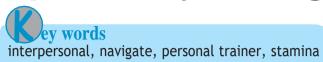
# 5

#### MODUŁE 2: Free time

## **Sports Psychology**



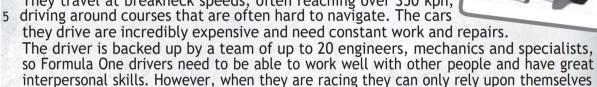
## Reading

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,



10 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, 15 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,

20 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.

25 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	in an	nd words with these meanings the text on page 34. Check your swers in a dictionary or in the ossary.	Fa	Formula One drivers race at safe, slow speeds.  alse. Formula One drivers race at extrerest, dangerousspeeds	nely
С	a b c d	travel over an area, especially with care or difficulty navigate extremely fast or rapid breakneck extremely brave courageous having a strong desire to be more successful than others competitive	False. help fi	Marathon runners aren't allowed any help from personal trainers.   Marathon runners aren't allowed any rompersonal trainers during races  Formula One drivers need good interpersonal skills to work with their large support teams.	
	e f g h	deliberate exertion of control over one's impulses willpower relating to the ability to communicate with other people interpersonal a specialist who helps athletes reach their goals and stay fit personal trainer someone who seeks acclaim and prestige Glory-seeker the ability to sustain physical or mental effort for long periods of time stamina	e	True  Formula One is extremely competitive.  True  Marathon runners tend to be modest and introverted.  True	
(3	Ma Just Ma lit 49	ead the article again. Are these atements True (T) or False (F)? stify your answers.  arathon Racing is named after a tle-known battle that happened in Fo BCE.  arathon racing is named after a famous battle that happened in 490 BCE.  Marathon runners receive more recognition than other athletes.  False. Marathon runners receive less recognition than otherathletes.	Over 4 W	Formula One isn't dangerous because of all the safety precautions.  alse. Formula One is dangerous despite a afety precautions  Thich is more important to athlete, natural ability or a termination to succeed? Why?	all the
		Yal Kuma	it	35	

### Language practice

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.
- 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.
- 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.
- 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 <u>practice</u> with your team between games.
- respect your teammates and give them encouragement.

<u>ridicule</u> if you win but don't the losing team.

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)

36

## 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.

#### Complete the table with sports words.

Sport	Venue	Equipment	Personality type
tennis	cort	racket	i ntrovert
football	pitch	<u>ball</u>	extrovert
baseball	pitch	ball	<u>sportsmanlike</u>
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 plantraining programmes to improve fitness techniques and skills, and decide the strategies to be used in competition \_\_\_\_\_

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.	c Where
write (x2) use spell leave give cross check be answer	d Who
Filling in Forms  • (1) Answer all the questions. Don't	
<ul> <li>(2) leave any empty boxes. If you can't answer a question, (3) write not applicable (N/A).</li> <li>(4) use a black pen and (5) write in capital letters</li> </ul>	e Why
(BLOCK CAPITALS).  • Don't (6) cross words	
out	Imagine you are the person being interviewed. Write responses to the questions you created for Exercise 2.
<ul> <li>(9) be as honest as possible. (10) give details of any problems you have.</li> </ul>	
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	Students' own answers
b Which	
yal Kumail	

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).  □ English Language - Beginners □ English Language - Advan  □ English Language - Intermediate □ British life and culture  SECTION 2 – PERSONAL DETAILS  Surname  First name(s)  Address  Postcode	nced							
Country Telephone (include international dialling code)								
Email  Date of birth (DD) (MM) (YY)  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								
Do you think there are any useful questions missing from the form? We additional section for the Summer School Application. Then, exchange you with a partner and ask them to complete it.  SECTION 3 - Students' own answers								
Yal Kuwait	39							