**План прохождения дисциплины «Иностранный язык (английский)»**

**и задания для студентов**

**факультета физического воспитания**

**заочной формы обучения**

***1 семестр:*** 12 аудиторных часов

|  |  |  |
| --- | --- | --- |
| № | Название темы | Количество аудиторных часов |
| 1 | A New Stage in my Life. I am a Student Now. | **2** |
| 2 | Brest State University. My Studies at the University. | **2** |
| 3 | Youth Problems. | **2** |
| 4 | Social and Political Portrait of the Republic of Belarus. Brest. | **4** |
| 5 | The United Kingdom of Great Britain and Northern Ireland. Places of interest in Great Britain. | **2** |

1. *Подготовить устные высказывания по темам:*
2. Our University. My studies at the University.
3. The Republic of Belarus (general information: geographical position, population, political system, places of interest, outstanding representatives, etc.).
4. The United Kingdom of Great Britain and Northern Ireland (general information: geographical position, population, political system, places of interest, outstanding representatives, etc.).
5. *Прочитать и перевести тексты* “Physical Activity and Sport in the Society” *и* “Physical Activity and Sports in Human Life”*, составив словарь незнакомых слов. Ответить на вопросы после текстов.*
6. *Составить аннотацию текста* “Sports Games”.

**Topic 1: OUR UNIVERSITY**

Brest State University was founded in 1945. It was called the Teachers’ Training Institute then. In 1995 it became a university. Its full name is Brest State Alexander Pushkin University.

The University occupies several academic buildings: an old building, the sports complex with gymnasiums, a swimming pool, several lecture halls and tutorial rooms, and a seven-storey building with a canteen, a library, reading halls, laboratories, lecture halls and subject rooms. At the disposal of students there are four hostels, a winter garden, a garden of successive blossoming, an agricultural and biological station. The University has museums of biology, of geology, and of the history of physical culture and sport.

The University educates about 3,500 students at the day-time department and about 3,000 students acquire higher education at the correspondence department. There are 11 faculties at the University: Language and Literature, Foreign Languages, Psychology and Pedagogics, Social Pedagogics, Geography, Biology, Physics and Mathematics, Physical Education and Sports, History, Law, and Pre-University Preparation. Students are educated in 45 specialities.

Teaching is maintained at a high level. About 400 professors, associate professors and tutors teach students at the University.

The course of study lasts four-five years. Each year consists of two terms (autumn and spring) with examination periods at the end of each term. The term is divided between theoretical and practical work: students have a few weeks of lectures followed by seminars. When students have seminars, they spend a lot of time in the reading room revising the material. Fortunately, the Internet helps now a lot. The main form of work for external students is independent work at home.

Students do not only study, they are also engaged in various forms of research work. They write course papers and diploma theses, participate in scientific conferences and publish their articles. This work helps them to better understand the subjects they study and the current requirements of the national economy, to see the results of their work put into practice.

**Topic 2: THE REPUBLIC OF BELARUS**

Belarus is situated in Central Europe. The Republic borders on Russia, the Ukraine, Poland, Lithuania and Latvia. Its territory is 207,600 square kilometres and the population is about 10 million people. Most of the people live in cities, the largest of which are Minsk (the capital), Gomel, Brest, Vitebsk, Grodno and Mogilev.

Belarus is a bilingual republic: the official languages are Belarusian and Russian. The total population of the country is literate. The main religion is Eastern Orthodox (80 %), others include Roman Catholic, Protestant, Jewish and Muslim.

Belarus is a broad plain. One third of the territory is covered with woods and forests. The largest of them are called pushchas, the most famous are the Belovezhskaya and the Nalibockskaya. Other national reserves are Braslavsky and Narochansky National parks, Berezinsky Reserve, etc. They have rich flora and fauna some of which have survived only in Belarus.

There are about 20,000 rivers and brooks in the republic. They flow into the Baltic Sea or into the Black Sea. Seven rivers are more than 500 kilometres long each. They are the Dnieper, the Neman, the Western Dvina, the Pripyat, the Berezina, the Sozh and the Viliya. There are also more than 10,000 lakes in Belarus. The largest of them are Braslav Lakes and Lake Naroch, the pride of the republic. The swamps of Belarus deserve a special mention. These unique natural ecosystems take up nearly a quarter of the country. In general 6 % of the country is officially viewed as specially protected natural territories.

The climate in the republic is moderate continental with comparatively mild and humid winters, warm summers and rainy autumns. The breathing of the Baltic Sea is felt here.

Belarus has a well-developed industry and economy. The main sectors of the economy are industry, agriculture, services. Belarusian industry produces tractors, heavy trucks, combine-harvesters, automatic lines, metal-cutting machine tools, electronic equipment, computers, refrigerators, television sets, bicycles, motorcycles, watches, chemical fibres, fertilizers and textiles. Agriculture specializes in cattle breeding and crops growing. The main crops cultivated here are potatoes, grain, flax, medical herbs, sugar beets, vegetables and fruits. Our nation today faces a crucial task of how to compete in a global economy.

Since 1991 the Republic of Belarus has been a sovereign state, which independently carries out its domestic and foreign policy. The state system of the republic is very much like that of other European states. There are three branches of power – legislative (Parliament), executive (Council of Ministers) and judicial (Supreme Court). The bicameral Parliament, i.e. the National Assembly of the Republic of Belarus, consists of the Council of the Republic and the Chamber of Representatives. The Government, i.e. the Council of Ministers of the Republic of Belarus, is the central body of state management, the executive power in the Republic of Belarus. In its activities, the Government is subordinated to the President and reports to the Parliament. The judicial power in the Republic of Belarus belongs to courts. The control over correspondence of standard laws in the State to the Constitution is performed by the Constitution Court.

Belarus is a member of many international organizations including the United Nations organization.

**Topic 3: THE UNITED KINGDOM OF GREAT BRITAIN**

**AND NORTHERN IRELAND**

The United Kingdom of Great Britain and Northern Ireland is situated on the British Isles which contain more than 5,000 small islands. It consists of four parts: England, Wales, Scotland and Northern Ireland. The capital of Scotland is Edinburgh, the capital of Wales is Cardiff, the capital of Northern Ireland is Belfast, and the capital of England and the whole of the UK is London. England, Wales and Scotland occupy the territory of Great Britain. Northern Ireland is situated in the northern part of Ireland.

The territory of the United Kingdom is about 244,8 square kilometres. The population is more than 60 million. About 80 % of the population is urban.

Great Britain is surrounded by seas on all sides (the North Sea, the Irish Sea and the Atlantic Ocean). It is separated from the continent by the English Channel which is 34 km wide in its narrowest point.

The surface of Great Britain varies greatly. The northern and western parts of the country are mountainous and called the Highlands. All the rest (south, east and centre) is a vast plain which is called the Lowlands. The mountains are not very high. The highest mountain peaks are Ben Nevis in Scotland and Snowdon in Wales. The rivers are not long. The most important of them are the Thames, the Mersey, the Severn, the Clyde, the Trent. There are many beautiful lakes in the mountainous parts of the country.

The mountains, the Atlantic Ocean and the warm waters of the Gulf Stream influence the climate of Great Britain. It is mild the whole year round. The weather in Britain is very changeable and people like to say that they have no climate but only weather.

Great Britain is a highly developed industrial country. It is famous first of all for its heavy and textile industries. Britain is one of the world’s largest producers and exporters of iron and steel products, machinery and electronics, chemicals and textile, aircraft and navigation equipment. One of the chief industries of the country is shipbuilding. 7 % of the population is engaged in farming. The biggest industrial cities are London, Glasgow, Liverpool, Sheffield, Birmingham, Manchester.

Great Britain is a country of old cultural traditions and customs. It has the world known educational centres such as Oxford and Cambridge universities. They are considered to be the intellectual centres of Europe.

The United Kingdom is a parliamentary monarchy and the Queen is the head of the state (since 1952 – Elizabeth II). She summons and dissolves Parliament. She normally opens the sessions of Parliament with the speech from the throne. But in practice Britain is ruled by the elected government with a Prime Minister at the head. He/she has a great deal of power in contrast to that of Monarch. Number 10, Downing Street is the official residence of the British Prime Minister.

The legislative branch of power is the British Parliament which consists of two chambers: the House of Lords and the House of Commons. The Parliament sits in the House of Parliament in Westminster. It makes new laws, gives authority for the government to spend state money, keeps a close eye on the government activities.

There are three main political parties in Great Britain: the Labour, the Conservative and the Liberal parties. There’s no written constitution in Great Britain, they act only on precedents and traditions.

**Text for reading:**

**PHYSICAL ACTIVITY AND SPORT IN THE SOCIETY**

Physical activity and sport have always had and continue to have a tremendous impact on the society and its members. They influence the economy, health, working and functional capacities, harmonious development of children and adolescents and are also necessary for the defence of the nation. As a result physical education has become a compulsory subject for all types of schools.

Physical activity and sports help mould a person, make people accustomed to an active and healthy lifestyle. And these are not the only reasons why the government spends much money on promoting and supporting physical activity and sports participation, building proper facilities, and providing school physical education.

Physical activity and sport support the economy and initiative. They create jobs and prevent diseases and early retirement. Supporting physical activity is profitable for the state as active participation of population in it annually produces billions in savings. When citizens invest in physical activity, they buy special equipment, clothing and services, they travel with their favourite teams and follow sports events through mass communication. Regular participation in physical activity significantly decreases sickness expenses and prevents early retirement due to illness and improves productivity. In addition citizens’ participation in physical activity creates significant funds in the form of income and purchase taxes.

Many people are employed in jobs related to sport and physical activity: in the manufacture and sales of sports equipment and clothes, teaching physical education, administering physical activity, sports complexes, communication media, and research and health institutes, travel, accommodation and health care.

Physical activity and sports constitute an essential part of the world’s culture and it’s almost impossible to quantify what influence sport has on everything people do. People talk about sports. They discuss sports like politics, entertainment and even religion. People who love sports get together to watch sports. For instance, watching football and hockey matches is very popular.

Sports provide entertainment for people throughout the world. Large crowds attend sporting events, millions of sports fans follow their favourite teams and athletes by listening to live broadcastings of games on the radio or watching sports competitions on television.

Sports have often been used as an instrument of national policy in the world arena promoting country’s interests and improving its image. Performing the noble mission of safeguarding peace, sports play a great role in politics by strengthening international friendship and cooperation.

The Olympic Games and international competitions make a significant contribution to the promotion of mutual understanding and trust among nations. When meeting at competitions athletes learn to respect and better understand each other, and this in turn, leads to a rapprochement of the nations which these young men and women represent.

1. What impact do physical activity and sports have on the society?

2. How do physical activity and sport influence the development of children and adolescents?

3. Is physical education a compulsory subject for all types of schools?

4. How do physical activity and sport support the economy?

5. How does the government further and maintain the possibilities for physical activity and sports participation?

6. Where is citizens’ participation in physical activities profitable?

7. What influence does sport have on everything people do?

8. Do physical activity and sports constitute an essential part of the world’s culture?

9. Do sports provide entertainment for people?

10. Do physical activity and sports mould a person?

11. What role do physical activity and sport play in your life?

**Text for reading:**

**PHYSICAL ACTIVITY AND SPORTS IN THE HUMAN LIFE**

The significance of physical activity and sport as a promoter of health was recognized very early. They make contribution to the battle against disease and degenerative processes in the human body.

Regular physical exercise performed in accordance with well-defined rules can greatly improve the functioning of various body systems. Sometimes they are more effective than medicine.

Training, especially endurance training (running, cross-country skiing, swimming, cycling) has direct beneficial effect on the heart. The heart works more efficiently and is less stressed. Long-term endurance training of moderate intensity has a beneficial effect on various forms of hypertension and hypertensive disorders.

Regular strength and mobility exercises are also beneficial to health, especially to musculoskeletal system. They can prevent the premature appearance of postural defects.

According to the investigation, 78 of 1,000 men over 35 years of age are saved from coronary heart disease if they jog regularly five times a weak during a period of 30 minutes. In addition a total of 1,138 days of quality lifetime is gained.

If maintaining functional capacity could prevent 100 persons of working age from early retiring, society would have saved 10-20 million US dollars.

After people reach 45 years of age, they can lose 25per cent of their physical working ability in five years, or they can increase it by 25per cent in a few years if they exercise regularly in a suitable type of physical activity.

If older people improve their oxygen uptake by 20 per cent, they are able to live on their own eight to nine years longer. In addition older people who are in good condition are able to live independently almost until death.

Today man and women of the most diverse occupations are susceptible to hypodynamia, the disease of the age. Numerous studies make it clear that the only way to overcome hypodynamia is by training the body, by daily physical recreation or sport. Whoever neglects, this will very soon experience the symptoms of hypodynamia: first, barely noticeable functional disturbances1 (weight gain, rapid tiring, headaches, unpleasant sensations in the region of the heart2), then shortness of breath, palpitations of the heart occasioned by insignificant physical strain, and, finally, irreversible changes in the body3.

Physical activity and sport occupy a special place in rehabilitation programmes.

We can cite many cases in which physical activity and sport restored health and returned people to a full and active life.

For Wilma Rudolph (USA), the struggle for life began as a premature baby. She was 2.2kg at birth. Her childhood was difficult. She was one of eighteen brothers and sisters in a very poor family. After a series of illnesses she lost the use of her left leg. She had to wear a leg brace and was unable to walk. Wilma had spirit and determination and when she got a little older her brace was replaced with a special medical shoe. Wilma continued to walk and walk and walk, faster and faster. At the age of 11, to her mother’s amazement, she threw away her brace and her special shoe to play basketball. By 16 she was not only a star in basketball, but also in track. At the 1960 Olympics she was the star winning gold medals in the 100m, 200m and 4x100m relay races. Until her death in 1993, Wilma continued to tell students about how physical activity and sport had helped her become a happy married woman, mother and successful business person.

Physical activity and sport play the decisive role in all-sided and harmonious development of a person. The surest way to keep fit is to go in for sport all the life.

**Text for annotation:**

**SPORTS GAMES**

Sports games are generally practiced between individuals or teams, where the players interact to achieve an objective which consists in moving a ball or similar item according to a set of rules, in order to score points. The matches are supervised by officials who are responsible for enforcing teams to follow the rules, and also for keeping the score and playing time.

Most sports games appeared as competitive sports in the 19th century, though many of them had been played in some form much earlier. There are games of international importance, as football, basketball, volleyball, handball, tennis, ice-hockey etc., and national games, which are popular only in certain regions or countries, like rugby and cricket in Great Britain and the British Commonwealth of Nations, American football and baseball in the United States etc.

Sports games are practiced all over the world in the form of recreation, participant sport or a spectator sport. They need special equipment and facilities to be played and demonstrated. Sports games form an essential part of the international economy, involving building and production, instruction and training, mass media and entertainment.

***2 семестр:*** 10 аудиторных часов

|  |  |  |
| --- | --- | --- |
| № | Название темы | Количество аудиторных часов |
| 1 | Physical Education in Belarus | **2** |
| 2 | Belarusian Sporting Traditions | **2** |
| 3 | Sport in Belarus | **2** |
| 4 | Sports and Games in Great Britain. | **4** |
| 5 | Sports in the USA | **2** |

1. *Подготовить устные высказывания по темам:*
2. Sport in Belarus
3. Sports and Games in Great Britain.
4. Sports in the USA
5. *Прочитать и перевести тексты* “Physical Education in Belarus” *и* “Belarusian Sporting Traditions”*, составив словарь незнакомых слов. Ответить на вопросы после текстов.*
6. *Составить аннотацию текста* “Football”.

**Topic 1: SPORT IN BELARUS**

Every third resident in the Republic of Belarus goes in for sports. Schoolchildren have classes in physical training which is a compulsory subject on the curriculum here. There are sports societies for the adult population. Most of the factories and various institutions have sports clubs.

Some people, such as pensioners, housewives and the like have physical culture and health improvement centres in their districts which become very popular with people who call them health-building centres, or simply health centres.

Belarusian athletes have at their disposal 138 stadiums, about 3,000 gym halls, 85 indoor swimming pools, over 2,000 shooting galleries, more than 8,000 football fields and 30,000 outdoor sports grounds.

Such sports structures as the Sport Palace, the Track-and-Field Athletics Palace, the Shooting Complex and the Water Sports Palace in Minsk as well as the Republican Equestrian Sports School and the Olympic complexes Raubichi and Staiki near Minsk have won recognition of both Belarusian and foreign athletes.

In addition to nearly 12,000 full-time trainers and coaches here there are 550,000 physical training instructors who receive no salaries but work in their free time.

Various competitions are held in the republic practically every day. Nation-wide competitions arc held for youngsters, such as the Leather Ball competitions for footballers, the Golden Puck competitions for the ice-hockey enthusiasts, the Royal Castle competitions for chess-players and the Snow-Flake competitions for skiers and skaters.

More than a thousand foreign athletes come here to participate in competitions in Belarus.

At the same time, over a thousand Belarusian athletes participated annually in many international events outside the borders of the republic. In 1952 Belarusian sportsmen took part in the Olympic Games for the first time.

Among the wrestlers of the world Alexander Medved, for example, lying in Minsk, has the richest collection of medals.

Gymnast Olga Korbut created a furore. Many of her original complicated parts are named a la Korbut.

Belarusian fencers also constantly show high standards. Over the past twenty years they have never come back from the Olympic Games without medals. Tatiana Samusenko, Elena Belova, Victor Sidiak, Alexei Nikanchikov and Alexander Romankov have more than once been Olympic and world champions. Among the well-known champions and prize winners are weightlifters Valery Shary and Leonid Taranenko, cyclist Vladimir Kaminsky, rowers Vladimir Romanovsky and Vladimir Parfenovich.

There are all grounds to believe that Belarusian sportsmen will prove among the best ones at the forthcoming Olympics, too.

**Topic 2: SPORT IN GREAT BRITAIN**

The British are a sporting nation. Like everyone else they love football in fact, they invented it. Most British towns and cities have a football team. Every year, each team plays in the Football Association competition. The two best teams play in the Cup final at Wembley Stadium in London. Some fans pay up to £ 250 for a ticket for the Cup Final. It is one of the biggest sporting events of the year.

Tennis is another popular game in Britain. Every summer, in June, the biggest international tennis tournament takes place at Wimbledon, a suburb of London. There are strawberries and cream for sale, and everyone hopes the rain will stay away.

The British play many sports that are unknown in most other countries, for example: cricket, squash and netball.

Cricket is a typically British sport which foreigners have difficulty in understanding. The game looks slow, but it can be exciting if you understand what's going on. There are two teams of eleven players: one man (the "bowler") throws the ball, and the "batsman" hits it with his bat.

Cricket is a very long game. Matches last from one to five days. Squash is another British invention. It is a form of tennis. There are two players and they use rackets similar to tennis rackets and a small, black rubber ball. They play indoors. It is a very fast and tiring sport!

Netball is similar to basketball. There are seven players (usually girls or women) in each team and the object of the game is the same as in basketball: to throw the ball through a net at the top of a three-metre post.

Swimming is very popular in Britain and there are many public swimming baths.

Many British people who live near the sea, a lake or a river enjoy sailing. If you are really enthusiastic, and rich enough to buy your own boat, you can take part in one of the annual sailing races or "regattas" at Cowes, near Portsmouth, for example, or at Henley on the river Thames.

Golf is becoming increasingly popular. Athletics is growing all the time. Winter sports such as skiing are generally impossible in Britain (except in Scotland) owing to the unsuitable climate, but more and more people spend winter holidays on the Continent in order to take part in them.

Sport in British schools is compulsory and schoolchildren spend at least one afternoon a week playing sport. These are some of the sports played in most British secondary schools. In winter boys play football (or "soccer" as it is colloquially called) or rugby and go cross-country running, while girls play netball or hockey. Some boys' schools also teach rowing. In summer boys play cricket, do athletics or go swimming, while girls play rounders (a British version of baseball), do athletics or go swimming. Tennis is also played in summer in some schools by boys and girls.

**Topic 3: SPORT IN THE UNITED STATES**

Baseball is the most popular summer sport in America. The first American baseball match was in 1839 in New York, but some people think that baseball comes from a much older game called rounders, played in Europe for many years.

To play baseball, you need two teams of nine players. The “pitcher” throws the ball, and the “batter” hits it with a bat.

Americans start playing baseball young. There are “leagues” which children of eight can join. The top players become big stars and earn a lot of money every year.

Americans play tennis, hockey and most other international sports, but they do not play football in the same way as the rest of the world. American football is a very different game. The players can run with the ball, touch and push each other. The field looks different and even the ball is a different shape. Players wear special clothes for American football, with helmets on their heads, because the game can be dangerous. Like international football teams, American teams have eleven players.

Basketball is another popular game in America. Only five people play in each team. One American basketball team, the Harlem Globetrotters, are famous all over the world. These extraordinary sportsmen, all very tall, have shown the world that sport can be funny as well as exciting.

Americans love winter sports, and ice hockey is a great favourite. This game, the national sport of Canada, is very fast, and can be dangerous. So if you play hockey, remember to wear your helmet!

**Text for reading:**

**PHYSICAL EDUCATION IN BELARUS**

The fact that physical education is a compulsory subject at all educational establishments testifies that the Belarusian state promotes sporting activities and healthy lifestyle. According to the statistics more than 1 million people are involved in off-school and grass-roots physical activities at sports groups and recreation centres, which is more than 11 per cent of the whole population.

Every school in Belarus has a gym for indoor and a sports ground for outdoor classes. In many schools there are track-and-field stadiums with 200-metre running tracks, mini football fields, courts for basketball, volleyball and tennis, and some schools even have a 25-metre swimming pool. Such a variety of sports facilities helps provide children with a full range of activities regardless of the weather conditions1.

In total there are more than 25,000 physical culture specialists in our country, out of which 7,800 work as PE teachers, who must have a diploma certifying that they graduated from Belarusian State University of Physical Culture or a similar department at local universities. Normally in city schools there are from two to three PE teachers, however, it is typical that schools in rural areas have only one PE teacher.

At school students normally have three 45-minute classes of physical education per week. At higher educational establishments physical education features in the curriculum four hours per week. PE classes are usually held outdoors if the weather allows it. In autumn and late spring students have track-and-field, gymnastic and sports games activities. In winter and early spring they do skiing, skating along with indoor gymnastic activities. Sometimes students attend swimming pools for the swimming lessons. Every PE class starts with a 5-minute warming-up. Younger children practise a lot of elementary games.

In addition to day-to-day physical education classes schools should involve children into off-school sports activities and competitions. There usually are extracurricular sports groups at the same school where school children study, but it is also possible to find appropriate sports to go in for at other schools in the neighbourhood2.

PE teachers also should take part in the search of sports talents who would devote their lives to sports. It would be ideal if school teachers had profiles of their students in which sports schools selectionists could find necessary information about their progress in sports activities and inclinations. Such cooperation should result in more efficient selecting, growing and training top-class athletes.

Physical education was introduced at schools in the 1920s. The same decade sports clubs for children began to appear, but first specialized sports schools were established only in the 1960s.

Today Belarus has a centralized system of sports schools. There are 11 Olympic reserve colleges, 165 Olympic specialized schools and 250 sports schools for children and youth. Children and teenagers are invited to specialized sports schools for children and youth3. The best of them are selected to study at Olympic specialized schools, Olympic reserve colleges4, and later at top-proficiency sports schools5. Those who would choose coaching or PE teaching as their future job are welcomed by Belarusian State University of Physical Culture or similarly oriented departments at universities in regional centres of the Republic of Belarus.

Notes:

|  |
| --- |
| 1 regardless of the weather conditions – невзирая на погодные условия; |
| 2 in the neighbourhood – в микрорайоне; |
| 3 specialized sports schools for children and youth – специализированная детско-юношеская спортивная школа; |
| 4 Olympic reserve college – училище Олимпийского резерва; |
| 5 top-proficiency sports school – школа высшего спортивного мастерства. |

|  |  |
| --- | --- |
| 1. | What testifies that the Belarusian state promotes sporting activities and healthy lifestyle? |
| 2. | When was physical education introduced into Belarusian schools? |
| 3. | When were the first specialized sports schools established? |
| 4. | What proves that Belarus has a centralized system of sports schools? |
| 5. | How many people are involved in off-school and grass-roots physical activities? |
| 6. | How many physical education specialists work in Belarus? |
| 7. | How often do the students have PE classes at schools and higher educational institutions? |
| 8. | What are the major centres of training highly qualified specialists in physical education and sports? |

**Text for reading:**

**BELARUSIAN SPORTING TRADITIONS**

Belarusian people had practised sports and games for centuries. Alongside the games of a competitive nature simulating labour activities there were early versions of modern sports like wrestling, archery, running, jumping, riding. Teaching sports and games in Belarus was closely connected with economical and political changes of the early 1700s when the first public schools and colleges were opened in Mogilyov and Vitebsk. Dances or “body movements” were part of the 18th-century public-school curriculum.

The18th century became a decisive period in the development of physical activities in our country. The first bicycle appeared in Vitebsk in the late 1870s. In 1894 about 70 cyclists founded a club of cycling tourism. By 1901 there were cycling clubs in six major Belarusian towns. In 1895 Belarusian cyclist N.F. Devochko became the winner of the international cycling tour Peterburg-Moscow with the strongest cyclists from France, Germany and Holland participating. In 1896 he became the champion of Great Britain in cycling. Sailing, an ancestor of modern yachting, became very prestigious. In 1898 the first sailing club was founded in Vitebsk by the owners of sailing vessels.

During this period the authorities played a small part in the organization of competitive sport in the country. Most of the initiatives came from the member-clubs and associations. But several dozens of sports clubs couldn’t solve the problem of physical education in the country.

After the 1905-1907 revolution the governing bodies began to develop gymnastics and sports more actively. They believed that sports activities would be more interesting for students, workers and soldiers than political struggle. In 1910s sports societies “Sokol”, “Makkabi” and “Sanitas” were founded in Minsk where athletes practised mostly lifting. Football and athletics clubs appeared at that time too. Football was gaining popularity and in 1911 the first code of play was drawn up in Mogilyov. It enabled Mogilyov football team to compete with others from all over Belarus and played a big role in promoting football in Belarus. The codified game, requiring limited amount of time and space1 suited well the urban life. Sport in turn united players, fans and spectators.

By 1915 there were about 70 registered sports clubs and societies in Belarus with more than 2.500 members. There were also some “wild” teams and clubs in Minsk, Gomel, Vitebsk, Borisov, Krichev etc.

Belarus was badly supplied with sports facilities. There were only some sports grounds called “tracks” and some primitive football fields. The governing bodies didn’t fund sport. Nevertheless even under such conditions Belarus produced sports talents. Weight-lifters A.Alexandrovich, I.Solonevich, wrestler N.Zuev, track-and-field athlete A.Yesmanovich were among the winners of the 2nd All-Russia Olympiade held in 1914.

After the 1917 revolution with the formation of the Byelorussian Soviet Socialist Republic the attention of the government to the development of physical culture and sport began to grow. They believed that physical culture and sport not only play a major role in the harmonious development of a person but are also necessary for the labour and defence of a nation and strongly encouraged participation in sport.

Physical education became a compulsory subject for all types of schools. In March 1931 the GTO programme which is translated as “I Am Ready for Labour and Defence” was developed. It was specially designed for children from ten to those over sixty years of age. The government provided facilities, equipment and coaching free of charge. Some sports boarding schools and specialized sports schools for children appeared, numerous swimming- pools, gyms and playing fields were built in the republic. Various competitions began to be held practically every day where our athletes perfected their performing skills.

Notes:

1 …limited amount of time and space… – ограниченное время и поле для игры

1. What sporting traditions do Belarusian people have?
2. Why was the 18th century a decisive period in the development of physical

activities in Belarus?

1. Who initiated the development of competitive sport in Belarus?
2. What are the priorities for the present-day Belarus?
3. How many sports are played in Belarus? What are the most popular ones?
4. What training facilities are there in Belarus?

**Text for annotation:**

**FOOTBALL**

Football, or soccer, is the most popular of all ball games. Football requires strength, will-power, persistence and endurance. Each team consists of 11 players: a goalkeeper, forwards, halfbacks and fullbacks. Players are not allowed to touch the ball with their hands or arms while it is in play, unless they are goalkeepers (and then only when within their penalty area). Other players mainly use their feet to strike or pass the ball, but may also use their head or torso. The team that scores the most goals by the end of the match wins. Football is played for about 90 minutes, two halves of 45 minutes each with additional time minutes added by referee, the interval being 15 minutes. If the score is level at the end of the game, either a draw is declared or the game goes into extra time or a penalty shootout depending on the format of the competition.

The homeland of modern football is England where in October, 1863 the first football association was formed and the rules were worked out. The first international soccer match was played in 1872 between Scotland and England. The International Federation of Football Associations (FIFA) is the governing body of football in the world. It organizes World Cups for both men and women every four years. Now, over 200 countries belong to the International Federation of Football Associations (FIFA). The most important club cup in Europe is the Champions’ League.

Football is one of the favourite sports games in Belarus. Belarusian football team “Dynamo” was the champion of the USSR in 1982. At present, BATE from Borisov and other Belarusian football clubs regularly play in European Cups.

***3 семестр:*** 20 аудиторных часов

|  |  |  |
| --- | --- | --- |
| № | Название темы | Количество аудиторных часов |
| 1 | The Olympic Games | 2 |
| 2 | History of the Olympic Games  Olympic Competition | 2 |
| 4 | Physical Fitness | 2 |
| 5 | Changes in the Athletic Spirit | 4 |
| 6 | Can Vitamins Help? | 2 |
| 7 | My Favourite Sport | 4 |
| 8 | My Future Profession | 4 |

1. *Подготовить устные высказывания по темам:*
2. The Olympic Games
3. Physical Fitness
4. My Favourite Sport
5. My Future Profession
6. *Прочитать и перевести тексты* “Importance of the Olympics” *и* “History of the Olympic Games”*, составив словарь незнакомых слов. Ответить на вопросы после текстов.*
7. *Составить аннотацию текста* “Rhythmic Gymnastics”.

**Topic 1: THE OLYMPIC GAMES**

The Olympic Games, an international festival of sports, play an important role in encouraging people to take up sports and recreation. They bring together thousands of the world’s best athletes to compete against one another. No other sports event attracts so much attention. Several million people attend the Games, and hundreds of millions throughout the world watch them on television.

The Olympic Games consist of the Summer Games and Winter Games. The Summer Games are held in a major city, and the Winter Games are held in a winter resort. The Olympics used to be held every four years, with both the Summer Games and Winter Games taking place the same year. From 1994 on the Summer and Winter Games are held on a four-year cycle two years apart.

The Olympic Games originated in ancient Greece. In modern time they were revived due to the efforts of Baron Pierre de Coubertin, a French educator, who is considered the father of modern Olympic Games. He wanted to encourage more young people to participate actively in sport. He drafted the Olympic charter with the main principles of the Olympic movement and the rules and regulations of the Games. The first modern Olympic Games took place in 1896 in Athens, Greece. The winter Games began in 1924 in Chamonix, France.

The symbol of the Olympic Games is the five Olympic rings that represent the continents of Africa, Australia, Europe and North and South America. The five interlocked rings of blue, black, red, yellow and green colours on a pure white background1 make up the Olympic flag. A special motto of the Olympic Games is three Latin words: Citius, Altius, Fortius, which mean Faster, Higher, Stronger.

Important parts of the Opening, Closing and medal presenting ceremonies of the Olympic Games are described in the Olympic charter, the rule book2 of the International Olympic Committee (the IOC).

Every opening ceremony starts with the host country’s national anthem, after which a parade of the Olympians from each participating country begins. In the parade athletes of Greece always enter the stadium first in honour of its heritage3 as the home of the ancient Olympic Games and the first Olympic Games of the modern era. Sportsmen of the host country always enter last. Then a colourful show starts, which is different at every Olympics, as the organizers always try to create something special that would surprise everyone. The show combines performances of musicians, dancers and athletes, accompanied by visual effects and fireworks. Then the IOC officials make speeches and the Olympic flag is brought in to be hoisted while the Olympic hymn is played. After that the Olympic oath is pronounced on behalf of all athletes and judges of the Games. The culmination of the opening ceremony is lighting of the Olympic flame. This is the end of the four-week cross-country relay during which thousands of the best athletes carry a lighted torch from the valley of Olympia in Greece4 and hand it over until the sacred fire reaches the main stadium of the Games. The final runner lights a huge cauldron in which the Olympic flame is kept burning until the end of the Games. Finally the head of the host state declares the Olympic Games open.

From 1896 on the gold, silver and bronze medals became the Olympic awards presented to the first, second and third place winners respectively. In honour of the athletes the medal ceremony includes playing of the national anthem of the first place athlete and rising of the state flags of the first, second and third place winners.

The Closing ceremony includes lowering of the Olympic flag, extinguishing of the flame. The Olympic flag is handed to the NOC representative of the country hosting the next Olympics and the athletes march from the arena as a whole group and not by nation.

Notes:

1 on a pure white background зд. на белом фоне

2 rule book свод правил

3 in honour of heritage n в честь наследия…

4 the valley of Olympia in Greece долина Олимпия в Греции

**Topic 2: PHYSICAL FITNESS**

Physical fitness is a combination of qualities that enable a person to perform well in vigorous physical activities. These qualities include agility, endurance, flexibility, and strength. Physical fitness and good health are not the same, though each influences the other. Healthy people may be physically unfit because they do not exercise regularly. Physically fit people perform their usual tasks easily without tiring and still have energy for other interests.

Better physical performance is only one benefit of physical fitness. Regular vigorous exercise also increases the efficiency and capacity of the heart and lungs and helps people to maintain their proper weight Individuals who are physically fit tend to be slimmer than those who are unfit. They have greater resistance to disease and recover faster if they do become ill. Physically fit people may be happier and more alert and relaxed. They also may be able to resist the effects of ageing better than those who are physically unfit.

Principles of physical fitness

Physical fitness is a personal responsibility. Few individuals other than athletes and military personnel are actually required to participate in organized fitness programs. Most people are physically unfit simply because they do not get enough exercise. Many do not take the time to exercise, and others try to stay fit with only light, infrequent activity.

A person's physical fitness is determined by such factors as age, heredity, and behavior. Although people cannot control their age or heredity, their behavior can help them to become physically fit and stay that way. Individuals vary greatly in their capacity for physical fitness, but almost anyone can improve by exercising regularly.

The years between adolescence and middle age are the peak period for physical fitness. However, people of all ages can stay fit with good health habits and regular exercise. Any person more than 35 years old, and anyone with a health problem, should consult a physician before beginning a fitness program.

Health habits that aid physical fitness include getting enough sleep, eating properly, receiving regular medical and dental care, and maintaining personal cleanliness. Health can be harmed by such practices as overeating and eating the wrong kinds of foods; smoking and drug abuse, including excessive use of alcohol. Harmful health habits can undo the results of regular exercise.

A person's level of physical fitness depends largely on how frequently and intensely he or she exercises. Most health experts agree that people should exercise at least three times a week to maintain desirable fitness. Improvement occurs faster with more frequent workouts.

**Topic 3: MY FAVOURITE KIND OF SPORT**

**Basketball**

James Naismith invented basketball in 1891. Naismith was a Canadian, but lived in the United States. He was a teacher at Springfield Training School in the state of Massachusetts. He taught sports and found there were no interesting games to play indoors in the winter months. So he thought of a game.

Naismith's students played the first game of basketball in the Springfield gym in 1891. There were nine men in each team. They used a soccer ball. They put peach baskets on the gym wall. The goal or purpose of the game was to throw the ball in the basket. That is why he called the game basketball. A man with a ladder went to the basket He climbed the ladder and took the ball out of the basket. Luckily, only one man got the ball into the basket in the first game.

Basketball is a very fast game. Players must run up and down the basketball court or gym floor the whole game. At the same time they must control the ball. Today, most players are tall. Many of them are over seven feet tall and weigh more than 200 pounds. But one of basketball's great players was Barney Sedran. He played from 1912 to 1926 and is in the Basketball Hall of Fame. He was only 5 feet 4 inches tall and 118 pounds!

Today, basketball is an international sport. In America, the National Basketball Association (NBA) has some of the best players in the world. Basketball is also an Olympic sport today. In the Olympics, the best teams from many countries play to show they are the best.

**Topic: MY FUTURE PROFESSION**

We are students of Physical Culture Faculty of Brest State University. All the students of our University began to go in for different kinds of sport before entering the University. At the University they get different sporting specialities. They specialize in swimming, diving, rowing, sailing, skiing, skating, figure skating, football, basketball, volleyball, handball, tennis, wrestling, boxing, cycling, fencing, gymnastics, weightlifting, track-and-field athletics and others. They dream of becoming first-class sportsmen and therefore they pay great attention to special training lessons in their favourite kinds of sport.

After graduating from the University they become coaches and teachers of physical culture.

Track-and-field athletics is the leading sport in our country.Some millions of young men and girls train in the athletics sections and take part in competitions. It is hard to find a town or a village in our country where people do not go in for track-and field.

Track-and-field athletes practise on the stadiums, in sports halls, Palaces of Sports, etc. This kind of sport includes running, jumping, discuss throwing, hammer throwing, javelin throwing, shot putting, walking, pentathlon, decathlon, etc.. Our track-and-field athletes are in good form and compete in all big national and international contests.

Volleyball is my future speciality. People of all ages easily master it. It is a simple but interesting game which does not require any special equipment or long practical drills. Volleyball has a beneficial effect upon the health and trains all-ro­und muscular coordination.

Football is a mass sport in our country. It is my favourite kind of sport. The game is played by two teams. Each team consists of 11 players. Every team has its captain. Football play­ers are trained on stadiums all year round.

Basketball is rapidly gaining popularity with our youth. It is played on the court by two teams of five players each: two forwards, one centre, two guards. The purpose of each is to throw the ball into the basket of the opponent and to prevent the other team from securing the ball or scoring. Basketball develops many good qualities, such as rapid action, accuracy, agility and the like.

**Text for reading:**

**IMPORTANCE OF THE OLYMPICS**

For centuries, the Olympic Games were considered the most important and prestigious celebration of all Panhellenic festivals. Combining the different mythological, historical and archaeological strings, it seems probable to assume that already by the late 8th century BC Olympia became a site that attracted a lot of visitors from different areas of Greece.

The emergence of city-states in the Greek world was paralleled by an ex­pansion of organized athletic activities. Greeks organized special festivals in order to hold athletic events: these ranged from small-scale contests to national-wide games. Among the latter, the Olympic and Pythian festivals were in the top rank, attracting people from almost all Greek cities. Hostilities were suspended during the Olympic festival which added glory to the games and ensured its fame through­out the Greek world. Every city-state was ambitious to claim as many Olympic victors as it could and this resulted in issuing several laws to encourage athletism.

To gain victory became a major achievement that gave credits not only to the athlete but to his city as well.

The main concern of those competing, however, was not to develop one specific physical ability at the expense of others, but to succeed with a balanced development of all physical and moral values.

Then, it was the moral reward that made the victory worthy of all efforts and physical pain. Victory was the highest honor for a mortal to attain; for his fame became immortal thanks to the gods who preferred him and helped him to win. The favor of the gods and the wide recognition the victor gained for his city was the highest prize that made the obsessive passion of Greeks for contest ("agon") worthy of all efforts.

Lastly, it was the challenge for the Greek world to promote cooperation and exhibit political unity.

**Who Could Participate**

Any Greek could participate in the Panhellenic Olympics. The geographic range of participants stretched from Sicily to the Black Sea. According to Olympic rules, slaves and barbaroi, non-Greeks, could not compete at the games. In addi­tion, any man who had committed a crime or stolen from a temple was barred from participation. Married women could not enter the Olympic stadium or attend the games, although young girls were welcomed. According to Pausanias, punishment for a woman attending the Olympic was to be thrown off mount Typaeum. One woman, Kallipateira, defied the rule by disguising herself as a trainer so she could watch her son compete. She had trained him following her husband's death. Kallipateira was so elated when her son won that she jumped over the barrier that enclosed the trainers' area and lost her clothing. Her identity revealed, Kallipateira faced certain death. Happily, because her father, three brothers, nephew, and son were Olympic victors, the officials pardoned her in honor of her victorious family.

The athletes themselves were bound by more specific rule of participation and conduct. Every athlete participating in the game had to arrive in Elis at least one month prior to the start of the games and remain in Elis to train under the watchful eye of the Elean judges until the games began. Unlike in the modem games, in which Olympic trials determine who competes in Olympic competition, ancient games served as a weeding-out period in which the judges selected who would and would not participate, based on each aspirant's level of training. During this period, the judges also divided athletes into age groups.

**Changes in the Athletic Spirit** The spread of the Hellenistic culture and the new economic, political, and social conditions following the campaign of Alexander the Great, led to important changes of the athletic spirit and the ideolog­ical content of the games.

The number of athletic festivals and institutions increased at the new Greek centers. New games were established in different city-states of the Hellenistic world. The number of professional athletes coming from Alexandria and the East increased and monetary prizes became a common rule.

Athletism became an important component in social life and education. The Greeks who lived in Asia and Egypt, in an effort to hold on to their culture, built athletic facilities and continued their athletic traditions. The gymnasium was not only the physical place for training, but a place where Greeks could meet, thus preserving their language and customs throughout Asia.

The bond between religion and the athletic ideal ceased to exist and the games now turned into secular events. Victory was more linked to the athlete's personal effort and less to the assistance of gods.

In the Roman period, the athletic ideal changed once more. For the Romans, the contests were spectacles, performances and not competitions among all citizens. Usually the athletes were slaves or gladiators. The higher class Romans were unwilling to display themselves publicly which displayed a negative attitude towards athletism. Olympia ceased to be the center of the ancient world and the games were now instituted in honor of the Roman emperor.

1. What place became the site of the Olympic Games and when did it happen?
2. Who couldn’t compete in the games?
3. What rules of participating were established in ancient Greece?
4. How did the games change during the rule of Alexander the Great?
5. How did the games change in the Roman period?

**Text for reading:**

**HISTORY OF THE OLYMPIC GAMES**

The Olympic Games are the oldest competitions. They were held by the Greeks long before our era.

The first recorded Olympic contest took place at the Stadium of Olympia in 776 B.C. in the valley of Olympia in western Greece. For many years the Olympic Games were for male contestants and male spectators only. Women first competed in the modern Games in 1900.

The only event in the first 13 Olympiads was a footrace of about 192 metres, the length of the stadium. Through the years, longer running races and other types of competition were added to the Olympic programme.

Winners in the Olympic Games were awarded the olive wreath, and became heroes in their cities.

The success of the ancient Olympic Games can be attributed to the Greek love for competition, to their respect for harmony and beauty of the human body, and to the emphasis in their way of life on the unity of mind, body and spirit.

The Roman Empire conquered Greece during the 100s B.C. In 394 A.D. Emperor Theodosius ordered the Olympic Games ended. No Olympics were held for more than 1500 years.

An earthquake destroyed the Stadium of Olympia in the A.D. 500s, and a landslide later buried its ruins. A group of German archaeologists discovered the ruins in 1875. The discovery gave Baron Pierre de Coubertin the idea of organizing modern, international Olympics.

Coubertin believed that athletics played an important part in forming a person’s character. He also thought that international sports competition would promote world peace.

The International Congress for the re-establishment of the Olympic Games was convened in Sorbonne in June 1894. Seventy-nine delegates and forty-nine associations from twelve countries proclaimed the reestablishment of the Games. They decided to hold the Games in true Hellenic tradition in Athens in 1896.

The first modern Olympic Games took place in 1896 in Athens, Greece. The Winter Games began in 1924. No Games were held in 1916, 1940, or 1944 because of World Wars I and II.

In 1920 the Olympic flag with five interlaced rings on a white background – symbol of the unity of the five continents – was hoisted for the first time in Antwerp.

For the first time the Olympic oath rang out at the Opening ceremony of the 1920 Olympic Games too. The following words were pronounced: “In the name of all competitors I promise that we will take part in these Olympic Games, respecting and abiding by the rules which govern them, in the true spirit of sportsmanship, for the glory of sport and the honour of our teams”.

The motto adopted by the International Olympic Committee – “Citius, Altius, Fortius” (Faster, Higher, Stronger) – made its appearance at the Antwerp Games too. The IOC has also a second motto. In 1908 in London while opening the IV Olympic Games Coubertin said in his speech: “The most important thing in the Olympic Games is not to win, but to take part, just as the most important thing in life is not the triumph but the struggle. The essential thing is not to have conquered but to have fought well”. These words now appear on the electronic score board at the Opening ceremony of the Games.

From 1896 on a medal (gold, silver and bronze) became the Olympic award.

The title of the Olympic champion is the only sporting title that is awarded for life. The prefix “ex” can not be added to a sportsman’s name that has been inscribed in gold in the Olympic chronicle. There are no ex-champions of the Olympic Games and never will be.

The Olympics have been the scene of numerous exciting individual achievements. The earliest recorded Olympic champion is Coraibos of Olis, the winner of the olive wreath in the stadium race of 192m in 776 B.C. A long jump of 7.05 m by Chionis of Sparta in the seventh century B.C. is a performance comparable with the present-day club standard, though Chionis probably propelled himself with the aid of weigts, a device not permitted by modern rules. Milon of Croton won six wrestling titles between 540 and 516 B.C.

The first medal in modern Olympic competition was presented on April 6. 1896 to the American track-and-field athlete James Brenden Connolly for a triple jump of 12.71 metres. The first woman to win an Olympic medal was the tennis player Charlotte Cooper in Paris in 1900.

The first Olympic medalist (silver) of the Republic of Belarus was Mikhail Krivonosov (athletics). It happened in 1956 in Melbourn, Australia. Four athletes became the Olympic champions in 1960 in Rome: Oleg Karavaev (wrestling), Tatyana Samusenko (fencing), Leonid Geishtor and Sergei Makarenko (canoening).

A real hero of the XXV Olympic Games was Vitali Shcherbo (gymnastics) who won 6 gold medals. In 2004 Yulia Nesterenko became the first non-US athlete to win the woman’s 100m race title since 1980. Belarusians have been taking part in the Olympic Games as an independent team since 1994.

**Text for annotation:**

**RHYTHMIC GYMNASTICS**

Rhythmic gymnastics is the performance of systematic physical exercise with the aid of such hand apparatuses as ropes, hoops, balls, clubs, and ribbons. It is closely related to women's artistic gymnastics and, like synchronized swimming, is allied with dance. The sport dates from the 18th century; and, although some gymnasts participated at the Olympic Games from 1948 to 1956 in individual and group exercises, it was not until the 1984 Olympiad that individual competition became an official competitive event. The 1996 Olympics was the first to include group competition. World championships have been held biannually, in a succession of host cities, since 1963.

An individual routine is performed by one gymnast with one apparatus, whereas a group routine is performed by five gymnasts with either five pairs of clubs or with two hoops and three ribbons for 2 to 3 minutes. There are no compulsory elements at the elite and international levels in rhythmic gymnastics, although at least two superior moves (three at the Olympics) and six elements of difficulty are expected to be executed in any one exercise.

Карпышева, Н.М. Путь к здоровью, силе, красоте / Н.М. Карпышева, Г.В. Жулкевская. – М., 2007.

Бирюкевич, Н.В. Practical Course of English for Ph. C. Stuclents / Н.В. Бирюкевич, Е.С. Троцюк. – Брест, 2004.

Капустина, Т.В. Методические указания для студентов факультета физвоспитания / Т.В. Капустина. – Брест, 2001.

Жулкевская, Г.В. English for Athletes / Г.В. Жулкевская. – Минск, 2006.

Баженова, Е.А. Английский язык для физкульт. специальностей / Е.А. Баженова. – М., 2007.

**ГРАММАТИЧЕСКИЙ МАТЕРИАЛ**

**ДЛЯ САМОСТОЯТЕЛЬНОГО ИЗУЧЕНИЯ**

*Рекомендуемые учебники для изучения грамматического материала:*

1. Практическая грамматика английского языка для среднего и продвинутого уровней. Под ред. Л.М. Лещёвой. В 2-х ч. – Минск: Акад. упр. при Президенте Респ. Беларусь, 2004.
2. Христорождественская, В.Н. Intermediate English (в 3-х ч.) / В.Н. Христорождественская. – Минск : ООО «Плопресс», 1998.
3. Murphy, Raymond. English Grammar in Use / Raymond Murphy. – Cambridge University Press, 1997.

Существительное: множественное число существительных, притяжательный падеж.

Определенный, неопределенный, нулевой артикль.

Личные, притяжательные, указательные, относительные, вопросительные, неопределенные местоимения.

Прилагательные, степени сравнения прилагательных.

Наречие, степени сравнения наречий.

Формальные признаки сказуемого: позиция в предложении (повествовательном, вопросительном).

Временная система изъявительного наклонения.

Согласование времен изъявительного наклонения.

Условное наклонение.

Неличные формы глагола: причастия настоящего и прошедшего времени, отглагольное прилагательное, деепричастие, герундий.

Строевые слова – средства связи между элементами предложения.

Побуждение к действию / просьба – глагол в повелительной форме.

Средства выражения долженствования / необходимости / желательности.

Структура сложноподчиненного предложения.

Причинно-следственные отношения – придаточные предложения (причины, следствия).

**GRAMMAR TEST**

**Active Voice Tense forms in comparison**

**1. Open the brackets putting the verbs into the appropriate form.**

**(A)**

I am a doctor and I have to drive a lot. I (1) (to drive) for twenty years. For all that time the police never (2) (to stop) me. But last Tuesday police officers (3) (to catch) me for speeding. It was afternoon. I (4) (to drive) fast because I (5) (to be) late. I (6) (to go) to the airport to meet a friend. I was late because a patient (7) (to telephone) before I (8) (to leave) the house. The police (9) (to wait) at the side road outside town. When they (10) (to see) me go past, they (11) (to follow) me and (12) (to stop) me. They (13) (to tell) me 1 was booked for speeding. I (14) (to try) to explain to them that my friend's plane (15) (to land) a few minutes before and he (16) (to wait) for me, but they (17) (not to want) to listen to my excuse. They (18) (to say) 1(19) (to have) to pay $50 the next day. I paid, of course. But since then I never (20) (to violate) traffic rules.

**(B)**

David William (21) (to have) such a terrible time this year that he ought to be in the Guiness Book of Records.

The trouble (22) (to start) one morning last January when David (23) (to find) that his car (24) (to disappear) from outside his house. He (25) (not to see) it ever since.

In March he (26) (to buy) a new car, but he (27) (not to have) it for more than a week when someone (28) (to crash) into the back of it. These disasters (29) (to continue) for more than a year right up to the present time. Two days ago David (30) (to sit) on a seat that someone (31) (to finish) painting only some minutes before. He (32) (to wear) a new suit he (33) (to buy) only the previous week.

The worst thing happened in August. David (34) (to spend) 3 days of his holiday at airports because of strikes. When he (35) (to arrive) home finally, he (36) (to discover) that someone (37) (to break) into his house. The burglars (38) (to steal) his video-recorder and TV-set. David doesn't know what he (39) (to do) to deserve all this bad luck. But he (40) (to hope) his luck will change soon.

**(C)**

1) Two days ago I (41) (to put) an ad in the local newspaper so that I could find a buyer for my old car. Yesterday I (42) (to sell) it. A man who (43) (to look) for an old car (44) (to buy) it. Today a friend of mine told me that he (45) (to want) to buy my old car, but he was too late. By the time he (46) (to talk) to me, I already (47) (to sell) my car.

2) After the teacher (48) (to return) the test papers to the students in class tomorrow, the students (49) (to receive) their next assignment.

3) Ever since they (50) (to build) the Taj Mahal three centuries ago, it has always been described as the most beautiful building in the world. A Turkish architect (51) (to design) it and it (52) (to take) 20.000 workers 20 years to complete it. Though it is so ancient, I'm sure, people always (53) (to like) it.

**(D)**

"Dear Sirs,

I (54) (to want) to complain to you about some fashion boots I (55) (to buy) from your Westborough branch last Wednesday. When I (56) (to put) them on for the first time at the weekend, it (57) (to rain) and after a few minutes the boots (58) (to let) the water in. The next day I took the boots to your shop and asked the assistant who (59) (to sell) them to me to replace the boots. But she said she (60) (not to replace) the boots because I (61) (to wear) already them. But how could I have seen the defect without wearing them? I can't believe that boots are made to wear in dry weather only! And I (62) (not to want) the boots which (63) (not to be) waterproof. I'll be grateful if you (64) (to send) me a replacement pair that will not let water in.

Look forward to your response.

Sincerely yours

Mary Crawford."

**(E)**

It (65) (to rain) when I (66) (to wake) up last Saturday. It always (67) (to rain) when I am not working. We (68) (to plan) to go to the seaside but in the end we (69) (to decide) to go to the theatre instead. We (70) (to miss) the bus and (71) (to arrive) late. We (72) (to arrange) to meet Joe outside the theatre and he (73) (to wait) for twenty minutes when we (74) (to get) there. The play already (75) (to start) when we (76) (to go) in.

It's Monday again today, and I (77) (to work) as usual. I (78) (to sit) here in the office for the last two hours, but I (79) (not to do) much work yet -1 (80) (to feel) I am fed up with work. I already (81) (to have) my holiday this year. I (82) (to go) to Scotland in July and, of course, it (83) (to rain) every day. Tomorrow I (84) (to book) a holiday for next April in Spain.

**(F)**

Will Kelogg, famous for Kelogg's cornflakes, was taken out of school at thirteen because he (85) (to be) a slow learner. Since he (86) (to fail) as a salesman, his brother, a doctor, (87) (to give) him a job in his hospital. He (88) (to shine) shoes for ten years when a fortunat» baking accident in the hospital kitchen (89) (to give) him an idea for Kelogg's cornflakes. This breakfast cereal already (90) (to become) one of the most successful business ideas. Every morning thousands of people (91) (to have) cornflakes for breakfast.

**(G)**

Mrs Winfred Weave (92) (to get involved) in politics ever since she (93) (to be) a student. She (94) (to go) to Hull University, where she (95) (to study) agriculture. She (96) (to have) a distinguished career in politics and (97) (to represent) her constituency for 30 years.

For the past few months she (98) (to write) her memoirs, although she insists her political career (99) (not to finish) yet. Who knows, maybe in some years she (100) (to become) a prominent politician.

from *Практическая грамматика английского языка для среднего и*

*продвинутого уровней. Под ред. Л.М. Лещёвой. Часть ІІ. – Минск:*

*Акад. упр. при Президенте Респ. Беларусь, 2004. - c. 278-280.*

**GRAMMAR TEST**

**Passive Voice Tense forms in comparison**

**1. Choose the correct variant:**

1) Nylon … since 1938 and today it … in many things.

A) has been produced; is being found

B) has produced; is found

C) has been produced; is found

D) has been produced; has been found

2) Wait for a while .He … now.

A) is being interviewed C) has been interviewed

B) is interviewed D) will be interviewed

3) She … about the results of the research as soon as it ….. .

A) will have been informed; is finished

B) will be informed; will be finished

C) will be informed; is finished

D) will have been informed; will have been finished

4) The Houses of Parliament … between 1849 and 1857.

A) were being built C) were built

B) was built D) had been built

5) Acid rain … by burning coal or oil

A) is caused C) has been caused

B) is being caused D) has caused

6) Boss says I ….. a pay-rise.

A) was giving C) will given

B) will be given D) was be given

7) Two million books ….. to America every year.

A) are being sent C) were being sent

B) will send D) are sent

8) The students of our Institute ….. every opportunity to master the language.

A) give C) had been given

B) was being given D) are given

9) The room ….. for a month.

A) hasn't lived in C) has not been lived in

B) is not lived in D) is not being lived in

10) By the time she comes, the problem ….. .

A) will have discussed C) will have been discussed

B) will being discussed D) will be discussed

11) By the time Mr. Brown returned, the old fireplace ….. .

A) had been taken out C) was taken out

B) had taken out D) has been taken out

12) The cats ….. hen Mary entered the room.

A) were fed C) had fed

B) fed D) were being fed

13) The new night club ….. by the council last week.

A) was closed C) closed

B) had been closed D) had closed

14) I'm going home now because all the work ….. .

A) is doing C) does

B) has been done D) has done

15) Jim's house is very modern. It …... only 2 years ago.

A) had been built C) was being built

B) built D) was built

16) This piece of music ….. yet. I have just composed it.

A) hasn't been recorded C) hasn't recorded

B) wasn't recorded D) wasn't being recorded

17) This tree is very old. It ….. in the 19-th century.

A) had been planted C) was planted

B) planted D) was being planted

18) The house ….. at this time yesterday.

A) was painting C) was being painted

B) had been painted D) was painted

19) A valuable painting ….. from the Art Gallery last night.

A) was stolen C) stole

B) had been stolen D) had stole

20) By the time I arrived, all the tickets ….. .

A) had been sold C) were sold

B) had sold D) sold

21) The garages ….. every day

A) are being cleaned C) are cleaned

B) clean D) will clean

22) Two hundred people ….. to the wedding last week.

A) were invited C) were being invited

B) invited D) have been invited

23) A new spaceship ….. by our scientists now.

A) is being examined C) has examined

B) is examined D) has been examined

24) After the work ….. , they went home.

A) was finished C) was being finished

B) had finished D) had been finished

25) This letter recently ….. by the secretary.

A) has brought C) is brought

B) has been brought D) was brought

26) The meal … now.

A) is preparing C) will prepare

B) has been prepared D) is being prepared

27) By the time I returned from work, my new washing machine ….. .

A) had been delivered C) has been delivered

B) was delivered D) was being delivered

28) We ….. all the time we were there

A) were watched C) watched

B) had been watching D) were being watched

29) A plan to build a helicopter near Westminster ... last year.

A) was considered C) had been considered

B) considered D) has been considered

30) The burglar ….. yesterday.

A) arrested C) was arrested

B) had been arrested D) was being arrested

31) They didn't leave the restaurant until the bill ….. .

A) was paid C) had been paid

B) had paid D) was being paid

32) When I entered the room, the politician ….. .

A) was being interviewed C) had been interviewed

B) interviewed D) has interviewed

33) The prisoners ….. to prison now.

A) are taken C) take

B) are being taken D) will be taken

34) When I returned, I noticed that the dog ….. yet.

A) wasn't fed C) hadn't fed

B) hadn't been fed D) fed

35) The window ... now.

A) is being replaced C) will have replaced

B) will replace D) will being replaced

36) Millions of pounds' worth of damage ….. by a storm which swept across the north

of England last night. (refer to the Present)

A) has been caused C) caused

B) had been caused D) were caused

37) Too many offices ….. in London over the last 10 years.

A)were built C) have been built

B) are building D) had been built

38) When she discovered that all the biscuits ….. she got angry.

A) were eaten C) had eaten

B) had been eaten D) ate

39) I hope that the missing money ….. soon.

A) will be found C) is found

B) has been found D) will find

40) The antique car ….. by an expert, at the moment

A) is restored C) is being restored

B) is restoring D) has been restored

**2. Open the brackets. Use the proper tense and voice form.**

41) The new proposal (to discuss) at our next meeting.

42) The man (to send) to prison for 6 months after he (to find) guilty of fraud.

43) Much of London (to destroy) by the fire in the 17-th century.

44) The Government is apparently winning the fight against inflation. A steady fall (to record) over the last 6 months.

45) The builders will start work as soon as the plans (to approve).

46) The motorist (to disqualify) some five years ago.

47) They say this book (to publish) next year.

48) The naughty boy (to teach) a good lesson by his friends.

49) The meat must be nearly ready. It (to cook) for nearly an hour.

50) I read in the paper a few weeks ago that Richard (to make) Vice-president of the company.

51) Their behaviour was so outrageous that we (to force) to leave the house.

52) The letter (to hand) to Lord Henry on the day of his departure.

53) Mind, you (to punish) if you disobey my orders.

54) The preparations for the party just (to finish) and the guests are arriving.

55) When I came into the kitchen I smelt something delicious. My favourite cookies (to bake) in the oven.

56) You can't use the fax now. It (to fix) at the moment.

57) Many towns (to destroy) by the earthquake in Japan last year.

58) You ever (to teach) how to play chess?

59) The exposition (to open) when we drove up to the picture gallery.

60) I can't believe my eyes! My book (to publish) already!

61) The helicopter (to construct) in Russia many years ago.

62) You'll have your copy soon, the contract (to type) now.

63) The sportsmen (to give) instructions before the match.

64) I'm happy as 1 just (to allow) to stay here for an extra day.

65) I wonder, when my project paper (to publish) (refer to the Future).

66) We felt happy that the car (to repair) the next day.

67) When they joined us, we already (to show) a lot of places of interest.

68) The house (to repaint) since they moved out.

69) She greatly (to impress) by the size and beauty of our capital every she visits Minsk.

70) He escaped when he (to move) from one prison to another.

71) They invited Jack, but Tom (not to invite).

72) The escaped convict (to arrest) in a few days.

73) After a million pounds (to spend) on the project, they decided that it impracticable and gave it up.

74) He said he (to involve) in an accident that month.

75) The bomb (to carry) to a safe place when it exploded.

76) The water level (to check) every week.

77) A whistle (to blow) if there is an emergency.

78) Your shoes (to mend) at the moment.

79) The children already (to tell) about the party.

80) The outside of the ship (to paint) when the accident happened.

**GRAMMAR TEST: MODAL VERBS**

**l. Supply the modal verbs *can*, *could*, *to be able to*,or *managed to*.**

1) A good 1500-metre runner ... run the race in under four minutes.

2) Bill is so unfit he ... run at all!

3) Our baby is only nine months and he ... stand up.

4) When I was younger, I ... speak Italian much better than I... now.

5) ... she speak German well? - No, she ... speak German at all.

6) He ... draw or paint at all when he was a boy, bat now he is a famous artist.

7) After weeks of training, I ... swim a length of the baths underwater.

8) It took a long time, but in the end Tony ... save enough to buy his car.

9) Did you buy any fresh fish in the market?- No, I ... get any.

10) For days the rescuers looked for the lost climbers in the snow. On the forth day they saw them and ... reach them without too much trouble.

**2. Rewrite these sentences using the modal verb *can/could*.**

11) Do you see that man over there?

12) I smell something burning.

13) I understood what he said.

14) Did you understand what he said?

15) I don't hear anything!

**3. Rewrite these sentences so that each sentence contains the modal verb *can* and the meaning remains the same.**

16) I knew how to skate before I was five.

17) I hope one day we will meet again in more favourable circumstances.

18) It is still very cold here in March.

19) Some supermarket beef tends to be rather tough.

20) In the end we managed to communicate with sign language.

21) If you don't feel you'll make a contribution, just say so.

**4. Fill in the gaps using the modal verbs *can* or *to be able to*.**

22) They asked if they ... go.

23) I ... solve her problems for her.

24) I'd like to ... write as well as that.

25) ... you speak Spanish?

26) I might... help you.

**5. Insert the modal verbs *may* or *can* into each gap.**

27) The engines don't seem to be working properly. There ... be some ice in them.

28) Planes flying in cold countries in winter ... have problems because of ice on the wings.

29) Both engines have failed. I'll try to find a place to land. We haven't much chance of surviving, but we ... be lucky.

30) The engines were not working properly. The pilot said he thought there ... be some ice on the wings.

31) He said there wasn't much chance of surviving, but we ... be lucky.

32) He told me that planes flying in cold countries in winter ... have problems because of ice on the wings.

**GRAMMAR TEST: CONDITIONALS**

**1. Choose the correct answer.**

1) If she ... not so slowly she would enjoy the party. A) were B) is C) will be

2) If you ... my library book I will have to buy a new one. A) will lose B) lost C) loose

3) If she ... you were in hospital she would have visited you.

A) had known B) knew C) would have known

4) I wish I ... rich. A) would be B) were C) had been

5) I wish I ... his opinion before. A) would know B) had known C) knew

6) I wish I ... to the Tower when I was in London. A) had gone B) went C) would go

7) I wish I ... much yesterday. A) didn't eat B) hadn't eaten C) were not eating

8) If she ... not so slowly she would enjoy the party. A) were B) is C) will be

**2. Match the two parts of the sentences.**

9) He wouldn't have become so strong;... a) ... I wouldn't be worried now.

10)They would have come... b) ... I would have gone to the library.

11) If they had been ready the day before... c) ... we wouldn't have come so early.

12) If I hadn't needed the book... d) ... unless he had done sports.

13) If they had had a city map... e) ... they wouldn't have been lost.

14) If you had warned us... f) ... if Jane had invited them.

15) He wouldn't know much... g) ... unless you had agreed with us.

16) We wouldn't have wasted so much time... h) ... unless he had read much.

17) If you had sent me a telegram... i) ... they would have taken their exam.

18) We had never done this ... j) if you have bought everything beforehand

**3. Correct the errors, if necessary.**

19) If I knew her well I will visit her.

20) If I were you I would have visited Jane yesterday.

21) If I have a computer I would learn Computer Studies.

22) If the weather would be nice tomorrow we'll go on excursion.

23) You did not miss the plane if you had taken a taxi.

24) I wish you have a car.

25) I wish things were different in the past.

26) I wish the weather were warmer.

27) I wish I did not decide to work in New York.

28) I wish I did not go to bed early yesterday.

**4. Complete the following radio programme by putting the verbs in brackets into the correct form.**

**Interviewer:** Welcome once again to our weekly programme in which we ask the questions "If you (29) \_\_\_ (be) alone on a tropical island for a month, what two items (30) \_\_\_ you \_\_\_ (choose) to take with you and why?" My two guests are racing driver Charles Brown and journalist Helen Howk, Charles?

**Charles:** Well, I think (31) \_\_\_ (get) very bored on this island if I (32) \_\_\_ (not have) anything to do. So, I (33) \_\_\_ (take) a knife and a ball of string. Then I (34) \_\_\_ (be able) to make useful things to catch food, and, maybe, build some kind of house to live in.

**Interviewer:** (35) \_\_\_ you \_\_\_ (try) to escape from the island?

**Charles:** If I (36) \_\_\_ (manage) to make a boat, I think I (37) \_\_\_ (try).

**Interviewer:** Helen, what about you?

**Helen:** Well, I definitely (38) \_\_\_ (not try) to escape. I'm totally impractical. So, if I (39) \_\_\_ (try) to make anything, I'm sure it (40) \_\_\_ (fall) to pieces very quickly. No, if I (41) \_\_\_ (have) to spend a month on the island, I (42) \_\_\_ (want) to have a good book and a pair of sunglasses.

**Charles:** But how (43) \_\_\_ you \_\_\_ (catch) things to eat if you (44) \_\_\_ (not have) any tools?

**Helen:** Oh, I expect there (45) \_\_\_ (be) plenty of fruit on the island. And I'm sure it (46) \_\_\_ (not hurt) me if I (47) \_\_\_ (not eat) meat or fish for a month.

**Interviewer:** (48) \_\_\_ either of you \_\_\_ (be) lonely?

**Charles:** Definitely. I (49) \_\_\_ (find) it very difficult if I (50) \_\_\_ (not speak) to anyone for a month.

**Helen:** I think (51) \_\_\_ (enjoy) the peace and quiet at first, but after a couple of weeks, yes, I (52) \_\_\_ (begin) to feel lonely.

**Interviewer:** Charles and Helen, thank you very much.

**5. Make up sentences.**

53) She / it / so / have / had / fallen / slippery / been / wouldn't / if/ not

54) had /1 / you / chosen / would /1 / have / If/ been / green / been / the / one

55) lot / if / would / trained / the / they / have / had / Our / won / a / team /

game

56) would / to / ill / place / have / your / if/ been / had / He / come / not / he

57) lay / would / gone /country / had / if / not / a / have / it / I / the / been / nasty / to

58) it / were / wish / now / summer /1

59) I / had /1 / been / wish / so / not / modest

60) redundant / been / made / If /1 / only / hadn't

**GRAMMAR TEST: VERBALS**

**1. Put in the correct form of the Infinitive choosing from А, В or С**

1) There was nothing now … for.

A) to wait B) to be waiting C) to be waited

2) She put on her wedding dress and turned round … .

A) to be admired B) to be abmiring C) to admire

3) He appeared to have plenty of money, which was said … for a couple of years at that company.

A) to be saved B) to save C) to have been saved

4) Stan seemed … silence intently, waiting for Susan to dismiss the subject.

A) to keep B) to be keeping C) to have been keeping

5) For the last few days she happened … to nobody but strange men.

A) to talk B) to be talking C) to have been talking

6) He is said … away a small fortune. So, he is safe.

A) to put B) to have put C) to be put

7) She couldn't help but … thankful for what her uncle had done for her sake.

A) to feel B)feel C) be feeling

8) You'd better … me back to my parents at once, or they' 11 be really angry with you.

A) take B) to take C) be taken

9) I'd rather … than ask him for another penny.

A) die B) to die C) to be dying

10) Jackie felt her blood in her veins when she saw what was left of the house.

A) to freeze B) freeze C) have frozen

**2. Complete the sentences choosing the verbs from А, В or С**

11) We … to leave the building as soon as possible.

A) hoped B) succeeded C) dreamed

12) Fred … in solving the problem.

A) failed B) succeeded C) looked forward

13) I … to going away next week.

A) hope B) am thinking C) am looking forward

14) Mary … to buy me a drink.

A) promised B) insisted C) objected

15) The police … the criminal lie on the ground.

A) forced B) allowed C) made

**3. Complete choosing the right preposition from A, B or С**

16) The President began his speech … explaining his point of view on the situation in the area.

A) in B) by C) with

17) Rachel seemed upset … hearing the news.

A) after B) before C) by

18) Melany left the company after her unsuccessful interview … being confused.

A) by B) without C) with

19) In many countries of the Middle East husbands prevent their wives … taking a job outside their homes.

A) against B) of C) from

20) Furious with his employees … turning up late each morning, the director decided to have a serious talk with them.

A) at B) for C) on

21) Nothing is gained … delaying.

A) without B) in C) by

22) The Foreign Minister was accused … interfering in the political affairs of another state.

A) of B) for C) with

23) Mary wouldn't dream … going to Spain.

A) of B) about C) on

24) We were warned … signing any contract with the company without a lawyer.

A) about B) against C) from

25) … discussing the future contract a lot of factors are to be taken into consideration.

A) in B) by C) at

**4. Complete with the correct form of the Verbals choosing them from A, В or С**

26) When Paul went out he remembered … the letter. He put it into the mail box.

A) posting B) having posted C) to post

27) Jane regrets … the firm after twenty years.

A) to leave B) leaving C) having been left

28) After approving the agenda we went on ... finance.

A) to discuss B) discussing C) discuss

29) Angela enjoys … tricks at people.

A) to play B) to have played C) playing

30) Julia has been ill but now she is beginning … better.

A) to get B) getting C) be getting

31) You are looking great. You seem … weight.

A) to lose B) losing C) to have lost

**5. Complete the sentences using the correct form of Participles from the verbs in brackets.**

32) … seven hundred miles, he was now near the border of the United States. (travel)

33) There was a silly smile … about the corners of his mouth. (play)

34) He had a beautiful house, and … a man of taste he had furnished it admirably. (be)

35) … him by his figure and his movements, he was still young. (judge)

36) … by the beauty of the twilight, he strolled away from the hotel. (stir)

37) For a moment the trio stood as if … to stone. (turn)

38) Cecilia had heard very little … in her own thoughts. (absorb)

39) … he went out. (dine)

40) If … to myself, I shouldn't lose my chance. (leave)

41) Thus absorbed, he would sit for hours … no interruption. (want)

42) She considered herself … to Mr Bennet. (engage)

43) It … now too dangerous to stay in the car any longer, Mark was waiting for a chance to escape. (be)

44) He sat with his feet … on the chair. (put)

45) If … , she slammed the door. (annoy)

46) When … , she never objected. (tell)

47) Douglas … to prove that he was right, reminded him of the promise. (determine)

48) She looked at Mike as if … of his manners. (disapprove)

49) While … the message she thought what she should tell the manager. (read)

50) Let them have the details … .(settle)