

English: Sports II

Presentation 14

Classes now

- Classes end on the 22nd of May!
- Consultation availability: For personal issues Mondays 13:30-15:00 H238 or H063 or by email
 - *By preference, after a former agreement via email – because of the limits of the number of students present!*
- For classes (i.e. class-oriented/ in the form of a class: Next week Tuesday **14:45-16:15!**

Classes During the Quarantine

- Classes are starting again! On Monday!

https://ftvs.cuni.cz/FTVS-2120-version1-opatreni_prodekana_pro_studium_c_1__2020.pdf

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

Examination

- All tasks must have been delivered
 - Max three absences and/or undelivered tasks
- Oral Exam – as foreseen
 - From both semesters!
 - The digital book
 - Sports (athletics, gymnastics, sport games /basketball, football (soccer), ice hockey, volleyball/, swimming)
 - Your sport – possible extra questions
 - Expected to last for 45 minutes

Your Former Tasks

- Very different texts and visions
- Mistakes in English
- Criteria
- Points: 10- punishments
- How it can help: 7,5+

Your Former Tasks

- Factors
- Length 2-3, 3-5, 5-8 per person, 4-10 (per mistake 3-5)
- Grammar and typos
- Sources and references (number, form)
 - Wikipedia etc.
- Knowledge
- Logics
- Questions (and answers)
- Other demands (two sports)

Your Former Tasks

- E.g. Olympics – only -1 possible
- If “acceptable“:
 - Grammar/typos
 - Logics
 - Knowledge

Your Former Tasks

- E.g. Olympics – only -1 possible
- If “acceptable“:
 - Grammar/typos
 - Logics
 - Knowledge

Your Former Tasks

- Frequent mistakes
 - Punctuation
 - Grammar/typos:
 - Use correction!
 - Check the words
 - Influence of Czech language
 - Sources / references

Referencing

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]

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

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).

Physical Movement

As you are supposed to know the whole publication by Koudelková & Kosová (cf. Former slide), read it through. It is on <http://web.ftvs.cuni.cz/eknihy/jazyky/sportstudiesfundamentalterminologyinenglish/Texts/0a-Content.html> and you can find it on the Faculty website also via Studenti - Bakalářské studium a navazující magisterské studium - Elektronické publikace a studijní opory (This is a reminder, you should know it!)

So far, you should know all the chapters 1-7, at least partially

KOUDELKOVÁ, A., KOSOVÁ J. Sport Studies : Fundamental Terminology in English. Praha : UK v Praze FTVS, 2008. 119 s. ISBN 978-80-86317-62-5. (elektronická publikace)

Your Former Tasks

AJ Sport LS 2020

úkol 5 (prez. 7): Economic problems in Sport

Jméno/důvod strhnutí	mimo téma, max 2b	gramatika a překlepy, max 1b	málo stran textu(1), max 1b	méne zdrojů než v zadání, max 1b	znalostní chyby (2), max 1b	logické chyby (2), max 1b	základ 10 bodů
Bohůnková Marie							
Boukal Štěpán	2	1	1	0	0	1	10
Gacek Tomáš							
Hellinger Jan	0	0,5	1	0	0	0	10
Chlupáčová Zuzana	0	0,5	1	0	0	0	10
Jarůněk Martin							
Jech Jonáš	0	0,5	1	0	0	0,5	10
Kaifer Jan							
Kaprál Karel	2	1	1	1	0	1	10
Karaqj Leon							
Klempířová Tereza	0	1	1	1	0	0	10
Koštejn Ondřej							
Menc Miroslav							
Průša David	0	0,5	1		1	1	10
Radimský Marek	0	1	1	0	0		10
Roub David							
Říha Vojtěch							
Špaček Jan	0	0,5	1	1	0	1	10
Vyhnalíková Michaela							

(1) Zadaný počet stran byl pro text. Pro strhnutí tedy byly odečteny obrázky, příp. titulní strana, seznam zdrojů atd.

(2) Chyby způsobené špatnou logikou nebo neznalostí látky probrané v rámci předchozího studia nebo které by měl "každý znát"

Pro příště: nepoužívejte wikipedii ani jiné zdroje, u nichž se dá pochybovat o kvalitě informací. Z wikipedie můžete jít na odkazy, pokud jsou lepší

Your Former Tasks

AJ Sport LS 2020

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Jméno/důvod strhnutí	znalostní chyby (2), max 1b	logické chyby (2), max 1b	základ 10 bodů	Součet	Poznámka
Bohůnková Marie					
Boukal Štěpán	0	1	10	5	
Gacek Tomáš					
Hellinger Jan	0	0	10	8,5	chybí seznam zdrojů na konci, ale máte odkazy (bez penalizace)
Chlupáčová Zuzana	0	0	10	8,5	
Jarůněk Martin					
Jech Jonáš	0	0,5	10	8	správně by měly být odkazy i u obrázků (bez penalizace)
Kaifer Jan					
Kaprál Karel	0	1	10	4	
Karaqí Leon					
Klempířová Tereza	0	0	10	7	
Koštejň Ondřej					
Menc Miroslav					
Průša David	1	1	10	6,5	
Radimský Marek	0		10	8	
Roub David					
Říha Vojtěch					
Špaček Jan	0	1	10	6,5	
Vyhnalíková Michaela					

(1) Zadaný počet stran byl pnam zdrojů atd.

(2) Chyby způsobené špatnebo které by měl "každý znát"

Pro příště: nepoužívejte wikkpedie můžete jít na odkazy, pokud jsou lepší

Further On

- ✓ Semester: Till the
- ✓ Examination after the 14th of June
- ✓ Points from your tasks – as mentioned
- ✓ Presence

Sport Training

Sport training is a process of preparation for a sport performance, put simply. It consists of four parts:

- Conditioning training (strength training, endurance training, flexibility training)
- Training of technique (Technical preparation)
- Training of tactics (Tactical preparation)
- Psychological training (Mental preparation)

Before considering the technical aspects of training, experts recommend ten concepts as the backbone of any successful **training program**:

1. **Define your goals** (You may have one primary goal and several minor ones.)
2. **Match your sport to your goals and your abilities** (Carefully evaluate your physical, emotional, and social needs and abilities.)
3. **Set intermediate goals** (You should have several sets of goals: general goals, long-range goals, season goals, monthly, weekly, even daily goals.)
4. **Plan your workout** (Divide your workout into **four phases**: warm-up, skills practice, match- related practice, cool-down.)
5. **Get professional coaching help** (Ask your coach to analyze your game, correct your form, and help you plan your workouts.)
6. **Join a club or sports organization** (Not only will you enjoy working out with others, you will also learn from them.)
7. **Maintain year-round fitness** (Ideally, the off-season should be used to rest and to work on building your strength, endurance, or aerobic capacity without the strain of competition.)
8. **Prevent injuries** (In addition to avoiding sport-specific injuries, you should devote part of each workout to general injury prevention. Warming up, stretching, and cooling down are the key stones of injury prevention. Don't forget that protective equipment is as much part of the game as the rules.)
9. **Use sport-specific training** (Sport-specific training is the best way to develop the fine neuromuscular coordination and judgment we call **skill**. Depending on your sport, you will also develop some cardiovascular fitness, endurance, strength, and speed as you play.)
10. **Enjoy yourself** (Some of the reasons why athletes stop enjoying their sport might be overtraining, poor goal setting, or unrealistic expectations.)

Zdroj:
KOUDELKOVÁ, A.,
KOSOVÁ J. Sport Studies :
Fundamental Terminology in
English. Praha : UK v Praze
FTVS, 2008. 119 s. ISBN
978-80-86317-62-5.
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Homework Of the Week: To Deliver via moodle or email

Your Sporting Plan(s)

- Describe some personal plans regarding sport(s). You can invent – if you do not want to show something personal.
- Write a short text. It should be a short text for this young person to answer his/her question. It should include something about training, risks of such a career, and other topics important to make such a decision. It can be a speech, a list, an essay...
- It can have a form of an essay. Expected length – min. 1 page (i.e. more than one full page) max. 3 pages (all pure text – without title etc. and list of references). The paper contains the author's name.
- 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 26th of May, 2020, 23:00.