

English: Sports II

Presentation 11

About...

- Mgr. Jan Procházka, PhD.
- Till the end of the quarantine: Preferred via email
- Mondays 13:30-15:00 H238 or H063
 - By preference, after a former agreement via email – because of the limits of the number of students present!

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 document and in the name of 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.

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 the chapters 1-5 at least.

For this week task, read the chapter 7 and learn to know also the terms that are in this chapter – as you should already know for the former chapters.

I guess you already know most of these, anyway. You shall need it during your further studies, and definitely if you go for an Erasmus Exchange to a University abroad.

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.
(elektronická publikace)

Homework Of the Week: To Deliver via moodle or email

Sport Training

- Pick a topic regarding training, you can take one from the Chapter 7. Find at least two additional sources regarding the topic.
- Write a short text regarding the chosen topic, it may be with focus on one or more chosen sports, comment on it. It can have a form of an essay. Expected length – min. 3 pages, max. 8 pages. The paper contains the description of the topic in own words and 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 7th of May, 2020, 23:00.

Homework For Two Weeks: To Deliver via moodle or email

From last week

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.
- The content and grammatical correctness of the text shall be regarded - do not use any translator (they do it incorrectly).
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Homework For Two Weeks: To Deliver via moodle or email

Changing Rules in Sport

- Read the article It's time for Action: <https://www.theplayerstribune.com/en-us/articles/ken-dryden-its-time-for-action> and find another source regarding two other sports rules modifications. Write a short essay comparing the proposed changes and what you think about it.
- Expected length 3 to 5 pages. 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 15th of May, 2020, 23:00.