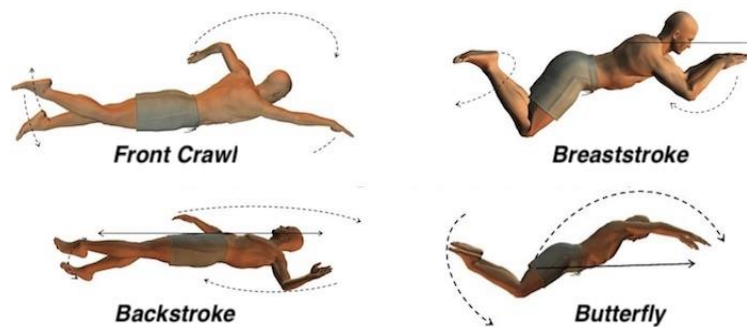


МІНІСТЕРСТВО НАУКИ, МОЛОДІ ТА СПОРТУ УКРАЇНИ
НАЦІОНАЛЬНИЙ УНІВЕРСИТЕТ ФІЗИЧНОГО ВИХОВАННЯ І СПОРТУ
УКРАЇНИ

МЕТОДИЧНІ ВКАЗІВКИ
з англійської мови
для здобувачів вищої освіти
II року навчання НУФВСУ

ПЛАВАННЯ

SWIMMING



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Методичні вказівки створено на базі аутентичних текстів англійською мовою на спортивну тематику. Розроблена система вправ на оволодіння мовним матеріалом зі спеціальності. Матеріали посібника спрямовані на розвиток у здобувачів вищої освіти мовленнєвих навичок сприйняття і розуміння спеціальної спортивної літератури та формування вмінь читання, говоріння і письма у повсякденному, а також професійному англомовному середовищі.

Методичні вказівки призначено для здобувачів I бакалаврського рівня вищої освіти II року навчання вищих навчальних закладів Національного університету фізичного виховання і спорту України.

SWIMMING: Методичні вказівки для здобувачів вищої освіти другого року навчання Національного університету фізичного виховання і спорту України / Литвиненко С.Г., Шматюк А.І. – К.: НУФВСУ, 2021. – 35 с.

ПЕРЕДМОВА

Методичні вказівки з англійської мови (на матеріалах текстів спортивної тематики) спрямовані на розвиток у здобувачів вищої освіти мовленнєвих навичок сприйняття і розуміння англійських текстів і формування вмінь читання, говоріння і письма на основі опрацювання текстів, тематика яких відповідає спортивному фаху здобувачів закладів вищої освіти фізичного виховання та спорту.

Структурно методичні вказівки містять 9 розділів, які передбачені навчальною програмою і охоплюють основні теми професійної комунікації щодо змагальної діяльності здобувачів вищої освіти та тренерської роботи у сфері плавання. Авторами розроблена класифікація ключових термінів та понять з плавання, описані основні стилі плавання, подано послідовну техніку правильного виконання рухів для кожного стилю. А в додатку містяться текстові та фото матеріали про основні види спорядження для професійних спортсменів-пловців та аматорів, роз'яснено його призначення та переваги застосування.

Авторами розроблена система вправ на оволодіння мовним матеріалом зі спеціальності: передтекстові завдання, автентичні тексти та післятекстові завдання, а також завдання творчого характеру на розвиток комунікативних навичок монологічного та діалогічного мовлення. Завдання мають навчальний, тренувальний і контролюючий характер.

Ілюстративний матеріал сприяє розумінню здобувачами складного теоретичного матеріалу та впливає на їхнє оволодіння мовою спеціальності.

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TEXT 1

I. Learn the words from the text.

Word	Translation	
<i>abdomen muscles</i>	<i>м'язи живота</i>	<i>мышцы живота</i>
<i>body position</i>	<i>положення тіла</i>	<i>положение тела</i>
<i>breaststroke</i>	<i>брасс</i>	<i>брас</i>
<i>drill</i>	<i>вправа</i>	<i>упражнение</i>
<i>to get acquainted with</i>	<i>ознайомитись з</i>	<i>ознакомиться с</i>
<i>to squeeze out</i>	<i>вичавити, отримати</i>	<i>выжать, извлечь</i>
<i>kick</i>	<i>удар</i>	<i>удар</i>
<i>leg kick</i>	<i>удар ніг</i>	<i>удар ног</i>
<i>pull</i>	<i>тягнути, тягнуча сила</i>	<i>тянуть, сила тяги</i>
<i>reduce strain</i>	<i>зменшити напруження</i>	<i>снизить напряжение</i>
<i>slope your body slightly</i>	<i>тримати під невеликим нахилом</i>	<i>держать под небольшим наклоном</i>
<i>streamlined</i>	<i>оптимізований</i>	<i>оптимизированный</i>
<i>timing</i>	<i>розподіл часу</i>	<i>распределение времени</i>

II. Read and translate the text.

BREASTSTROKE

You are going to get acquainted with the list of breaststroke drills, improving your kick, your pull, your breathing to swim a better breaststroke.

The breaststroke is one of the four swimming strokes. It is probably the most technical and the hardest to master of all the strokes performed in competitive swimming. This style is the slowest because it is the least streamlined of the four swim strokes and involves a strong kick and perfect timing.



Swimming the breaststroke engages the arms, legs, shoulders, and neck. And the following advanced tips will be useful for practicing breaststroke technique, will make it easy-to-learn and will help you *squeeze* the most *out* of your time in the pool. When you are in the water to master your breaststroke technique, mind that

Your body position should be with your head facing forward in line with your body. You should keep your shoulders, hips and legs as horizontal as possible but *slope your body slightly* to allow the *leg kick* to stay beneath the water. Don't let your hips drop in the water. This is important because the *leg kick* uses your core and *abdomen muscles* more than freestyle. So your legs should be behind you rather than below you.

You should try to keep your neck and shoulders as relaxed as possible to help the arm action and *reduce* any *strain*. It's important to look downwards as you glide to avoid straining your neck.

III. Answer the questions to the text:

1. What is the aim of breaststroke?
2. What are the peculiarities of breaststroke?
3. Why is it the hardest to master?
4. What does this kind of strokes involve?
5. Is breaststroke the fastest or slowest to perform?
6. What parts of body are engaged in breaststroke?
7. Are there any special techniques to help mastering breaststroke swimming?
8. What is the body position in breaststroke?
9. Why should your shoulders, hips and legs be kept horizontally?
10. Should any parts of the body be relaxed while breaststroke? Why (not)?

IV. Match the opposites.

- | | |
|----------------|-----------------|
| 1. forward | a) seek |
| 2. allow | b) recreational |
| 3. competitive | c) strained |
| 4. slow | d) increase |
| 5. beneath | e) forbid |
| 6. relaxed | f) backward |
| 7. reduce | g) above |
| 8. avoid | h) quick |

V. Make five sentences with the words and phrases in exercise 1.

VI. Retell the text, using words and phrases from exercise 1.

VII. Speaking.

How do you understand the meaning of the following quotes:

1. "If you want to learn to swim, jump into the water. On dry land, no frame of mind is ever going to help you".

Bruce Lee
(Chinese American martial artist)

2. "Your only limit is you".

Anonymous

3. "Never let success get to your head and never let failure get to your heart."

Anonymous

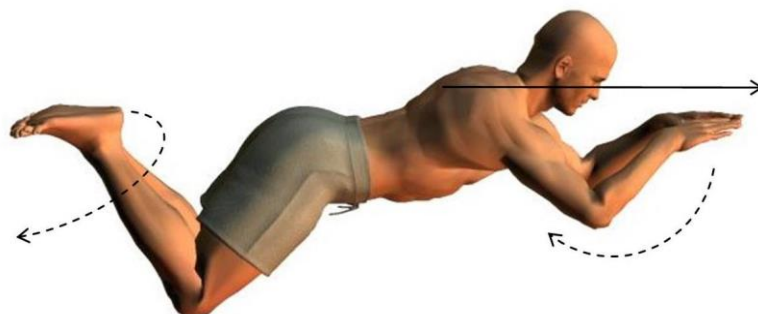
ТЕХТ 2

I. Learn the words from the text.

Word	Translation	
<i>initial position</i>	<i>вихідне положення</i>	<i>исходное положение</i>
<i>straighten</i>	<i>випрямляти</i>	<i>выпрямлять</i>
<i>palms</i>	<i>долоні</i>	<i>ладони</i>
<i>through</i>	<i>крізь, за допомогою</i>	<i>сквозь, с помощью</i>
<i>stroke</i>	<i>гребок</i>	<i>гребок</i>
<i>imperative</i>	<i>дуже необхідний</i>	<i>очень необходимый</i>
<i>bend your knees</i>	<i>зігніть коліна</i>	<i>согните колени</i>
<i>a support rail</i>	<i>поручні басейну</i>	<i>поручни бассейна</i>
<i>recreational swimmers</i>	<i>пловці, які займаються спортивно-оздоровчим плаванням</i>	<i>пловцы, которые занимаются спортивно-оздоровительным плаванием</i>
<i>cycle</i>	<i>цикл</i>	<i>цикл</i>
<i>body level</i>	<i>рівень тіла</i>	<i>уровень тела</i>
<i>propelling</i>	<i>те, що рухає, тягне, штовхає</i>	<i>движущий; тянущий; толкающий</i>
<i>posterior</i>	<i>задній</i>	<i>задний</i>
<i>reason</i>	<i>причина</i>	<i>причина</i>
<i>surface of the water</i>	<i>поверхня води</i>	<i>поверхность воды</i>
<i>stretch your arms forward</i>	<i>вистягніть руки вперед</i>	<i>вытяните руки вперед</i>
<i>propulsive</i>	<i>той, що рухається</i>	<i>движущийся</i>

II. Read and translate the text.

BREASTSTROKE TECHNIQUE



Stage 1 - Leg Movement: From the *initial position* move your feet and legs together, like a frog would. Simply *bend your knees* and lift your feet up as far as your *posterior*. Turn your feet out in preparation for pushing back with the bottom of your foot. Move your feet out and in again to meet each other, and *straighten* your legs with your knees touching. It is a good idea to practice this movement at the side of the pool, by holding onto a *support rail* with your legs stretched out behind you.

Stage 2 - Arm Movement: Start out by placing your arms out in front just under the *surface of the water*. With your palms facing outwards push both hands out and around as if drawing a full circle. Your hands finish by stretching forwards again. Your arms and legs should stay in the water all of the time and you shouldn't splash when doing the stroke correctly.

Stage 3 - Breathing: The reason breaststroke is so popular among *recreational swimmers* is that breathing is achieved easily. When you have mastered the leg and arm movements you will notice that your head starts to lift naturally at the end of the *cycle*. When this occurs simply lift your face out of the water and take a breath in through your mouth. Put your face back into the water breathing out through your nose and mouth, as you *stretch your arms forward* to begin the circle again.

Stage 4 - The last step is to put the stroke together, so pull your arms and breathe in while pushing your legs back and stretching out with your *body level* in the water.

Stage 5–Timing: Good timing of the arm action and leg kick are *imperative* to make the most out of your breaststroke.

Try to time your arm action and leg kick so there is always something *propelling* you *through* the water.

The arms will be *propulsive* while the legs recover and the legs propulsive while the hands recover.

III. Answer the questions to the text:

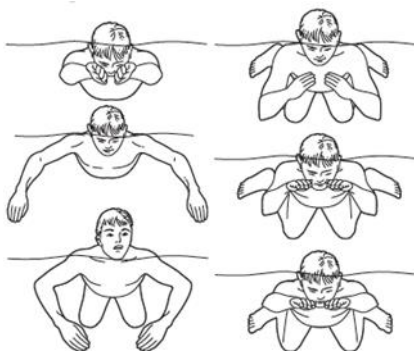
1. What is the leg technique in breaststroke?
2. What is the best place for the beginners practicing?
3. What is the initial position for arm action?
4. Where should you keep your arms and legs while swimming?
5. What one shouldn't do while doing this stroke?
6. Is breaststroke popular among recreational swimmers? Why (not)?
7. What is the breathing technique?
8. Describe the last step in breaststroke?
9. Is timing important in doing the stroke? Why (not)?
10. What is the alteration of arm and leg actions?

IV. Match the opposites.

- | | |
|----------------|---------------|
| 1. initial | a) behind |
| 2. straighten | b) put down |
| 3. start | c) final |
| 4. push | d) curl |
| 5. in front of | e) breathe in |
| 6. surface | f) pull |
| 7. to lift | g) finish |
| 8. breathe out | h) bottom |

IV. Make five sentences with the words and phrases in exercise 1.

V. Describe the main body movements in breaststroke according to the picture.



VI. Retell the text, using words and phrases from exercise 1.

VII. Speaking.

How do you understand the meaning of the following quotes:

1. "Being your best is not so much about overcoming the barriers other people place in front of you as it is about overcoming the barriers we place in front of ourselves"

Kieren Perkins
(Australian freestyle swimmer)

2. "Impossible is temporary, impossible is nothing"

Anonymous

3. "Yesterday's goal doesn't win today's game."

Soccer wisdom

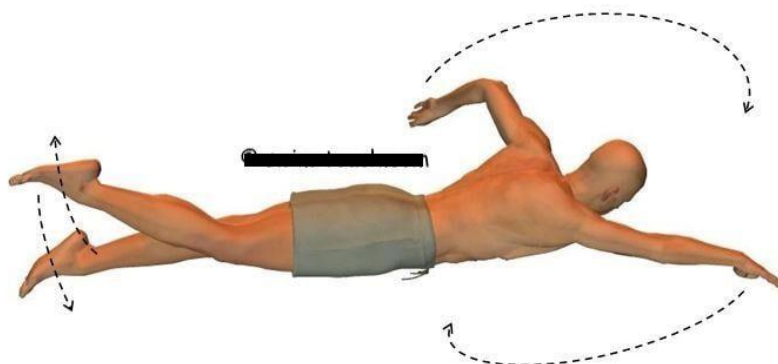
ТЕХТ 3

I. Learn the words from the text.

Word	Translation	
<i>to put the effort</i>	<i>докласти зусилля</i>	<i>приложить усилия</i>
<i>properly</i>	<i>як слід, належним чином</i>	<i>как следует, правильно</i>
<i>crucial</i>	<i>значний, ключовий</i>	<i>значительный, ключевой</i>
<i>recreational swimmers</i>	<i>ті, хто займаються оздоровчим плаванням</i>	<i>те, кто занимаются оздоровительным плаванием</i>
<i>front crawl</i>	<i>кроль на грудях</i>	<i>кроль на груди</i>
<i>to master technique</i>	<i>оволодіти технікою</i>	<i>овладеть техникой</i>
<i>to consider</i>	<i>розглядати, зважати на</i>	<i>рассматривать, обращать внимание на</i>
<i>overall performance</i>	<i>загальна результативність/ показники</i>	<i>общая результативность/ показатели</i>
<i>have an impact</i>	<i>справляти вплив</i>	<i>влиять</i>
<i>to observe</i>	<i>спостерігати</i>	<i>наблюдать</i>
<i>to aim</i>	<i>прагнути, поставити за мету</i>	<i>стремиться, поставить цель</i>
<i>stroke</i>	<i>стиль плавання, гребок</i>	<i>стиль плавания, гребок</i>
<i>to take in</i>	<i>захопити, вдихнути</i>	<i>захватить, вдохнуть</i>
<i>successfully</i>	<i>успішно</i>	<i>успешно</i>
<i>water surface</i>	<i>поверхня води</i>	<i>поверхность воды</i>
<i>to resurface</i>	<i>винирнути</i>	<i>выныривать</i>

II. Read and translate the text.

FRONT CRAWL TECHNIQUE (part 1)



To really master each swimming *stroke*, you need to *put the effort* into your training regime. If you fail to train *properly*, then you simply won't be able to save

those crucial seconds, or even milliseconds off your time. Remember that in a competitive sport of this nature, the smallest amount of time can make the difference between taking home a winner's trophy and just participating or even losing. As you'll no doubt want to be placed in the first category, let's take a look at how both competitive and recreational swimmers can improve their *front crawl* technique.

Stage 1 -Focus on your breathing:

When it comes to mastering your technique, you need *to consider* all of the factors that can make a difference to your *overall performance*.

Obviously how you use your arms, legs, head and core strength will have an impact; however, breathing is also one of the fundamental areas that will make a difference.

Once you are comfortable with your front crawl style, take time to focus solely on your breathing. *Observe* how you are currently breathing and *aim* to adapt to the following method.

You need to be breathing to alternative sides during every third stroke. To allow you *to take in* the correct amount of air *successfully*, place your ear on your shoulder and your cheek on the water surface.

By doing this, you won't be taking in too much air (or too little) before you need *to resurface* again.

III. Answer the questions to the text:

1. What is important for mastering each swimming stroke?
2. Why is timing crucial in competitive swimming?
3. Who can practice this type of stroke?
4. Is timing equally important in competitive and recreational swimming?
5. How to breathe correctly in front crawl?
6. Should you breathe the same side constantly?
7. How to make a breath in the air correctly?
8. What is caused by a little air take in before going up to the surface?

IV. Match the synonyms.

- | | |
|----------------|----------------|
| 1. to master | a) option |
| 2. regime | b) champion |
| 3. crucial | c) effect |
| 4. winner | d) let |
| 5. impact | e) rules |
| 6. fundamental | f) right |
| 7. alternative | g) to perfect |
| 8. to allow | h) significant |
| 9. correct | i) basic |

V. Make five sentences with the words and phrases in exercise 1.

VI. Retell the text, using words and phrases from exercise 1.

VII. Speaking.

How do you understand the meaning of the following quotes:

1. “No matter how slow you go, you are still lapping everybody on the couch”
Anonymous

2. “Home is where the pool is”
Anonymous

3. “Be great. You never know who you're inspiring”
Anonymous

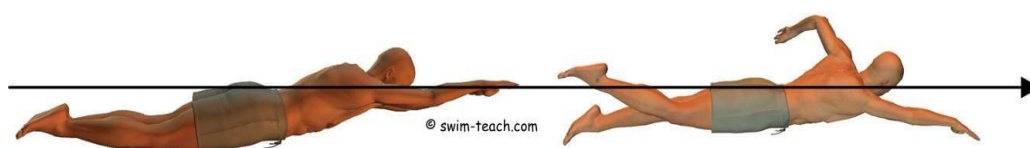
TEXT 4

I. Learn the words from the text.

Word	Translation	
<i>streamlined</i>	<i>обтічний</i>	<i>обтекаемый</i>
<i>to keep your head still</i>	<i>тримати голову нерухомо</i>	<i>держатъ голову неподвижно</i>
<i>strongly advise</i>	<i>настійно рекомендувати</i>	<i>настоятельно рекомендовать</i>
<i>swimming goggles</i>	<i>окуляри для плавання</i>	<i>очки для плавания</i>
<i>chlorine</i>	<i>хлор</i>	<i>хлор</i>
<i>debris</i>	<i>сторонні предмети</i>	<i>посторонние предметы</i>
<i>strain</i>	<i>напруження</i>	<i>напряжение</i>
<i>to maintain steady motion</i>	<i>підтримувати рівномірний рух</i>	<i>поддерживать равномерное движение</i>
<i>adjust</i>	<i>узгодити, корегувати</i>	<i>согласовывать, корректировать</i>
<i>to pitch</i>	<i>занурювати</i>	<i>погружать</i>
<i>to bend</i>	<i>згинати</i>	<i>сгибать</i>
<i>slightly</i>	<i>злегка, трішки</i>	<i>слегка, немного</i>
<i>paddle surface area</i>	<i>площа поверхні гребка</i>	<i>площадь поверхности гребка</i>
<i>to make harder</i>	<i>ускладнювати</i>	<i>усложняютъ</i>

II. Read and translate the text.

FRONT CRAWL TECHNIQUE (part 2)



Stage 2 - Use the correct head position:

The more *streamlined* you are, the faster you will become. To remain streamlined in the front crawl position, you need *to keep your head still* and in line with your body.

Remember to also ensure that the water level is between your eyebrows and hairline when you are moving.

With your head in the pool, keep looking down and forward. We *strongly advise* using *swimming goggles* for this to protect your eyes from chlorine and *debris*.

You should not keep your head too low or high as this will create more *strain* on your neck and will also *make it harder* for you to swim.

Stage 3 - Ensure sufficient arm action:

With front crawl, your arms should always alternate and be continuous *to maintain steady motion*. Furthermore, when each hand enters the water it should do so between the centre line of your head and shoulder line.

Make sure you look to see if you are bringing your arm up and over your head in the correct position, and if you're not then adjust accordingly.

Your hands should also be pitched with your palm facing down, whilst your elbows should be bent and placed *slightly* higher than your hand during each stroke.

When your hands enter, they should stretch out in front of you first before catching and pulling the water with a large *paddle surface area* of your hand. During this phase you should push your hands towards the floor of the pool. Keep your fingers together too as this will create a more efficient surface area. With practice, you'll be able to build strength and move smoothly through the water.

III. Answer the questions to the text:

1. Why is it important to be streamlined in front crawl?
2. Is there necessity to use any swimming equipment? Why (not)?
3. What is the correct head position in the stroke? Why?
4. What is the arms position?
5. How should hands work in front crawl? Why?
6. Why the body should be kept parallel to the water?
7. What is the correct lower body positioning the stroke?
8. Why does a swimmer have to raise a bit his elbows?
9. Should you keep your fingers apart?
10. What parts of the body make better propulsion in front crawl?

IV. Match the synonyms.

- | | |
|---------------|------------------|
| 1. keep | a) diminish |
| 2. protect | b) uninterrupted |
| 3. strain | c) recommend |
| 4. continuous | d) advance |
| 5. efficient | e) take |
| 6. reduce | f) hold |
| 7. create | g) align |
| 8. consume | h) cover |
| 9. motion | i) effective |

10. improve
11. advise
12. balance

- j) tension
- k) movement
- l) make

V. *Make five sentences with the words and phrases in exercise 1.*

VI. *Retell the text, using words and phrases from exercise 1.*

VII. *Speaking.*

How do you understand the meaning of the following quotes:

1. "The only difference between try and triumph is a little umph"

Anonymous

2. "Persistence can change failure into extraordinary achievement"

Mat Biondi

(Three time U.S. Olympic swimmer)

3. "The more difficult the victory, the greater the happiness in winning."

Pele

(Brazilian former professional footballer)

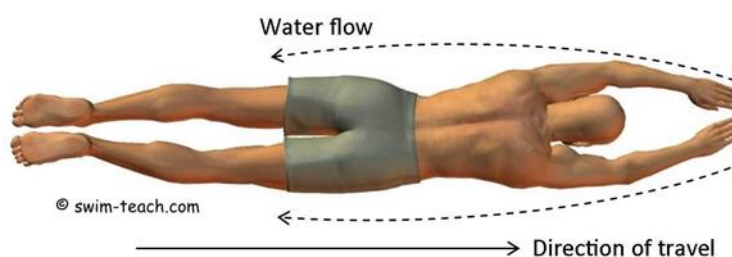
TEXT 5

I. Learn the words from the text.

Word	Translation	
<i>flat profile</i>	<i>плаский профіль</i>	<i>плоский профиль</i>
<i>to reduce resistance</i>	<i>знизити опір</i>	<i>снизить сопротивление</i>
<i>lower body</i>	<i>нижня частина тіла</i>	<i>нижняя часть тела</i>
<i>upper body</i>	<i>верхня частина тіла</i>	<i>верхняя часть тела</i>
<i>to require</i>	<i>вимагати</i>	<i>требовать</i>
<i>to consume</i>	<i>споживати, витрачати</i>	<i>использовать, тратить</i>
<i>to avoid</i>	<i>уникати</i>	<i>избегать</i>
<i>to race</i>	<i>змагатись у швидкості, швидкий рух</i>	<i>соревноваться в скорости, быстрое движение</i>
<i>ankle</i>	<i>щиколотка</i>	<i>щиколотка</i>
<i>to stiffen up</i>	<i>оклякнути</i>	<i>окоченеть</i>
<i>arm pull</i>	<i>гребок рукою</i>	<i>гребок рукой</i>
<i>propulsion</i>	<i>просування, рух вперед</i>	<i>продвижение</i>
<i>apart</i>	<i>в сторони, нарізно</i>	<i>в стороны, врозь</i>
<i>drag</i>	<i>тягти</i>	<i>тянуть</i>

II. Read and translate the text.

FRONT CRAWL TECHNIQUE (part 3)



Streamlined body position minimises drag, allowing efficient movement through the water

Stage 4 - Create a streamlined body:

Keep your body parallel to the water and create the flattest *profile possible*. This will make you more streamlined and *reduce resistance*.

Your *lower body* also needs to be placed at a good level. If it is too low or too high, this will *require* you to work harder and *consume* more energy.

To avoid this, place your lower back just below the surface and try and hold a consistent position when *racing*.

If your body remains in the same place, it will be a lot easier to work on your arms and kicking technique, as opposed to losing focus by trying to hold yourself properly.

Stage 5 - Master your leg kick:

First of all, keep your feet and *ankles* as relaxed as possible for the best front crawl kick. If they *stiffen up* you'll lose the free-flowing motion that you are aiming for. It's also advised to kick the legs alternatively from the hips with six kicks to one *arm pull*. This will help to balance your body. More importantly, never kick from your knees as this will break your profile and slow you down.

Remember that the majority of *propulsion* using this stroke comes from your arms and *upper body*. However, if your legs aren't too low in the water and your heels just break the surface this will also improve your technique massively.

Finally, keep your legs fairly close together. If they are far apart you'll create even more *drag*.

II. Answer the questions to the text:

1. What body position must be kept?
2. What reduces the water resistance when swimming?
3. How to avoid consuming extra energy for the stroke?
4. How to make the arms and legs work easier?
5. Should your feet be relaxed or strained?
6. What helps to keep the body balance?
7. Why is it important not to kick from one's knees?
8. What kind of leg position can make the leg work better?
9. Why shouldn't swimmer's legs be wide apart?

V. Make five sentences with the words and phrases in exercise 1.

VI. Retell the text, using words and phrases from exercise 1.

VII. Speaking.

How do you understand the meaning of the following quotes:

1. "Just because it isn't happening at this moment, doesn't mean it never will."
Anonymous
2. "Every Champion was once a contender who refused to give up"
Anonymous

3. “I hated every minute of training, but I said, don`t quit. Suffer now and live the rest of your life as a champion”

Muhammad Ali
(American professional boxer)

TEXT 6

1. Learn the words from the text.

<i>Word</i>	<i>Translation</i>	
<i>butterfly</i>	<i>батерфляй</i>	<i>баттерфляй</i>
<i>tip</i>	<i>підказка</i>	<i>подсказка</i>
<i>propulsive</i>	<i>штовхальний</i>	<i>толкательный, проталкивающий</i>
<i>to be led into</i>	<i>бути зануреним</i>	<i>быть погруженным</i>
<i>be split into</i>	<i>роз(по)діляти</i>	<i>разделять, разбивать</i>
<i>shape</i>	<i>форма</i>	<i>форма</i>
<i>aggressive</i>	<i>енергійний, інтенсивний</i>	<i>энергичный, интенсивный</i>
<i>hips</i>	<i>стегна</i>	<i>бедро</i>
<i>on the upbeat</i>	<i>на підйомі</i>	<i>на подъеме, на взмахе</i>
<i>downbeat</i>	<i>рух вниз</i>	<i>движение вниз</i>
<i>twice per</i>	<i>двічі на</i>	<i>дважды в</i>
<i>to propel</i>	<i>просувати, рухати</i>	<i>продвигать</i>

II. Read and translate the text.

BUTTERFLY STROKE TECHNIQUE (part 1)

To take the most out of your time in the pool here are a few advanced butterfly stroke technique tips to help you.



Butterfly in the water:

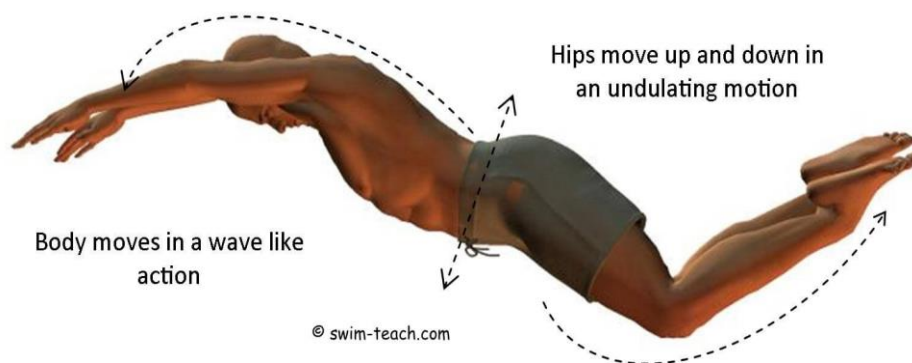
Your body should be led by the crown of your head with your shoulders and hips horizontal. Try to keep your body as close as possible to the surface of the water.

Butterfly arm action:

The arm action can be split into three propulsive, simultaneous sweeps.

The arms should stretch out in front of the body above the water surface and be led into the water by the thumb. The hands should enter about shoulder width apart with elbows bent and slightly higher than the hands.

Your hands then sweep down and out to form a *Y shape* in front of the body. Turn and sweep your hands back in towards each other, keeping your elbows high. Finally, turn your hands up and back and sweep parallel to the side of your body. Recovery of the arms is *aggressive* as you stretch them back out in front of you to re-enter. Keep your arms out of the water but try to avoid lowering your *hips* – the aim is to keep as streamlined as close to the water as possible.



Butterfly kicking:

The leg action comes from the hips. The heels and soles of your feet should break the surface from underneath with your knees slightly bent *on the upbeat*.

Powerful *downbeats* of the feet then propel the body forward. Try to keep your legs close together with your ankles relaxed.

Your downbeat kick should occur as the arms enter and sweep out. Try to kick *twice per arm cycle* – once *to propel* your arms out of the water for recovery and once as the arms enter the water.

III. Answer the questions to the text:

1. What is the body position in butterfly stroke?
2. How many sweeps can the arm stroke be split into?
3. Describe the arm action in the stroke?
4. What is the hand position?
5. Why shouldn't you lower your hips while doing butterfly?
6. Describe the leg action in the stroke.
7. Why must the downbeats of the feet be powerful?
8. What is the alteration of feet and arm actions?
9. How many kicks must be done when your arms come out and enter the water?

III. Match the synonyms:

- | | |
|----------|-------------|
| 1. tip | a) under |
| 2. lead | b) probable |
| 3. close | c) curl |

- | | |
|-------------|------------|
| 4. split | d) hint |
| 5. above | e) getinto |
| 6. possible | f) advance |
| 7. bend | g) divide |
| 8. enter | h) near |

V. *Make five sentences with the words and phrases in exercise 1.*

VI. *Retell the text, using words and phrases from exercise 1.*

VII. *Speaking.*

How do you understand the meaning of the following quotes:

1. "Jump in and lose yourself."

Anonymous

2. "Cowards never START, the weak never FINISH, winners never QUIT"

Anonymous

3. "When life puts you in touchy situations, don't say "Why me?" Just say "Try me." "

Dwayne Johnson
(American actor, retired professional wrestler)

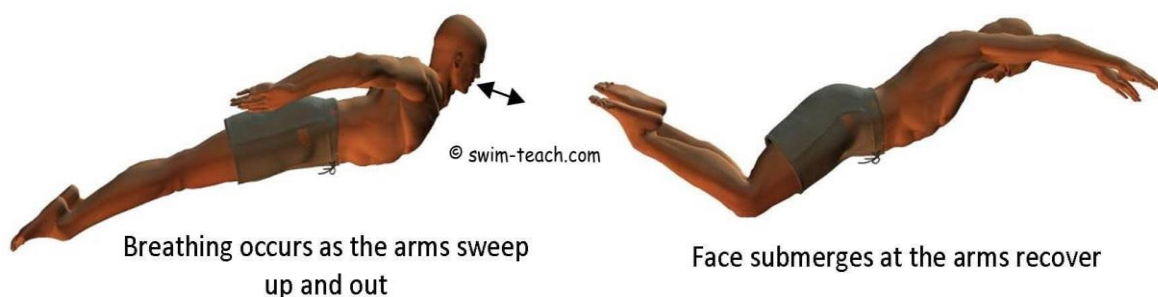
TEXT 7

I. Learn the words from the text.

Word	Translation	
<i>undulation</i>	<i>хвилеподібний рух</i>	<i>волнообразное движение</i>
<i>to lower</i>	<i>опускати</i>	<i>опускать</i>
<i>upsweep</i>	<i>помах руки</i>	<i>взмах руки вверх</i>
<i>twist</i>	<i>поворот</i>	<i>поворот</i>
<i>whichever</i>	<i>будь-який на вибір</i>	<i>любой на выбор</i>
<i>to approach</i>	<i>наближатися до</i>	<i>приближаться к</i>
<i>to thrust</i>	<i>викидати</i>	<i>выбрасывать</i>
<i>to rotate</i>	<i>обертати</i>	<i>вращать</i>
<i>to poke</i>	<i>занурювати</i>	<i>погружать</i>
<i>to tuck</i>	<i>підгинати під себе</i>	<i>поджимать под себя</i>
<i>powerfully</i>	<i>сильно, потужно</i>	<i>сильно, мощно</i>
<i>to transfer</i>	<i>переміщувати</i>	<i>перемещать</i>
<i>submerged</i>	<i>занурений</i>	<i>погруженный</i>

II. Read and translate the text.

BUTTERFLY STROKE TECHNIQUE (part 2)



Butterfly breathing:

The most common butterfly breathing is to the front. Like in breaststroke, your shoulders should lead your head out of the water. Your front should rise naturally with the *undulation* of your body. Keep your chin in front of your forehead and inhale quickly in through your mouth.

After inhalation, quickly *lower* your head before exhaling quickly under the water through your mouth and nose. Your head should re-enter the water before your arms. Exhalation usually occurs during the final *upsweep* and inhalation as the arms start to recover.

Some competitive swimmers choose to breathe to the side. This technique involves the same timing as breathing ahead but the swimmer turns their head to one

side for inhalation rather than lifting their head. Breathing to the side can help keep the body closer to the water but many swimmers find the *necktwist* uncomfortable. The most common breathing cycle is once every two arm cycles but some competitive swimmers choose to swim every cycle for longer races or every three cycles for shorter races.

Another common technique is breathing twice every three cycles – just use *whichever* you find most comfortable.

Butterfly turning:

As you *approach* the wall for the turn, your hands should touch simultaneously below, at, or above the surface like in breaststroke. After touching, immediately *thrust* one hand backwards away from the wall. Next, *rotate* your body on to its side by *poking* your hips and *tucking* your knees before planting your feet on the wall.

As you push off, *powerfully* straighten your legs *to transfer* the momentum away from the side of the pool. Start a dolphin leg kick underwater as your momentum slows down, keeping your arms in front of you, ready to start the propulsive phase under the water. The first arm pull – to a Y shape – should be timed while the body is still slightly *submerged* but parallel to the water surface.

III. Answer the questions to the text:

1. What is the most common butterfly breathing?
2. Describe the peculiarities of shoulders and front actions in the stroke.
3. What is the breathing technique in butterfly stroke?
4. Name the best phase for exhalation.
5. Which breathing technique do competitive swimmers prefer?
6. Why breathing to the side is more preferable?
7. What breathing cycles are there?
8. Describe them.
9. While approaching the wall, should you touch below, at or above the surface?
10. What is the turning technique?

IV. Match the synonyms:

- | | |
|----------------|-----------------|
| 1. exhale | a) a little bit |
| 2. comfortable | b) stage |
| 3. twist | c) breathe out |
| 4. inhale | d) come up to |
| 5. phase | e) duck |
| 6. slightly | f) convenient |
| 7. submerge | g) breathe in |
| 8. approach | h) turn |

V. *Make five sentences with the words and phrases in exercise 1.*

VI. *Retell the text, using words and phrases from exercise 1.*

VII. *Speaking.*

How do you understand the meaning of the following quotes:

1. Work hard in silence. Let your success make the noise."

Anonymous

2. "Be patient. Sometimes you have to go through the worst to get the best"

Anonymous

3. "I like criticism. It makes you strong."

James Lebron
(American professional basketball player)

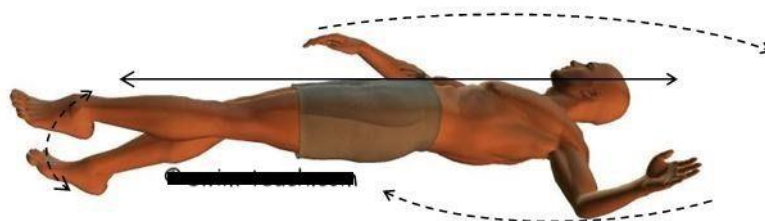
TEXT 8

I. Learn the words from the text.

Word	Translation	
<i>todrag</i>	<i>тягти, волокати</i>	<i>тянуть, волочить</i>
<i>to flex</i>	<i>згинати</i>	<i>сгибать</i>
<i>alongside</i>	<i>вздовж</i>	<i>вдоль</i>
<i>to initiate</i>	<i>створювати, починати</i>	<i>создавать, начинать</i>
<i>direction</i>	<i>напрямок</i>	<i>направление</i>
<i>to take pressure off</i>	<i>знімати напругуз</i>	<i>снимать напряжение с</i>
<i>to be generated</i>	<i>бути утвореним, згенерованим</i>	<i>быть созданным, сгенерированным</i>
<i>pointed</i>	<i>витягнутий</i>	<i>вытянутый</i>
<i>ankle</i>	<i>щиколотка</i>	<i>щиколотка</i>
<i>toe flick</i>	<i>поштовх пальцями ніг</i>	<i>толчок пальцами ног</i>
<i>sprint</i>	<i>ривок</i>	<i>рывок</i>
<i>vigorous</i>	<i>жвавий, енергійний</i>	<i>оживленный, энергичный</i>
<i>to hold smb.'s breath</i>	<i>затримувати дихання</i>	<i>задерживать дыхание</i>
<i>consistent</i>	<i>рівномірний, узгоджений</i>	<i>равномерный, согласованный</i>
<i>attached above</i>	<i>бути прикріпленим над</i>	<i>быть прикрепленным над</i>
<i>to sight smth.</i>	<i>візуально підраховувати</i>	<i>визуально подсчитывать</i>
<i>approximately</i>	<i>приблизно</i>	<i>приблизительно</i>
<i>vary</i>	<i>відрізнятися</i>	<i>отличаться, различаться</i>
<i>somersault</i>	<i>перекид, сальто</i>	<i>кувырок</i>
<i>shoulder width apart</i>	<i>на ширину плечей</i>	<i>на ширину плечей</i>

II. Read and translate the text.

BACKSTROKE SWIMMING TECHNIQUE



Backstroke is the only stroke done entirely on your back, relying on spatial awareness, timing and balance to keep the stroke flowing. It can be great for any level

of swimmer, due to the more relaxed breathing aspect of the stroke. Your face should be out of the water at all time sand therefore making the ability to breathe much easier. (Some swimmers love this stroke as it let them relax and take their time with the technique, without having to focus on too many aspects at a time!)

Head Position

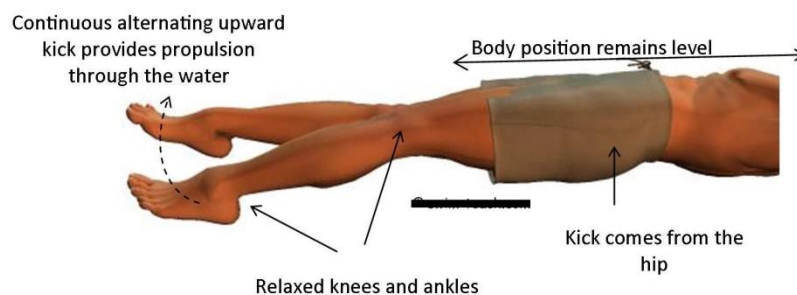
Relaxed lying back in the water with eyes looking upwards in a neutral position. The aim is to keep the head as still as possible as it's your rudder and if you lift your head, it will waste unnecessary energy as well as your hips and feet dropping causing *drag*.

Hand and Arms

- The hand rotates out of the water leading with thumb or back of the hand and rotates to enter little finger first into a straight extended arm.
- The little finger enters in line with your shoulder.
- Your elbow *flexes* at 90 degrees and will rotate inwards with fingers pointing outwards, at this point the opposite arm starts its rotation out of the water mirroring what the other one has just done.
- After the underwater arm finishing its pull *alongside* your hip into extension, the arm out of the water will be entering again little finger first into extension. The power you generate will be dependent on technique stability and over all strength.

Rotation

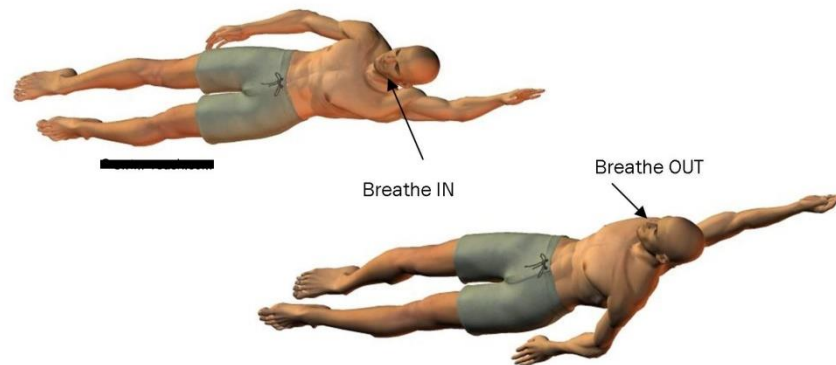
- Similar to front crawl the hip rotation *initiates* the stroke allowing your hand to leave the water and extend.
- As you begin to pullback, your hips will start to rotate in the opposite *direction* which will *take pressure* off the shoulder and allow more power *to be generated*.



Kicking

- Keeping toes *pointed* and legs close together, moving through as small a surface area as possible.
- Relaxed *ankles* and slight bend when kicking downwards.
- In long distance I would do more of a *toe flick* where in shorter *sprints* the kick can be more *vigorous* from the hip.

- Please note 70 percent of energy is used up from your legs so the more kicking you do, the faster you will get tired.



Breathing

- This should be relaxed, avoid *holding your breath*.
- Try breathing in as you enter little finger first and exhale as you push the water backwards.
- It helps to be *consistent* which will also support the rhythm of the stroke.

Turns

Practice how many strokes to the wall before turning. Normally there are flags *attached above* and 5 metres away from the wall. These can be used to judge how many strokes after *sighting* them before rotating onto your front.

If it takes you five strokes from the flags to the wall, then you take off *approximately* one stroke for the turn. This will of course *vary* from person to person based on size and power.

- Use the lead arm to rotate you onto your front and the nose the pulling arm to flip you over into a *somersault* with slightly bent knees, keeping chin tucked in.
- Place both feet on the wall, toes facing upwards *shoulder width apart* in the centre of the wall.
- Push off into a streamlined position with arms extended behind you and with one hand on top of the other.
- Carry out a number of butterfly kicks underwater sending you towards the surface and back into the full stroke.

III. Answer the questions to the text:

1. What is the body position in backstroke?
2. What are the specifics of this stroke?
3. Describe the head position in the stroke.
4. Why do you have to keep the correct head position?
5. Give the exposition of the hand and arms work.
6. How to breathe correctly while doing backstroke?

7. How not to get tired fast during swimming in the stroke?
8. Describe the turn performance.

IV. Match the opposites:

- | | |
|---------------|-------------------|
| 1) lift | a) bring out |
| 2) send | b) at the bottom |
| 3) enter | c) on the surface |
| 4) backward | d) contract |
| 5) underwater | e) drop |
| 6) on top | f) pull in |
| 7) lead | g) receive |
| 8) push off | h) ahead |
| 9) expend | i) follow |

V. Make five sentences with the words and phrases in exercise 1.

VI. Retell the text, using words and phrases from exercise 1.

VII. Speaking.

How do you understand the meaning of the following quotes:

1. "I wouldn't say anything is impossible. I think that everything is possible as long as you put your mind to it and put the work and time into it."

Michael Phelps
(American former competitive swimmer)
2. "Work until your idols become your rivals"

Anonymous
3. "Success isn't given. It's earned. On the track, on the field, in the gym. With blood, sweat, and the occasional tear."

Anonymous

NOTE:

This concludes our review of the most popular swimming strokes. Other strokes exist, but they are mostly variations of the swimming strokes presented above, where most often the arm movements from one stroke are combined with the leg movements of another stroke.

TEXT 9

I. Learn the words from the text.

<i>Word</i>	<i>Translation</i>	
<i>to develop</i>	<i>розвивати</i>	<i>развивать</i>
<i>trim</i>	<i>скорочувати, зменшувати</i>	<i>сократить, уменьшить</i>
<i>to strengthen</i>	<i>зміцнювати</i>	<i>укреплять</i>
<i>to hit the gym</i>	<i>ходити в спортзал</i>	<i>ходить в спортзал</i>
<i>rep (repetition)</i>	<i>повторення</i>	<i>повторение</i>
<i>to grip</i>	<i>схопити, стискати</i>	<i>захватывать, сжимать</i>
<i>barbell</i>	<i>штанга</i>	<i>штанга</i>
<i>a barbell biceps curl</i>	<i>підйом штанги на біцепс</i>	<i>подъем штанги на бицепс</i>
<i>a standing double-arm triceps pushdown</i>	<i>жим вниз на трицепс стоячи</i>	<i>жим вниз на трицепс стоя</i>
<i>to be locked</i>	<i>зімкнуті</i>	<i>сомкнутые</i>
<i>arc</i>	<i>дуга</i>	<i>дуга</i>
<i>increment</i>	<i>збільшення</i>	<i>увеличение</i>
<i>forearm</i>	<i>передпліччя</i>	<i>предплечье</i>
<i>shoulder blade</i>	<i>лопатка</i>	<i>лопатка</i>
<i>chest</i>	<i>грудна клітина</i>	<i>грудная клетка</i>
<i>a scapular pushup</i>	<i>віджимання від підлоги</i>	<i>отжимания от пола</i>

II. Read and translate the text.

SOME TIPS TO IMPROVE YOUR SWIMMING SKILLS

Swimming is a process that could take years to master, but if you are looking to improve your swimming speed and technique for competition purposes or just want to indulge yourself, the following tips may be of assistance to you.

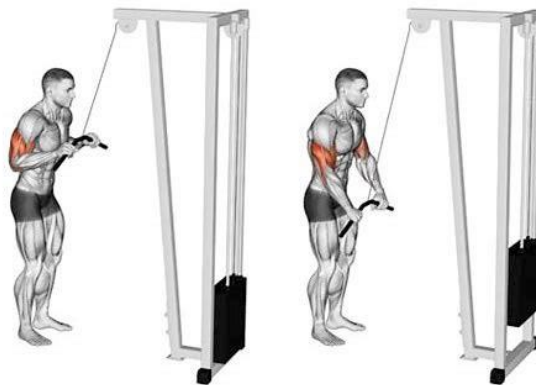
Always warm-up

Getting in the pool with cold muscles is a recipe for disaster. You will not have the flexibility you need, and there is a risk of you getting cramps and injuries.

Improve your strength. Go to the gym regularly. The gym is a great place *to develop* your legs, arms, shoulders, and neck -- the key areas that you use while swimming. *Hitting the gym* will give you lots of opportunities to do weight training exercises that can help you *strengthen* your core muscles, improve your form, and *trim* your swim times.

Do a standing double-arm triceps pushdown. Stand in front of a cable machine and place your hands on top of the bar so that they're shoulder-width apart. Pull the bar down to a point where your elbows *are* almost *locked*, then bring it up to your midline.

Perform *three* reps of 10-15 pushdowns. This exercise mimics the final movement of the initial underwater pull.



Do a barbell biceps curl. *Grip* the *barbell* with an underhand grip. Place your hands shoulder-width apart. Curl the bar toward your chest in an *arc* until it's level with your shoulders. Slowly lower the bar until your arms are straight again.

Begin without weight on the bar. After perfecting your technique, slowly add weight in small *increments* until 10-12 reps is extremely difficult for you. Perform three sets of 10-12 reps. This exercise will improve the second half of your arm pull motion during the breaststroke.



Do some scapular pushups and a plank. Support your body by balancing on your *forearms*. Keep your spine straight and point the tips of your toes down. Lower your *chest* and let your *shoulder blades* come together. Roll your shoulders to come back up to the initial position.



Do three sets of 10 *scapular pushups*. This exercise will improve your shoulder strength, making the arm movements of the breaststroke and crawl easier.

Break down each stroke into separate parts and concentrate on them individually. For example, hand entry, breathing, arm pull, and arm recovery over water.

III. Answer the questions to the text:

- 2) Why is it important to improve your swimming skills?
- 3) Do you do a warming up prior to swimming? Why (not)?
- 4) Does a swimmer have to keep their muscles strong?
- 5) What types of muscles must be strengthened? Why?
- 6) What exercise can make the muscles stronger?
- 7) Is it necessary to get a dryland preparation before swimming? What does it include?

IV. Match the synonyms:

- | | |
|---------------|-------------|
| 1) purpose | a) motion |
| 2) initial | b) input |
| 3) easy | c) frozen |
| 4) strengthen | d) tempo |
| 5) improve | e) starting |
| 6) movement | f) trunk |
| 7) cold | g) goal |
| 8) speed | h) perfect |
| 9) core | i) harden |
| 10) entry | j) light |

V. Make five sentences with the words and phrases in exercise 1.

V. *Retell the text, using words and phrases from exercise 1.*

VII. *Speaking.*

How do you understand the meaning of the following quotes:

1. "The water is your friend...you don't have to fight with water, just share the same spirit as the water, and it will help you move."

Alexandr Popov
(the greatest spring freestyle swimmer)

2. "It doesn't get easier, you get stronger"

Anonymous

3. "Behind every fearless player is a fearless coach, who refused to let them be anything but the BEST they can be."

Anonymous

Appendix

SWIMMING EQUIPMENT

Swimmers and trainers should fully understand the purpose of any swimming equipment before administering its use. The use of the aid must be appropriate to the needs of the swimmer or non-swimmer and the trainer must be familiar with how to use it.

The Most Commonly Used Swimming Equipment Include:

Swimming Goggles



Most swimmers, from beginners to professionals, use goggles to help get clear vision through the water as they swim. Using goggles is the best way to protect your eyes from all the chemicals in the swimming pool. They can also provide protection against bacteria and algae found in freshwaters that can often cause eye infection and blurred vision.

Swimsuit (techsuit)



The right swimsuit fits your body like a second skin, which means you're positioned to have a minimal amount of drag in the water. Swimsuits for competitive swimmers are designed to be as hydrodynamic as possible. When it comes to swimming performance, many athletes swear by tech suits. Tech suits reduce drag and improve oxygen economy. Finding something comfortable with the right fit for you is the key to finding the right swimsuit, whether that's a tech suit or not.

Swim cap



Swim caps do an amazing job at protecting your hair and scalp from pool chemicals. They work perfectly to reduce drag in the water making you more streamline. If you want to feel even more hydrodynamic, a swim cap will be a good investment.

Swimming Flippers



Swimming with fins improves body position by adding velocity to the stroke and also teaching the body how to swim faster on top of the water. It improves ankle flexibility and reduces shoulder stress. Swimming flippers are ideal for helping to develop strength and stamina in your leg kick, but be sure to choose the correct type.

Nose Clip



Using a nose clip can help keep water out of your nose and makes it easier to breathe while swimming. You can feel more relaxed when racing or doing swimming exercises. It eliminates the burning sensation swimmers feel when water goes up their nose while underwater. Even the most experienced swimmers can breathe more efficiently while wearing one.

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