English: Sports II

Presentation 10

About…

- Mgr. Jan Procházka, PhD.
- Till the end of the quarantine:
  - Via email
  - Via skype (jan.p.7) on Mondays 13:00-14:00
  - This week on Thursday the 23rd of April 13:00-14:00
- ~~Mondays 13:30-14:30 H238 or H063~~

Classes During the Quarantine

- Via email or moodle (presentations, homeworks)
- Possible via skype (jan.p.7): On Wednesdays 13:00-14:00

- For tasks and homeworks: The files you deliver should have the name(s) of the author(s) in the nameof the file. If it is a new version, insert there also the version number or date, please.

Health and Fitness

Tancred (1995) believes that: "*One of the misconceptions in the sports world is that a sports person gets in shape by just playing or taking part in his/her chosen sport. If a stationary level of performance, consistent ability in executing a few limited skills is your goal, then engaging only in your sport will keep you there. However, if you want the utmost efficiency, consistent improvement, and balanced abilities sportsmen and women must participate in year-round conditioning programs. The bottom line in sports conditioning and fitness training is stress, not mental stress, but adaptive body stress. Sportsmen and women must put their bodies under a certain amount of stress (overload) to increase physical capabilities.*"

References
TANCRED, B. (1995) Key Methods of Sports Conditioning. Athletics Coach, 29 (2), p. 19
DAVIS, B. et al. (2000) Training for physical fitness. In: DAVIS, B. et al. Physical Education and the study of sport. London: Harcourt Publishers, p.121-122
SUNI, J. H. et al. (1996) Health-related fitness test battery for adults: aspects of reliability. Archives of physical medicine and rehabilitation, 77 (4), p. 399-405

Source: MACKENZIE, B. (1997): *Conditioning* [WWW] Available from: https://www.brianmac.co.uk/conditon.htm [Accessed 17/4/2020]

Health and Fitness

The preceding slide is an example of a text with one of the possibilities of quoting and a respective list of references. This one is not completely up to the Czech rules, but it is a good example for references in English.

You can find more information on the faculty website: https://ftvs.cuni.cz/FTVS-161.html - please, do: You can reach higher points for your tasks, if you do this correctly (do not forget, I have been asking it for weeks in the last slide of the presentations).

The light blue text is the source, where I have taken it from.

Bigger Is Better, Except When It’s Not

Filip Kwiatkowski for The New York Times, By Gina Kolata, Sept. 27, 2007

LOOKING back, Dr. Michael Joyner thinks he chose the wrong sport when he became a distance runner. He should have been a swimmer or a rower.

Dr. Joyner, an anesthesiologist and exercise researcher at the Mayo Clinic, was fast — he ran a marathon in 2 hours 25 minutes. But, at 6-foot-5, and 175 pounds at his lightest, he was simply too big to be great.

It turns out that there are rules governed by physics to explain why the best distance runners look so different from the best swimmers or rowers and why being big is beneficial for some sports and not others.

That does not mean that parents should push their children into a sport based on their body type, exercise physiologists say. Most people who run or swim or do other sports, even competitively, do it because they love the sport, not because they are aiming for the Olympic Games. Many also choose a sport because they discover they are good at it.

For example, Dr. Niels H. Secher, an anesthesiologist, exercise researcher and rower at the University of Copenhagen, started rowing when he was 14. He always was big — he weighs 205 pounds — and he immediately loved to row and went with it. “If it works well, you think you are great and you follow up on your success,” he said.

But understanding why body size matters in certain sports can open your eyes to other possibilities, exercise researchers say.

https://www.nytimes.com/2007/09/27/health/nutrition/27Best.html

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"I've told people: 'You're tall. Why not try swimming?'" Dr. Joyner said. "Anything worth doing is worth doing well and anything worth keeping a score is worth posting a good score."

The rules of physics say that distance cycling and distance running are for small people. Rowing and swimming are for people who are big. The physics is so exact that when Dr. Secher tried to predict how fast competitive rowers could go, based only on their sizes and the weights of their boats, he was accurate to within 1 percent.

At first glance, a big rower (and elite male rowers can weigh as much as 250 pounds) may seem to be at a disadvantage trying to row hard enough to push a boat through the water. But because water buoys the boat, weight becomes less of an issue compared with the enormous benefits of having strong muscles.

Their bigger muscles allow bigger people to use more oxygen, giving them more power. It's like having a bigger motor, Dr. Secher said. Bigger muscles, with their larger cross-section, also are stronger. And bigger muscles can store more glycogen, their fuel for short intense spurts.

The same reasoning explains why elite swimmers are big. Great male swimmers often are 6 feet 4 inches tall, and muscular. And because of the advantage that large muscles give for sprints over short distances, the shorter the distance an athlete must swim, the greater the advantage it is to be big.

https://www.nytimes.com/2007/09/27/health/nutrition/27Best.html

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Tall swimmers also have another advantage: because swimmers are horizontal in the water, their long bodies give them an automatic edge. “It’s the difference between long canoes and short canoes,” Dr. Joyner said.

Distance running is different. Tall people naturally have longer strides, but stride length, it turns out, does not determine speed. Running requires that you lift your body off the ground with each step, propelling yourself forward. The more you weigh, the harder you have to work to lift your body and the slower you will be.

The best runners are small and light, with slim legs. “If you have large legs, you have to move a big load,” Dr. Secher said. “The smaller you are, the better you are.”

Of course, there are a few exceptions to the scaling rules. There was the Australian runner Derek Clayton, who weighed 160 pounds and set a world marathon mark in 1969.

https://www.nytimes.com/2007/09/27/health/nutrition/27Best.html

Homework Of the Week: To Deliver via moodle or email

Bigger Is Better, Except When It's Not

- Find several additional sources regarding the topic of physical advantage (and/or modifications to the body with the help of the modern medicine) in general and those regarding two preferred sports. You must use and combine more sources for each of them.
- Write a short text regarding this topic – physical advantage (and/or modifications to the body with the help of the modern medicine), with focus on the two chosen sports, comment on it. It can have a form of an essay. Expected length – min. 4 pages, max. 10 pages. The paper contains the author's name.
- Add five questions you would ask an educated reader (i.e. not easy ones!) after reading your paper. To the last page of the paper, answer these questions yourself. My judgment on these questions and answers shall be included into my grading criteria).
- Upload/send an own text (.odt, .docx, .rtf, or .pdf), Times New Roman, size 12, 1.5 lines, of more than two pages, max. five pages.
- The content and grammatical correctness of the text shall be regarded - do not use any translator (they do it incorrectly).
- Use references and make a list of references at the end (not calculated in the limits above). Try to follow the advice on slide 4 or from https://ftvs.cuni.cz/FTVS-161.html.
- For tasks and homeworks: The files you deliver should have the name(s) of the author(s) in the filename. If it is a new version, insert there also the version number or date, please.
- Time limit for uploading: the 30th of April, 2020, 23:00.

Homework For Two Weeks: To Deliver via moodle or email

Activities In a Sport

- Choose two sports, for which you shall find specific glossary (technical or specialist terms, jargon, colloquial terms) and definitions for activities, movements, premises, jerseys, items, and/or synonyms for each of these sports. Write them down with a short explanation **in your own words**. You can add a Czech translation, if you know it.
- Expected length – min. 15 terms per sport, at least two sports. The paper contains the author‘s name.
- Add five questions you would ask an educated reader (i.e. not easy ones!) after reading your paper. To the last page of the paper, answer these questions yourself. My judgment on these questions and answers shall be included into my grading criteria).
- Upload/send an own text (.odt, .docx, .rtf, or .pdf), Times New Roman, size 12, 1.5 lines, of more than two pages, max. five pages.
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- Use references and make a list of references at the end (not calculated in the limits above). Try to follow the advice on slide 4 or from https://ftvs.cuni.cz/FTVS-161.html.
- For tasks and homeworks: The files you deliver should have the name(s) of the author(s) in the filename. If it is a new version, insert there also the version number or date, please.
- Time limit for uploading: the 7th of May, 2020, 23:00.