

# Module 2

## Sports and Leisure

### Part I TEST

#### Частина «Читання»

#### Reading

#### Task 1

**Read the text below. Match choices (A – H) to (1–5). There are three choices you do not need to use. Write your answers on the separate answer sheet.**

#### The History of Football

1. \_\_\_\_\_

The first known examples of a team game involving a ball, which was made out of a rock, occurred in old Mesoamerican cultures over 3,000 years ago. According to the sources, the ball would symbolise the sun and the captain of the losing team would be sacrificed to the gods. The first known ball game which also involved kicking took place in China in the 3rd and 2nd century BC under the name *Cuju*. *Cuju* was played with a round ball on an area of a square. It later spread to Japan and was practised under ceremonial forms.

2. \_\_\_\_\_

The game was developed in England in the 12th century. That time, games that resembled football were played on meadows and roads in England. Besides kicks, the game involved also punches of the ball with the fist. It took, however, long time until the features of today's football had been taken into practice. For a long time, there was no clear distinction between football and rugby. There were also many variations concerning the size of the ball, the number of players and the length of a match. An attempt to create proper rules for the game was done at a meeting in Cambridge in 1848, but a final solution to all questions of rules was not achieved. Another important event in the history of football came about in 1863 in London when the first Football Association was formed in England. It was decided that carrying the ball with the hands wasn't allowed. A consequence of the London meeting was that the game was divided into two codes: association football and rugby.

3. \_\_\_\_\_

Football Association Challenge Cup (FA Cup) became the first important competition when it was run in 1871. The following year a match between two national teams was played for the first time. The match that involved England and Scotland ended 0–0 and was followed by 4,000 people at Hamilton Crescent. Twelve years later, in 1883, the first international tournament took place and included four national teams: England, Ireland, Scotland and Wales. In 1908 football for the first time be included as an official sport in the Olympic Games. Until the first FIFA World Cup was played in 1930, the Olympic Games football tournament would rank as the most prestigious on a national level.

4. \_\_\_\_\_

No other sport event besides the Summer Olympic Games can today measure itself with the FIFA World Cup. The first edition of the FIFA World Cup was played in 1930 in Uruguay and has since then returned every fourth year (with two exceptions due to the Second World War). In 1991 the first World Cup for women was held in China and has since then also returned every fourth year. Today the biggest global tournament for clubs is the Champions League (played since 1992), the former European Cup (1955–1991).

5. \_\_\_\_\_

In the late 19th century, only a few national football teams existed; England and Scotland had the first active teams that played games against each other in the 1870s. Today there are 211 national associations included in the Fédération Internationale de Football Association (FIFA), the world governing body of the sport. The number of nations participating in the World Cup qualifiers increased from 32 in 1934 to over 200 in 2014. The world regions have been divided into six confederations.

(Adapted from: <https://www.footballhistory.org/>)

- A The great modern competitions
- B The first football clubs
- C Globalisation of the biggest sport in the world
- D Formations in football
- E Premier League history
- F The precursors of football
- G The first competitions
- H The game of football takes its form

## Task 2

**Read the text below. For questions (6–10) choose the correct answer (A, B, C or D). Write your answers on the separate answer sheet.**

### The Olympic Games

For the ancient Greeks, the Olympic games existed since mythical times, but no definitive time of their inauguration can be identified with any certainty. The first Olympiad was held in 776 BC, and this is the year that provides the first accurate chronology of Greek history. The athletic games were held every four years during the second (or possibly the first) full moon in August, and the celebrations lasted five days.

Only free male Greeks were eligible to participate in the games, and they came from all corners of the Mediterranean, including colonies from Magna Grecia and the Pontus. Slaves and women were banned from the sanctuary under penalty of death. Women however were allowed to sponsor events, teams and athletes. In addition, a competition with exclusive events for boys were introduced in 632.

During the games warring Greeks had to cease all hostilities because it was mandatory to participate in peaceful assembly. To this end, officials from Olympia travelled ahead of time throughout Greece to announce the assembly and to proclaim the ceasing of all hostilities (for up to three months) so all participants could find safe passage to the sanctuary.

More importantly, the games reflected the Greek's ideals: a free individual who aspires to achieve excellence through a contest governed by just laws. Just like the games, Greeks in their everyday lives competed intensely with each other in the political realm, in the economy, and in the battlefield. They competed by placing enormous importance on the value of the individual, and by respecting the rule of law that was above all.

Initially, the games were a local affair and the only event was the sprinting race, but in the 8th and 7th centuries BC wrestling, boxing, and equestrian events were added, as well as the pentathlon (an event that combined running, long jump, discus and javelin throwing, and wrestling), and the pankration which was a vicious form of boxing with little to no rules. The Olympics in ancient Greece also included poetry and writing competition, and it provided a peaceful ground where Greeks discussed and forged agreements on military, commercial, and political matters.

Winning an Olympic event bestowed fame and great honour to an athlete. The winners were announced by a herald following each event, and they were rewarded with a wreath. Tradition holds that cities will welcome back their Olympic winners by symbolically destroying part of their defensive walls.

The modern Olympic revival began in 1896. Since then, the Olympics have occurred every four years in different countries (interrupted only by the two World Wars), and they have become one of the largest sports entertainment events in the world, drawing billions of dollars in revenues, and enjoying wide participation by the vast majority of nations. As a tribute to their ancient roots, before each Olympic event the Olympic flame is initiated in ancient Olympia, in the temple of Hera. In an imaginative choreography that depicts the ancient Vestal Virgins, the Olympic torch is inflamed by sun rays concentrated by a concave mirror on its tip. From Olympia then this flame travels in a festive race to the country which holds the games. The flame burns for the duration of the Olympics, and its extinguishing marks their closing.

*(Adapted from: <https://ancient-greece.org/culture/olympic-games.html>)*

- 6. Why was it necessary to proclaim the ceasing of hostilities during the early Olympic games in Greece?**
- A The merchants could reach better contracts.
  - B The athletes should have the possibility to get to Olympia without obstacles.
  - C The second full moon in August was the best time for agriculture.
  - D It was the only time when slaves were allowed to participate in the games.
- 7. Which of the following is NOT mentioned in the text?**
- A Greeks shared the same values in sports and in political competitions.
  - B Just laws were very important for the contestants
  - C The concept of rule of law has become obsolete for the Greeks after the first games.
  - D The concept of a free individual was one of the ideals of the Greeks.
- 8. What kind of sports was initially included into the games?**
- A Pankration
  - B Wrestling
  - C Pentathlon
  - D Running
- 9. How did the home city greet the winners of the games?**
- A Ruining the walls
  - B Awarding a wreath
  - C Constructing a monument
  - D Announcing the winner's name
- 10. Which of the following is true?**
- A The Olympic flame starts its journey in the country which holds the games.
  - B Sun rays are used to light the Olympic fire.
  - C The extinguishing of the fire marks the beginning of the games.
  - D The Olympic flame is lit in the temple of Zeus.

### Task 3

**Read the texts below. Match choices (A – H) to (11–16). There are two choices you do not need to use. Write your answers on the separate answer sheet.**

### Sport Courses at the University of Stirling

**11. Our Sport Business Management** course equips you to meet the industry's need for technically competent, customer-oriented and commercially-minded practitioners who can apply their knowledge across

the domestic and international sports markets. You'll graduate with core management skills and an understanding of key contemporary issues in sport business – from marketing to sponsorship, event management and corporate social responsibility. There are three key components to the course: sport management and technical expertise; business enterprise; and market awareness. Everything you study will be rooted in the needs of industry, and you'll be taught in realistic, sports-based working environments.

**12. Our Sport Development and Coaching** course will teach you about: sports in society, the science of sports performance, the nature of sports organisations, theory and practice of sport coaching and sport development. On completion of the course, you will be an independent learner capable of critical analysis and competent in communicating through a range of mediums, to a range of audiences. Furthermore, you will have laid the foundations for being an independent researcher preparing you for further study at MSc or PhD/ Professional Doctorate level.

**13. Become a Sport and Exercise scientist** with our BSc **Sport and Exercise Science** degree and you can transform lives and sporting careers. You'll learn from our experts in sport and exercise physiology, nutrition, genetics, medicine, health and physical activity. Our research and performance analysis laboratories enable you to develop your scientific and practical skills in a world-class learning environment. Our course will prepare you for the many career opportunities available in Sport and Exercise Science. Our BSc Sport and Exercise Science degree is delivered jointly by the Faculty of Health Sciences and Sport and the Faculty of Natural Sciences, combining a wide range of expertise to ensure an unrivalled student experience.

**14. Sport Nutrition** is an increasingly vital part of elite sports and there has never been a better time to specialise, as recreational competitive sports and elite performance sports grow increasingly popular in the UK. The University of Stirling is one of only six universities worldwide approved to provide this Master's conversion course in sports nutrition. This course focuses on the science behind sports nutrition and is designed specifically for students who already have an International Olympic Committee (IOC) Diploma in sports nutrition and want to further their knowledge.

**15. Sport Performance Coaching** is the first course of its kind in Scotland. This innovative online Master's course gives experienced coaches the chance to improve their coaching knowledge and skills through cutting-edge best practice and research. The course is also suitable for coach developers who are seeking to enhance their work with coaches. This MSc Sport Performance Coaching degree will develop your critical analysis skills, improve your problem-solving abilities and teach you innovative solutions to coaching problems. You'll examine modern best practice in coaching from case studies, peers and leading coaches. Throughout the course, you'll examine and improve your understanding and practice of coaching, develop smart strategies and boost performance.

**16. Sport degrees combined with other subjects.** Interested in the management and delivery of sport? Wonder how psychology enhances sports performance? Considered the local and global importance and impact of sport? If you're thinking about a career in sports, a tailored Sports degree from Scotland's University for Sporting Excellence will help you be the difference. You can choose from modules exploring: Sports policy and management; Physical activity and health; Sports development and coaching; Sport, culture and society. In addition, our extracurricular volunteering opportunities and Sport Union clubs enable you to earn qualifications and gain valuable sport management experience alongside your academic degree.

*(Adapted from: <https://www.stir.ac.uk/subjects/sport/>)*

**According to the descriptions, which sport course at the University of Stirling \_\_\_\_\_?**

**A** involves a major research component

**B** gives the opportunity to select modules from four subject areas

- C requires submitting a special application
- D can be taken at a very few other universities
- E is taught by the staff of two faculties
- F will provide you with the opportunity to study at the doctoral level
- G has three main elements
- H is delivered distantly

#### Task 4

Read the text below. Choose from (A – H) the one which best fits each space (17–22). There are two choices you do not need to use. Write your answers on the separate answer sheet.

### Snow Sports to Try instead of Skiing or Snowboarding

#### Dog Sledding

Dog sledding is a fantastic way of seeing the gorgeous landscapes around you on a personal tour across snow and ice. Sliding along in a sleigh is a dreamlike process (17) \_\_\_\_\_ nature and all the wonders it has to offer up close and personal.

#### Snowshoeing

Snowshoeing is the fastest growing winter sport in the world, primarily because it is simple (18) \_\_\_\_\_ and inexpensive (compared to other snow sports). There are many levels of snowshoeing, whether you want to hike for pleasure, trek through the backcountry, or competitively race. Snowshoeing is a fantastic alternative for skiing.

#### Ice Climbing

Ice climbing is pretty much what it says on the tin – climbing ice. Ice climbing is very similar to rock climbing and uses ropes and crampons to ascend beautiful icefalls, frozen waterfalls, cliffs and frozen rock faces. In most resorts, you can take guided climbing lessons, which everyone can do (19) \_\_\_\_\_ of fitness.

#### Ski Biking

This is an awesome sport to try if you're a skier or snowboarder and fancy trying your hand at something a little different. It's similar to mountain biking, except on snow, with mini-skis instead of wheels, and you break and slow down by digging your feet into the snow! When on the nursery slopes, ski biking is really easy, it only (20) \_\_\_\_\_ when on steeper routes.

#### Mountaineering

Mountaineering (otherwise known as alpinism) includes a whole host of activities, including climbing, trekking, scrambling, and even crossing glaciers. Each resort (21) \_\_\_\_\_ terrain ready to be explored and discovered, just make sure you do your research before setting out. You can head out with someone experienced, or join a local tour group, either way, don't go out alone if you're a novice mountaineer.

#### Ski Touring

Ski touring is similar to backcountry skiing and is normally done off-piste and away from ski resorts. It has links to hiking and wilderness backpacking and often lasts more than one day. Ski touring involves sliding up a mountain wearing skins over your skis. When you reach the top, you can enjoy a brief moment to take in the beauty of the world, and then have an awesome off-piste adventure skiing down again. If you've never done ski touring before, make sure (22) \_\_\_\_\_ as it's important to have good navigation skills, an awareness of the risks of the mountain, and you must be able to assess the snow conditions to reduce the risk of avalanches.

*(Adapted from: <https://www.silverswanrecruitment.com/28-winter-sports-to-try/>)*

- A providing you've got a good level
- B comes with its own unique

- C it is an incredible experience
- D to master and learn
- E you head out with an experienced team
- F to experience
- G try your hand at one of
- H starts to get more difficult

## Частина «Використання мови» Use of English

### Task 5

Read the text below. For questions (23–32) choose the correct answer (A, B, C or D). Write your answers on the separate answer sheet.

### England Coach Neil Craig Hit by Bottle before Scotland Match

Eddie Jones (23) \_\_\_\_\_ that a beer bottle was thrown at his right-hand man Neil Craig. Six Nations organisers were (24) \_\_\_\_\_ after Eddie Jones claimed a bottle had been thrown at a member of England's backroom staff before Saturday's Calcutta Cup match.

Neil Craig, the RFU's head of elite performance and Jones' right-hand man, was struck on the head by a plastic bottle as the team arrived at Murrayfield. However, video footage on social media (25) \_\_\_\_\_ the strong winds may have been to blame, with a bottle landing on the team bus before being blown off. Scottish Rugby said an apology had been given (26) \_\_\_\_\_ the England team manager but said "there is no (27) \_\_\_\_\_ the bottle was thrown or intended to hit any individual". Craig was unhurt by the incident.

England won the Calcutta Cup for the first time since 2017 after defeating Scotland 13–6, but Jones was unhappy with the (28) \_\_\_\_\_ reception his side received. Despite the terrible wind and rain, Owen Farrell was subjected to repeated booing while taking (29) \_\_\_\_\_ at goal. Ellis Genge says calls for Eddie Jones to be (30) \_\_\_\_\_ were premature after England beat Scotland 13–6.

Jones had prepared England for a hard match in Edinburgh and the head coach was not disappointed at the end of a week during which aggressive language was (31) \_\_\_\_\_ between players. "We weren't expecting beer bottles to be thrown (32) \_\_\_\_\_ us, so that's a pretty good trick," said Jones.

*(Adapted from: <https://www.skysports.com/rugby-union/news/12333/11930652/six-nations-probe-after-england-coach-neil-craig-hit-by-bottle-before-scotland-match>)*

23	A	claimed	B	provoked	C	demanded	D	requested
24	A	searching	B	following	C	investigating	D	proving
25	A	recommends	B	suggests	C	submits	D	proposes
26	A	to	B	on	C	under	D	for
27	A	clue	B	data	C	documentation	D	evidence
28	A	friendly	B	hostile	C	welcoming	D	helpful
29	A	hits	B	kicks	C	punches	D	swings
30	A	invited	B	welcomed	C	encouraged	D	removed
31	A	shown	B	seen	C	exchanged	D	displaced
32	A	in	B	with	C	on	D	at

## Task 6

Read the text below. For questions (33–42) choose the correct answer (A, B, C or D). Write your answers on the separate answer sheet.

## Garnacho's Great Goal

If Manchester United (33) \_\_\_\_\_ scored one more goal, they (34) \_\_\_\_\_ as the winner in their group and avoided two extra games in February. They were in complete control in the first half but did not manage a single shot on target after half-time. On a wet night in the Basque Country, Garnacho became (35) \_\_\_\_\_ youngest non-English scorer in Europe at the age of 18 years and 125 days.

Four weeks ago, the Argentina young player scored a winning goal for United's in the EFL Trophy, and last Thursday made his full debut in the 3–0 Europa League winning (36) \_\_\_\_\_ Sheriff Tiraspol at Old Trafford.

Ten Hag praised Garnacho's "great finish" a week after showing that he (37) \_\_\_\_\_ by the teenager's attitude earlier in the season. "He is still only young but he is doing very well", said Fernandes after the game. "(38) \_\_\_\_\_ the beginning of the season he was not at his best. He didn't have the best attitude that he should have on tour. But he (39) \_\_\_\_\_ his chances now".

Garnach's goal was the perfect start for Ten Hag's team and the youngster (40) \_\_\_\_\_ with another opportunity but he missed it. Real Sociedad were missing several players because of injury. "We win today but of course we are disappointed we (41) \_\_\_\_\_ score two goals", added Ten Hag, whose team are unbeaten in their past nine domestic and European games. "We (42) \_\_\_\_\_ to wait for the draw. We have two extra matches and it's a hard season but we have a team, we have to deal with that and we will do".

(Adapted from: <https://www.bbc.com/sport/football/63490582>)

33	A	have	B	had	C	has	D	haven't
34	A	would have advanced	B	will advance	C	would advance	D	won't advance
35	A	United	B	Unites	C	United's	D	Unities
36	A	with	B	over	C	beyond	D	ahead
37	A	was annoyed	B	is annoyed	C	will be annoyed	D	had been annoyed
38	A	In	B	Since	C	From	D	At
39	A	is deserving	B	will deserve	C	deserved	D	will be deserving
40	A	presented	B	was presented	C	is presented	D	presents
41	A	won't	B	hadn't	C	didn't	D	haven't
42	A	shall	B	should	C	must	D	have

## PART II VOCABULARY FOCUS

1. Complete the following sentences with a word or expression from the box.

running player	athleticism points short-track	teams clubs boxing	racing competition chess	spectator divisions football
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1. In \_\_\_\_\_ players can only use punches to strike the opponent above the belt, otherwise, they will be penalised.

2. The competition element of sport, along with the aesthetic appeal of some sports, result in the popularity of people attending to watch sport being played; this has led to the specific phenomenon of \_\_\_\_ sport.
3. Sports science is a widespread academic discipline, and can be applied to areas including athlete performance, such as equipment, e.g. improved \_\_\_\_ shoes or competitive swimwear.
4. During the first season, 12 clubs joined the league, but soon more clubs became interested and the competition would consequently expand into more \_\_\_\_.
5. Netflix will face a \$5 m defamation lawsuit by a Georgian \_\_\_\_ master who alleges she was defamed in the hit series The Queen's Gambit.
6. Chelsea decided to continue with the current squad rather than sign a \_\_\_\_ they only want for six months.
7. However, the former speed skater Yang Yang, who won two \_\_\_\_ gold medals at the 2002 Winter Games, insisted that athletes would be free to talk.
8. At Eton the ball was played exclusively with the feet and this game can be seen as a close predecessor to the modern \_\_\_\_.
9. Joshua didn't win on \_\_\_\_ when he met Usyk for the first time back in September.
10. Whereas the English \_\_\_\_ preferred to run forward with the ball in a more rugby fashion, the Scottish chose to pass the ball between their players.
11. Formula One has announced that the Singapore Grand Prix will continue for another seven years; \_\_\_\_ was not possible in 2020 and 2021 due to the coronavirus pandemic.
12. Football \_\_\_\_ have existed since the 15th century, but unorganised and without official status.
13. Sport is generally recognised as a system of activities which are based in physical \_\_\_\_ or physical dexterity, with the largest major competitions such as the Olympic Games.
14. SportAccord uses the following criteria, determining that a sport should have an element of \_\_\_\_ and be in no way harmful to any living creature.

## 2. Choose the best word which completes each of these sentences.

1. Sport Relief is a UK charity which asks celebrities to perform sporting \_\_\_\_ in order to raise money for people in Africa.  
*a. confrontations*      *b. challenges*      *c. victories*      *d. tests*
2. Yandle said: "To play in even one NHL game is a remarkable \_\_\_\_ but to play in every game for 13 years takes unbelievable talent".  
*a. acquirement*      *b. enactment*      *c. production*      *d. achievement*
3. This commandment forbids us to kill or \_\_\_\_ other persons or ourselves.  
*a. injure*      *b. distress*      *c. spoil*      *d. weaken*
4. \_\_\_\_ a soccer ball is the most complicated soccer skill.  
*a. Kicking*      *b. Blowing*      *c. Snapping*      *d. Giving up*
5. Liverpool's wish to achieve their first top title in 30 years is "outstanding", says Jurgen Klopp after his side edged a narrow \_\_\_\_ over Norwich which is in the bottom of the table.  
*a. achievement*      *b. victory*      *c. defeat*      *d. advantage*
6. It means Klopp's men need just five more \_\_\_\_ from their remaining 12 games to guarantee their first Premier League title.  
*a. wins*      *b. defeats*      *c. losses*      *d. accomplishments*
7. He'll be all right, however; he's young, and \_\_\_\_ as a peach.  
*a. lively*      *b. strong*      *c. vigorous*      *d. healthy*
8. Having been pegged back for a long period, Norwich could have \_\_\_\_ on the counter-attack.  
*a. numbered*      *b. graded*      *c. recorded*      *d. scored*



9. Duplantis cleared 6.18 m at the first \_\_\_\_\_ in Glasgow and received \$30,000 for the achievement.  
*a. bid*                      *b. attempt*                      *c. endeavour*                      *d. experiment*
10. Her pity was sad and beautiful and at the same time it appeased her \_\_\_\_\_.  
*a. injury*                      *b. pain*                      *c. illness*                      *d. sickness*
11. We saw a victory by an athlete at the very peak of her \_\_\_\_\_ and career.  
*a. fitness*                      *b. health*                      *c. strength*                      *d. vigor*
12. The 21-year-old Scot, who recently broke three British indoor records in a week, \_\_\_\_\_ in a time of four minutes 4.07 seconds.  
*a. achieved*                      *b. won*                      *c. gained*                      *d. overcame*
13. In football, American goalkeeper Brad Friedel holds the Premier League \_\_\_\_\_.  
*a. record*                      *b. registry*                      *c. performance*                      *d. career*
14. Kouassi, a 17-year-old defender, scored his first two league \_\_\_\_\_ from Julian Draxler and Angel di Maria corners.  
*a. targets*                      *b. goals*                      *c. marks*                      *d. objects*

### 3. Choose the correct word.

- The 35-year-old American surpasses the mark set by Philadelphia Flyers defenseman Keith Yandle last **period** / **season**.
- If you grow up and have **powerlessness** / **muscles** like them, you can call yourself a man.
- The team has just **signed** / **endorsed** a new player.
- "I go back into the changing room and we chat about the things and then I am like 'Oh, but congratulations. We won the game, another three **marks** / **points**.'"
  - Ligue 1 leaders Paris St-Germain **won** / **drew** 4–4 with Amiens in a remarkable game.
  - Armand Duplantis broke his own pole vault world **record** / **maximum** by clearing 6.18 m at the Indoor Grand Prix in Glasgow on Saturday.
  - Amiens, who are in the relegation zone, raced into a huge lead when Gael Kakuta set up a Serhou Guirassy opener before **scoring** / **rating** a brilliant second himself.
  - Erik ten Hag's side needed to win by two **matches** / **goals** or more in Spain to finish top of the group.
  - While Arsenal's margin of **victory** / **defeat** could have been more significant, there were still other positives for Arteta to take.
  - While they made a slow **jerk** / **start**, the Premier League leaders achieved their objective.
  - We only lost the game because the **referee/spectator** was biased.
  - The tennis tournament, featuring the eight best **players** / **gamers** of the year, was moved from usual host city for the second successive year.
  - Our team reached the **semi-final/semi-closing** but then we were beaten.
  - In 2014, Eve Muirhead was the youngest skip to win an Olympic **medal** / **badge** as her team claimed bronze.

### SELF-CHECK

<i>Sports and Leisure Vocabulary</i>	<b>Word patterns</b>
<b>Leisure</b>	be/stay/keep/get in shape
relaxing	be hurt/in pain/injured
dabble	complain of/about
hobby	be good/bad at sth
idle	worry about

<p>collection  enthusiasm  passion / passionate  fanatic  talent / talented  thrill  pursue  startling  overrate / underrate  self-esteem  persistence  obsessed  acquire  examine  noticeable  deliberate  pursuit  conclusion  insight  riddle</p> <p><b>Sport</b>  <i>sports and sportspeople</i>  archer / archery  athlete / athletics  baseball  basketball  boxer / boxing  cross-country skiing  diver / diving  downhill skiing  fencer / fencing  football (<i>AmE</i> soccer)  golf / golfer  gymnast / gymnastics  hammer throw(ing)  hockey  (long / high / triple) jump  marathon  pole vault  race  rollerblades (<i>pl</i>) / rollerblading  rollerskating  run / runner  skateboard / skateboarding  skater / (figure / speed) skating  ski jump / ski-jumper  skier / skiing</p>	<p>be tired of/be sick of/be bored of  be in danger of  benefit from  cope/deal with  suffer from  be worth (ing)  in need of sth  exposure to  a result of  be prone to sth  the advantage/disadvantage of sth</p> <p><i>doing a sport</i>  do – aerobics / high / long jump / judo  go – riding / skiing / swimming  play – bridge / football / tennis  score – a goal / a point  throw – the discus / the javelin / the hammer</p> <p>win (a game / a match)</p> <p>avoid (stress)  be a fitness fanatic / freak  cut down (on fatty food)  do (regular) exercise  give up (smoking)  get enough sleep  (be) out of shape  stay fit  stay in shape  feel (a bit) off-colour (<i>informal</i>)  feel (a bit) under the weather (<i>informal</i>)  feel a bit poorly  feel dizzy  feel drowsy  feel sick  feel terrible  addicted (to drugs / alcohol)</p>
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sprint / sprinter  
 sumo wrestling  
 swimmer / swimming  
 table tennis / tennis  
 volleyball  
 water polo / water sports  
 weightlifter / weightlifting  
 windsurfer / windsurfing  
 wrestle / wrestling  
*people, places, things, events*  
 amateur  
 bat  
 champion / championship  
 coach  
 competition  
 (tennis, squash, badminton) court  
 draw  
 drug test  
 fan  
 goal / goalkeeper  
 gym (gymnasium)  
 ice skates  
 net  
 Olympic games  
 (football / rugby / hockey) pitch  
 professional  
 racket  
 referee / umpire  
 (ice / skating) rink  
 score  
 ski slope  
 spectator  
 sports equipment / sports facilities  
 stadium  
 (hockey) stick  
 supporter  
 team sport  
 tournament  
 train  
 turn professional  
 work out

**Phrasal verbs**

get up to – do an activity  
 feel up (to) – feel well enough to  
 cut down (on) – reduce the amount of  
 get over – recover from  
 give up/in – stop doing  
 look after – take care of

**Word formation**

exhaust – exhausted, exhausting, exhaustion  
 tire – tired, tiring, tiresome  
 aware – awareness, unaware  
 prepare – preparation, prepared  
 recover – recovery  
 injure – injured, injury

<p>put on – gain weight  work out – do exercise  warm up – prepare for sth  get rid of – throw/give away or sell  pull through – recover from  sign up for – do/join a team or club</p>	<p>pain – painful, painless  suffer – suffering  bore – boredom, boring, bored  train – training, trained  swell – swelling  like – likely, likeliness</p>
<p><b>Fixed phrases</b>  as far as I know  likely to result in  take care  as (one) can imagine  be somewhat sth  (feel) as good as new (<i>informal</i>)</p>	<p><b>Idioms</b>  Get your heart pumping – get active/excited  Push yourself – make an effort  Risk life and limb – do something very dangerous  Feel like smb is made of glass – be prone to injury  Follow suit – do the same as smb</p>