3. Find in the text English equivalents for the following:

заміна рідини; оцінити втрати рідини; усувати; знежирене молоко; трав'яні чаї; настанови; посилено займатися спортом; сухість; помірно; укупі з; чіткий; регідратувати; велика висота; переконатися; причина; крім того; теплий напій; скрізь; спраглий; тренування; затримка; початок; виснаження; розчин; споживана вода; почастішання дихання; вживання рідини; подібність; підлітки; дорослі; інтенсивні фізичні навантаження; закінчуватись; містити, включати; механізм потовиділення; волога шкіра; виробляти; охолоджуючий ефект випаровування.

15.4. Open the brackets and use the infinitive of the verb in appropriate Tense and Voice form.

WATER

Water (to be) the most important nutrient needed by the body; in fact, it (to represent) about sixty percent of the body weight.

Nearly two-thirds of the water in the body (to locate) in the cells; one-third of the remaining water (to be) extracellular and (to contribute) to the plasma volume. Plasma (to transport) oxygen and (to remove) waste during activity. It (to need) in digestion, absorption, circulation, excretion, nutrient transport, tissue building, and maintenance of body temperature.



The body (must, to maintain) its water balance. Failure to do so (to result) in dehydration and, if severe enough, will result in death. Water (to come) from the breakdown of many foods in digestion and from that taken in directly. The amount of water needs (to depend) on the body temperature changes, placed on the body. The amount needed often (to perceive) to be two quarts per day.

15.5. Translate the following into English.

Якщо ви турбуєтесь про втрату рідини під час тренувань або змагань, дотримуйтеся таких рекомендацій:

1. Випийте від 8 до 10 склянок води або соку за день до змагань або тривалого тренування.
2. Випийте до 1 літра води або розбавленого енергетичного напою за 1-2 години до тренувань або змагань.
3. Випийте 1 або 2 склянки води за 20 хвилин до змагань або тренування, якщо вправа триватиме понад 60 хвилин.

4. Випивайте від 90 до 150 мл. води або розбавленого енергетичного напою кожні 15-20 хвилин під час перегонів, змагань або тренувань протягом 60-90 хвилин.
5. Більшість комерційних енергетичних напоїв слід розбавляти до половини концентрації, запропонованої на упаковці (тобто використовувати вдвічі більше води). Єдиним винятком є енергетичний напій MAX, який є гіпотонічним розчином полімерів глюкози (я використовував його широко і дуже рекомендую).
6. Завжди замінюйте рідину після змагань або тренувань водою, енергетичними напоями або соками.
7. Колір сечі буде прозорим, якщо ви правильно замінюєте рідину.
8. Визначте план заміщення рідини та спробуйте його кілька разів на тренуванні, перш ніж спробувати його під час важливої гонки.

ARTICLES

Article XIII.

HARD TIMES FOSTER CREATIVITY IN PEOPLE

Lena Redko writes that, whether in America or Ukraine, hard times bring out the best and worst in people.

SAN FRANCISCO, CALIFORNIA – Waiting for a bus the other day I was thinking about how much America reminds me of home these days. Many little changes – though minor and hard to spot when noticed out of context – have occurred in the last year or so, contributing to my “deja vu”.

The first home-sickness attack struck me while shopping at Loehman’s. In the heat of massive layoffs in the retail industry, the number of store’s cashiers dropped to one, forming a 10-person line. The atmosphere of shoppers’ nervousness and irritation, quietly grumbling with indignation, swamped me with memorable experiences from back home.

Memories of Kyiv bazaars transformed into the thoughts about the looming future – the always crowded Petrivka and the horrifying Troyeshchyna involuntarily crawled to mind. Waiting in line and smile-less faces have not been a part of American customer experience until recently. Getting a sandwich at Subway with one employee or grocery shopping in Safeway after 10 p.m. now requires a lot of effort on behalf of a typically “line intolerant” American.

I then experienced another “flash” of familiarity. The local Walgreens started locking up small items – toothbrushes, toothpastes, razors, and such – preventing you from grabbing them freely. Apparently, the shoplifting became more of a threat recently. The stereo stolen from my car – in a “safe neighborhood” – contributed to my conviction that people steal when they run out of options. Putting up a second door to protect homes from robbers, like they used to do during the post-Soviet years in Ukraine, became a consideration here.

In line with inflationary fare jumps that used to happen in Ukraine

frequently, in July, the San Francisco Muni fare went up 33 percent and is now \$2. And so, did the BART fare. People's honesty and integrity has been mostly the sole controller on the bus: there was nothing preventing people from going in through the back door avoiding paying the fare. Last week I saw a controller on a Muni bus for the very first time. So much for the integrity!

To mind came the post-Soviet Union transition period when many people found themselves impoverished. While difficult and painful, it fostered creativity. The "catch-me-if-you-can" scenarios motivated people to come up with creative ways to avoid paying the fare, protect themselves from robbers and be imaginative about making money. My artistic father used to stay up all night to draw a subway pass for me to go to school. He would also carry an empty wallet to fool the robbers.

Has American society found itself going through a similar period? If so, I expect tons of inventiveness.

Article XIV.

MEN 'MORE INTELLIGENT THAN WOMEN' ON AVERAGE

By Tony Halpin, Education Editor

HALF the population will dismiss this story, but a study claims that the cleverest people are much more likely to be men than women.

Genetic differences in intelligence between the sexes helped to explain why many more men than women won Nobel Prizes or became chess grandmasters, the study by Dr Paul Irwing and Professor Richard Lynn concluded.

They showed that men outnumbered women in increasing numbers as intelligence levels rise. There were twice as many with IQ scores of 125, a level typical for people with first-class degrees.

When scores rose to 155, a level associated with genius; there were 5.5 men for every woman.

Dr Irwing, a senior lecturer in organizational psychology at Manchester University, said that he was uncomfortable with the findings. But he added that the evidence was clear despite the insistence of many academics that there were "no

meaningful sex differences" in levels of intelligence.

"For personal reasons I would like to believe that men and women are equal, and broadly that's true. But over a period of time the evidence in favor of biological factors has become stronger and stronger," he said.

"I have been dragged in a direction that I don't particularly like, but it would be sensible if the debate was based on what we pretty much know to be the case."

The findings from the study involving 24,000 students will intensify a battle of the sexes that was triggered last week by Michael Buerk, the BBC newscaster,



who complained that "life is now being lived according to women's rules". He said that men had been reduced to little more than sperm-donors because of the female dominance of society.

Professor Lynn, a Professor Emeritus of Psychology at the University of Ulster, is no stranger to inflammatory conclusions as the author of a number of publications arguing that there are differences in intelligence between racial groups.

He published a controversial study in 2003 that identified a clear correlation between the levels of prosperity in 60 countries and the average IQ of their populations.

Professor Lynn argued in a letter to *The Psychologist* this month that the differences between the sexes were explained by a link between IQ and brain size. He said: "Men have larger brains than women by about 10 per cent and larger brains confer greater brain power, so men must necessarily be on average more intelligent than women."

Article XV.

COMPETITION, NOT CONFORMITY, IS KEY TO SUCCESS

In Ukraine, I felt the need to compete only against women in looks, make-up and clothes.

By Lena REDKO

SAN FRANCISCO, CALIFORNIA. While living in Ukraine, the only time I have ever felt the pressing need to compete was with other women – in looks, make-up and clothes. And the competition was fierce. Curiously enough, in other settings, such as high school, college, or work, Ukrainian society does not strike me as even remotely competitive – at least, compared to the United States.

Competition is an integral part of American life and is encouraged early on. If you go to school in the United States, for example, you will most likely be graded "on a bell curve." This means that when the test is scored, the average score automatically becomes an average grade (typically a B- or C+). The scores above and below the average are distributed evenly. The A grade becomes highly limited and the difficulty of achieving this mark, supposedly, makes students work harder and study longer.

America's engagement in competitive sports stands out as well. It is a big part of American culture in general: many popular American movies include some kind of sports-related uplifting story. Sports bars are a favorite pastime. The teams with absurd names such as San Jose Sharks, Detroit Tigers, and San Francisco Giants attract huge, eager crowds. U.S. colleges fiercely compete with each other in all kinds of sports and the desire to beat the rival is so strong that, if you are a talented football player with no skills in science, you can, nevertheless, be assured enrollment in a university just for bringing it the chance to beat the rival.

America is a capitalist society with a market-based system. It is not surprising that seeing the results of your hard work and efforts as well as

succeeding by striving for excellence serves as a motivation to work even harder and yearn for perfection. Knowing that it will be rewarded, people willingly work long hours to do a better job than a co-worker and even study hard in their 40s to get the highest score on a test. I sometimes observe the American competitive spirit with amazement. It is a spirit that I wish was more common in Ukrainian society.

Roaming the streets of Kyiv last spring filled me with mixed feelings of amazement and bitterness. While many people comment on the striking number of attractive young women, I find something else even more striking – the number of men’s swollen red faces and, especially, the look of resignation, content and defeat. I always argue when I am told that the Ukrainians and Russians have a drinking problem. I always try to prove people wrong. But when I took the Kyiv subway for the first time after a long while, I could smell it. The lines in front of kiosks near the Dorohozhychi subway to buy beer at 9 a.m. were also evidence against my usual argument that drinking alcohol in Ukraine is a mere stereotype.

This is especially unfortunate. Ukraine has very smart and talented people and, given the right environment, the incentive to try harder and the motivation to grow and develop, will make them no less successful, perhaps even more.

On the contrary, the perception that performance does not always depend on effort gets engraved in the mentality early on in Ukraine. By accepting bribes (even in the form of “presents”), allowing students to cheat and conceding to favoritism at schools, professors degrade the whole notion of competition by making it meaningless. The perception carries on to adult life. Why work harder and make any effort if change is highly unlikely?

Perhaps that is why Ukrainians tend to link success with luck, not effort. You are lucky if you find a good job. And if you happen to get promoted, you were probably in the right place at the right time. Going with the flow is hard to change. Maybe Ukrainian women need to be asked: What makes them compete?

Article XVI.

MEN, TRADITION AND CULINARY DELIGHTS

A way to a man’s heart is through his stomach... but it doesn’t work anymore.

SAN FRANCISCO, CALIFORNIA – We all know that a way to a man’s heart – Ukrainian or American – is through his stomach. The rule crosses the continents, but how easy is it to implement?

For many years, home cooking proved to be a strong competitive advantage for Soviet and then Ukrainian women. Passing the recipes scribbled on tri-folded, soiled pieces of paper to your daughter was like passing a secret “weapon.” With not many alternatives to a woman’s cooking – the variety of restaurants was scarce – it was easy to get a man “hooked” with mere borscht and sour cream.

The situation slightly changed in the post-Soviet years in Kyiv. With the development of restaurant industry and the emergence of exotic food places,

eating out once in a while became the norm. Places like McDonald's, Domashnya Kukhnya, and Puzata Khata are also affordable. They hardly replaced home cooking though.

The gears are shifted in San Francisco, where getting to a man's heart the traditional way is very challenging.

First of all, eating out is, in many cases, comparable in price to grocery shopping. During a single trip to a supermarket (if you are not a "stock up" shopper) you usually spend somewhere in between \$7 - \$20. You can be sure to have a meal out for an amount in this range.

An average Ukrainian can easily be intimidated by the abundance and variety of food places in San Francisco. While Japanese or Thai restaurants may not be such a novelty in Kyiv anymore, the notion of Burmese, Ethiopian or Cambodian cuisines needs some time to get accustomed to. Tapas, vegan and raw food are also not something I would call "familiar" to an average Ukrainian.

And while quantity does not always transform to quality, in this case it does. San Francisco boasts amazing restaurants. And if you really wanted, you could possibly try a new restaurant and a new type of food every single day of the week for the longest time without overly straining your budget.

The situation complicates even further...yelp.com, the social networking type of website that lets people create profiles and write reviews about anything, has been very popular with American diners. Before you go to a restaurant, it is highly advisable to search for it on Yelp and read the reviews for "hints": which dishes to avoid, what table to ask for. After your own dining experience, it is a common practice to post your own review of the food and ambiance. The "everyone-is-a-food-critic" type of mentality has been very popular in the United States these days.

One of the most popular reality shows among – you'd be surprised – men, Top Chef, features a number of highly experienced chefs in the United States who compete against each other in culinary challenges. Their food creations may quite easily have your mouth watering. Exposing men to these culinary masterpieces is of no help.

Take-outs have also been a blessing in disguise. While they can be a savior for a busy professional - delicious, affordable and enjoyed at home in front of a TV - the take-outs are not cooked by a woman. In other words, they add to the competition.

So, men in San Francisco do not only have "exquisite palates," they have the knowledge, the informational support, and many, many other options to choose from, if they happen to not like your cooking.

It would have been depressing...if there were no other ways to a man's heart.

Lena Redko, a Kyiv native, lives in San Francisco and is studying for a master's in business administration at the University of San Francisco.

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