

Sports Psychology

Key words

interpersonal, navigate, personal trainer, stamina

Reading

- 1 Read the text about types of racing. What are the differences and similarities between each type of racing? **Students' own answers**

Types of Racing

Formula One

Formula One racing is one of the most competitive sports in the world. Although many people think they're good drivers, the racers who take part in Formula One take driving to a whole new level. They travel at breakneck speeds, often reaching over 350 kph, driving around courses that are often hard to navigate. The cars they drive are incredibly expensive and need constant work and repairs. The driver is backed up by a team of up to 20 engineers, mechanics and specialists, so Formula One drivers need to be able to work well with other people and have great interpersonal skills. However, when they are racing they can only rely upon themselves and their own judgement so they also have to be independent and sure of themselves. Formula One racing, despite all the safety precautions, can also be very dangerous because the speed of the cars is so fast and they race so close together. Formula One drivers need to be very courageous, very aware and always determined to win.



Marathon Racing

Marathon racing is named after a famous battle in Marathon, Greece in 490 BCE. After the battle, a messenger ran 42 km from the battlefield to Athens and this is why the race is the distance it is today. Marathon runners are some of the hardest working athletes in the world. Although sprinters often receive more recognition, marathon runners have to work just as hard as them, and they run for hours, not seconds. Although many marathon runners have personal trainers, they aren't allowed to assist the runners whilst they are racing. Marathon runners need to have an extraordinary level of willpower, incredible amounts of stamina and tremendous endurance, just to keep going over the 42 km. They are often quite introverted as marathon racing is such an individual sport. Marathon racing is not for glory-seekers as marathon runners receive less media attention than other athletes, such as sprinters, cyclists and swimmers. Marathon runners are often very modest because of this, even though they are completely committed to their event.



2 Find words with these meanings in the text on page 34. Check your answers in a dictionary or in the glossary.

Formula One

- a travel over an area, especially with care or difficulty navigate
- c b extremely fast or rapid
..... breakneck
- c c extremely brave courageous
- d d having a strong desire to be more successful than others
..... competitive

Marathon Racing

- e e deliberate exertion of control over one's impulses willpower
- f f relating to the ability to communicate with other people
..... interpersonal
- g g a specialist who helps athletes reach their goals and stay fit
..... personal trainer
- h h someone who seeks acclaim and prestige Glory-seeker
- i i the ability to sustain physical or mental effort for long periods of time stamina

3 Read the article again. Are these statements True (T) or False (F)? Justify your answers.

Marathon Racing is named after a little-known battle that happened in 490 BCE. [F]

Marathon racing is named after a famous battle that happened in 490 BCE.

- a a Marathon runners receive more recognition than other athletes.
..... False. Marathon runners receive less recognition than other athletes.

- b b Formula One drivers race at safe, slow speeds.

..... False. Formula One drivers race at extremely fast, dangerous speeds

..... Marathon runners aren't allowed any help from personal trainers.

..... False. Marathon runners aren't allowed any help from personal trainers during races

- d d Formula One drivers need good interpersonal skills to work with their large support teams.

..... True

- e e Formula One is extremely competitive.

..... True

- f f Marathon runners tend to be modest and introverted.

..... True

- g g Formula One isn't dangerous because of all the safety precautions.

..... False. Formula One is dangerous despite all the safety precautions

Over to you

4 Which is more important to an athlete, natural ability or a determination to succeed? Why?

Language practice

1 Read the answers and write the questions for them.



- a Who is Ahmed Ajab?
Ahmed Ajab is a Kuwaiti football player.
- b How many players are there in a football team?
There are eleven players in a football team.
- c Where do people play tennis?
People play tennis on a tennis court.
- d What do boxers need to be?
Boxers need to be very strong, tough and determined.
- e When were the first Paralympics?
The first Paralympics were in 1960.
- f How do you score in football?
You score in football by kicking the ball into the goal.
- g Why do swimmers wear goggles?
Swimmers wear goggles to protect their eyes.
- h How long is a football match?
A football match is 90 minutes long.
- i What is your favourite sport?
I quite like football, but tennis is my favourite sport.

2 Choose the correct imperative to complete the sentences. Use each word only once.

ridicule give practise
dribble try respect
celebrate enjoy kick



- a Always **try** your hardest, and most importantly, **enjoy** the game.
- b Always **practice** with your team between games.
- c **respect** your teammates and **give** them encouragement.
- d **celebrate** if you win but don't **ridicule** the losing team.
- e When playing basketball, always **dribble** the ball. Never **kick** it.

3 Choose the correct compound noun and then use it in a sentence.

Students' own answers

a a piece of equipment to play hockey with: (hockey bat / hockey racket / hockey stick)

.....

.....

b a race between horses: (race course / horse race / race horse)

.....

.....

c someone who plays baseball: (baseball player / baseball man / baseball athlete)

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.....

4 Complete this conversation by writing questions using *What, Where, When, or by* adding question tags.

- Caller: I am looking at your brochure and I have some questions.
 Receptionist: Sure, no problem.
 Caller: (1) *When is the basketball practice*.....?
 Receptionist: The basketball practice is on Monday and Thursday at 4.00 p.m.
 Caller: It costs KWD 5, (2) *doesn't it?*.....?
 Receptionist: No, it costs KWD 10.
 Caller: Oh, that doesn't suit me. You have other activities on Tuesday and Friday, (3) *don't you*.....?
 Receptionist: Yes, we do. We have aerobics on Tuesday and badminton on Friday.
 Caller: They don't sound too much fun. (4) *What other activities do you offer*...?
 Receptionist: Well, (5) *what*.....kind of activity are you interested in?
 Caller: Football's quite fun, (6) *isn't it*.....? You have football on Saturdays (7) *don't you*.....?
 Receptionist: Yes, we do.
 Caller: (8) *Where is the football practice*.....?
 Receptionist: It's at the Astroturf behind the sports centre.
 Caller: OK, I'll do that then, please.

5 Complete the table with sports words.

Sport	Venue	Equipment	Personality type
tennis.....	cort.....	racket.....	i ntrovert.....
football.....	pitch.....	b a l l.....	extrovert.....
baseball.....	pitch.....	ball.....	sportsman like
golf.....	course.....	club.....	i ntrovert.....

6 Rewrite this text, adding any necessary capital letters and punctuation.

in sport motivation is everything all sports have leaders or coaches who influence those around them and give useful feedback to improve performance they will have one or more of the following qualities outstanding ability in the sport enthusiasm and the ability to motivate most coaches also plan training programmes to improve fitness techniques and skills and decide the strategies to be used in competition

In sport, motivation is everything. All sports have leaders or coaches who influence those around them and give useful feedback to improve performance. They will have one or more of the following qualities: outstanding ability in the sport, enthusiasm and the ability to motivate. Most coaches also plan training programmes to improve fitness techniques and skills, and decide the strategies to be used in competition

Writing

1 Read the list of **dos** and **don'ts** for filling in a form. Complete the sentences with the correct form of the verbs. Use one verb twice.

*write (x2) use spell leave give
cross check be answer*

Filling in Forms

- (1) **Answer** all the questions. Don't
- (2) **leave** any empty boxes. If you can't answer a question, (3) **write** *not applicable* (N/A).
- (4) **use** a black pen and
- (5) **write** in capital letters (BLOCK CAPITALS).
- Don't (6) **cross** words out.
- (7) **spell** words correctly. If you are not sure of the spelling,
- (7) **Check** in a dictionary.
- (9) **be** as honest as possible. (10) **give** details of any problems you have.

2 Quickly read the application form on page 39. Imagine you are interviewing an applicant for the summer school. Write questions using the following question words.

a What **Students' own answers**

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b Which

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c Where

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d Who

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e Why

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3 Imagine you are the person being interviewed. Write responses to the questions you created for Exercise 2.

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Students' own answers

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4 Complete the application form for a university summer school. **Students' own answers**



SUMMER SCHOOL APPLICATION FORM

Please complete this form in BLOCK CAPITALS and return to International Summer School for English, PO Box 10479, Al-Ahmadi.

SECTION 1 – COURSES

I am applying for the following course (tick one or more boxes).

<input type="checkbox"/> English Language - Beginners	<input type="checkbox"/> English Language - Advanced
<input type="checkbox"/> English Language - Intermediate	<input type="checkbox"/> British life and culture

SECTION 2 – PERSONAL DETAILS

Surname
 First name(s)
 Address
 Postcode
 Country
 Telephone (include international dialling code)

Email
 Date of birth (DD)..... (MM)..... (YYYY)
 Nationality

Do you have any medical condition or disability you want us to be aware of?
 If so, please give details

.....

Person to contact in case of emergency
 Name / Telephone number

.....

Contact person's relationship to you

5 Do you think there are any useful questions missing from the form? Write an additional section for the Summer School Application. Then, exchange your form with a partner and ask them to complete it.

SECTION 3 – Students' own answers

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