

Sports psychology

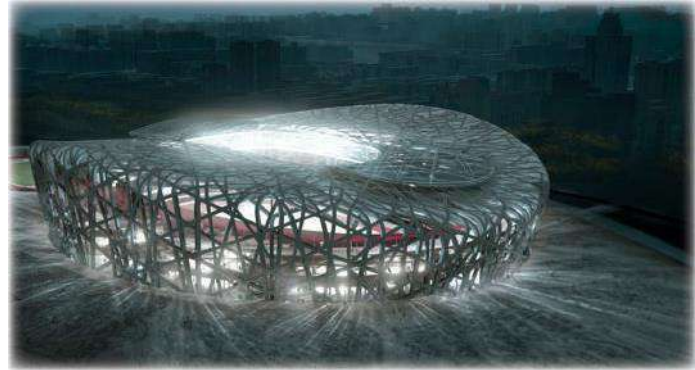
Grammar
 Questions and imperatives; modal verbs
 [can, could, should, would]

Discuss

- 1 a Look at the picture. Can you guess the sporting event?
 b Which sports are played here?

Read

- 2 Read this article about the Paralympics. Work with a partner and answer these questions.
- a What is important about the Paralympics?
 b What skills are important to athletes, whatever their abilities?



Why the Paralympics matter

Why the Paralympics matter

The Paralympics have come a long way from their humble beginnings. Back in 1948, the neurologist Sir Ludwig Guttmann used sport to rehabilitate his patients and began organising competitions between them. During the 1960 Olympic Games in Rome, Guttmann brought 400 wheelchair athletes to the Olympic city to compete. The modern Parallel Olympics (or 'Paralympics') were born.

Triumph over adversity

Now the Paralympics are the pinnacle of competition for elite athletes with a disability and challenge the accepted view of what the human mind and body are capable of. The paramount issue is getting people to understand the high levels of performance which the athletes are achieving. You can watch athletes in wheelchairs complete marathons in one hour and 20 minutes, powerlifters lifting weights comparable to their able-bodied counterparts and much more besides.

Beijing Games 2008

In 2008, the thirteenth Paralympics took place in Beijing, China. Athletes from 148 countries took part in 20 sports, including equestrian and sailing events. Eight Kuwaiti athletes attended, following their success at the World Athletics Championship. The Kuwaiti athletes drew press attention during the games as they continued to observe the holy month of Ramadan during the competition. Fasting trains a person in the virtues of patience, sacrifice and self-discipline – important skills to any athlete.

Kuwaiti pioneers

Kuwait was the first country in the Gulf region to develop a sport club specifically for the disabled. Established in 1977, the Kuwait Disabled Sports Club now has more than 1,500 members. The track and field stadium is equipped with a digital screen and a physiotherapy section, and these are widely known as the best facilities in the Middle East.

The club also contributes to the physical, psychological and social rehabilitation of its members. If Sir Ludwig Guttmann could visit the club today, he would surely be overwhelmed by how his rehabilitation techniques have become an international sporting phenomenon.

Factfile

Olympic Games Beijing 2008

28 sports
 37 venues
 43 new world records
 11,028 athletes
 100,000 volunteers
 7 million spectators
 4.7 billion TV viewers

3 Read the Factfile on the right.

- What do the numbers suggest? Do you think there is any purpose in highlighting them?
- How do you expect the figures to change in the next Olympic Games?

Listen

4 You are going to take part in a sports quiz.

(5.1) Listen and choose the correct answer, A, B or C, for each question.

- | | | |
|-------------------------------|---------------------|-------------------|
| 1 A 1944 | B 1953 | C 1964 |
| 2 A Kuwait | B Egypt | C Algeria |
| 3 A 2006 | B 2007 | C 2008 |
| 4 A Brazil | B Germany | C France |
| 5 A Australia and New Zealand | B Norway and Sweden | C Korea and Japan |
| 6 A London | B Paris | C Athens |
| 7 A about 150 | B about 200 | C about 250 |

- Compare answers with those of a partner.

(5.2) Now listen to the answers to find out your score.

Check your understanding

5 (5.2) Listen again and answer questions a–f.

- In which city were the first Pan Arab Games held in 1953? Alexandria
- Approximately how many medals has Kuwait won in the Pan Arab Games? 135
- How many countries took part in the 2007 Pan Arab Games? 22
- Who did Brazil beat in the final in Yokohama? Germany
- When were the first modern Olympic Games held? 1896
- Exactly how many countries took part in the 2008 Olympic Games? 202

6 (5.3) Practise saying these dates and numbers, then listen and repeat the numbers you hear.

35 venues	thirty-five venues
11,028 athletes	eleven thousand and twenty-eight athletes
in 1953	in nineteen fifty-three
in 2008	in two thousand and eight

7 Now say these dates and numbers with a partner.

- | | |
|------------------|----------------------|
| a 28 sports | e 21,500 journalists |
| b 76 students | f 500,000 people |
| c 202 countries | g in 1896 |
| d 600 passengers | h in 2007 |

Think and speak (justifying your answer)

8 Discuss these questions in pairs or groups.

- Do you enjoy watching big sporting events, like the Olympic Games? Justify your answer.
- What are the pressures of being a world champion?

Words to remember

a tv
 b s able-bodied, adversity,
 c t equestrian, neurologist,
 d o observe, Paralympics,
 e i phenomenon,
 hu physiotherapy,
 f f rehabilitation,
 g i self-discipline, virtue
 h in two thousand and seven

Grammar

• Questions and imperatives Grammar reference pages 128-129

Questions

1 Which question words or phrases do we use to ask about:

- a a particular thing / a particular group of things? what
- b a place? where
- c a time? when
- d a number? How many
- e a person? Who



2 a Write six sports or general knowledge questions. Use these six question words or phrases once each.

- a When did the first modern Olympic Games take place? (1896)
- b How many countries took part in the 2004 Olympic Games? (202)
- c Who is the most famous footballer in the world? (Students' own answers)
- d Where did the 2002 Football World Cup take place? (Korea and Japan)
- e Which country has won the most gold medals in the Pan Arab Games? (Egypt)
- f What team did Kuwait beat in the football qualifiers for Beijing Olympics 2008? (Bahrain)

b Exchange questions with a partner and answer their questions.

Imperatives for instructions

3 a The following sentences are taken from the Sports Quiz. Circle the verbs that give instructions.

- 1 For each question, choose the correct answer: A, B or C.
- 2 Give yourself a point for each right answer.
- 3 Now add up your score.
- 4 Don't change your answers!
- 5 Be honest!

b Imagine a foreign visitor is coming to visit your school. Write four instructions about how to behave in an Islamic society. Remember to use the imperative form. Students' own answers

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.....

• Modal Verbs [can, could, should, would] Grammar reference page 129

4 a Refer to the text on page 40 and find phrases with **can**, **could**, **should** and **would**.

can watch, could visit, would surely be overwhelmed

.....

.....

b Work in pairs. Say two sentences using one of the modal verbs.

Quote "I can accept failure. Everyone fails at something. But I can't accept not trying."
Michael Jordan

Vocabulary Sports mentality

1 Read this extract from a revision guide about sports psychology. What do different sportsmen need to do to stay motivated?

Psychological factors are the mental factors that help or prevent sportspeople from being in the right 'frame of mind' to perform well.

In sport, you have to want to perform and to improve your performance. Your determination to do this is called motivation. The intensity of it is called stimulation. If training leads to boredom, you will lose motivation. Feedback is information about the outcome of a performance and it can greatly affect future motivation and performance.

Your personality can affect your choice of sports and performance:

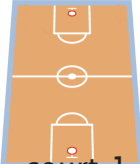
Extroverts are socially outgoing. They need high stimulation levels to perform. Coaches and teammates need to keep them 'excited' about performing. They prefer team games with open skills and lots of unpredictability. Sportsmanship is also important. Some extroverts like contact sports in which they can show direct aggression, such as boxing and football.

Introverts are usually shy. They perform better at lower stimulation levels. Coaches and teammates need to allow them to stay calm and focused. Introverts prefer sports with fine movements, closed skills and regular routines, e.g. putting in golf. Other introvert sports involve indirect aggression like volleyball where players hit a ball to 'beat' their opponents.

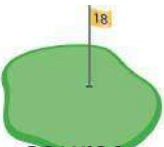
2 Use the venues below to identify the sport. Write a brief description of the psychological factors needed for each sport.

a  **Football; Extrovert - direct aggression, high stimulation levels, open skills.**

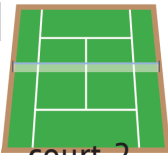
pitch

c  **Golf; Introvert - need for focus and calm, low stimulation levels.**

court 1

b  **Basketball; Extrovert - direct aggression, high stimulation levels, open skills.**

course

d  **Tennis; Introvert - need for indirect aggression, focus and regular routines.**

court 2

Think and speak

3 Discuss these questions in pairs or groups.

- a Which sports do you think are:
 - 1 the most extrovert?
 - 2 the most introvert?
 - 3 the most skilful?
 - 4 the most sportsmanlike?
- b Which sport do you find the most exciting? What are the psychological factors that make it exciting?

Words to remember

aggression, determination, extrovert, feedback, introvert, mentality, motivation, opponent, sportsmanship, stimulation, teammate

Writing Completing an application form

You are going to fill in an application form to join a sports club in Kuwait.

Read and check

- 1 Look at this application form and check that you understand what to write in spaces 1–11.

New Kuwait Bay Sports Club

Personal Details:

Family name (1)
Middle name (2)
First name (3)
Age (4)
Home address (5)
Telephone number (6)
e-mail address (7)

PHOTO

Sports you would like to do (8)

(Please give level: Beginner / Intermediate / Advanced)

<input type="checkbox"/> Athletics	<input type="checkbox"/> Football	<input type="checkbox"/> Judo	<input type="checkbox"/> Badminton
<input type="checkbox"/> Golf	<input type="checkbox"/> Karate	<input type="checkbox"/> Baseball	<input type="checkbox"/> Gymnastics
<input type="checkbox"/> Squash	<input type="checkbox"/> Basketball	<input type="checkbox"/> Hockey	<input type="checkbox"/> Tennis
<input type="checkbox"/> Cycling	<input type="checkbox"/> Horse-riding		

Which of these facilities would you be interested in using? (9)

<input type="checkbox"/> Restaurant	<input type="checkbox"/> Snack bar	<input type="checkbox"/> Sauna	<input type="checkbox"/> Solarium
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Signature (10) _____
Date (11) _____

Write

- 2 Complete the application form with your own information.

- 3 Work in pairs.

- a Read your partner's answers to parts 1–11 of the form.
- b Ask each other any questions you would like to know the answers to.
Where did you learn to ride a horse?
How long have you been doing athletics?
- c Discuss these questions.
 - 1 Is there any extra information you would like to know that is not on the form? How could you get this information?
 - 2 Is this the kind of sports club you would really like to join? Why or why not?
 - 3 How often do you think you would go to a sports club like this?

Speaking Checking information

Listen

1 (5.4) You are going to hear a conversation between a secretary at the New Kuwait Bay Sports Club and a club member.

- a Why is the secretary telephoning the member? **He has**
 b What extra information does he need? **He wants to**



needs.
level at tennis.

Pronunciation Asking questions

2 (5.5) Listen and repeat these question tags.

- a Didn't you? c Couldn't we? e Won't you?
 b Isn't he? d Haven't you? f Can you?

3 (5.6) Listen and repeat the question tags in sentences.

4 (5.7) Now work with a partner. Read these sentences aloud to each other. How can they be stressed differently to become questions?

- 1 You've already paid. 2 There's only ten minutes left.

Role-play

5 Work with the student who has already read your application form. Follow these stages.

- a Exchange application forms again, so that you have your partner's form.
 b Imagine that you are the secretary and that the form has got wet, so you can't read some of the information. Decide now which two pieces of information are not clear.
 c Sit back to back with your partner and take turns to phone each other to find out the information. Make conversations like the one you have just listened to. In each conversation, the secretary should start first. You may use expressions from the *Useful Language* box below for help.

Words to remember

application, badminton,
 gymnastics, member,
 sauna, solarium

USEFUL LANGUAGE

Greeting and enquiring on the telephone

Hello, could I speak to X, please?
 (Hello), this is (Noura) from ...
 I'm ringing to (find out) ...
 So that's ...
 Thank you very much.
 Goodbye.

Responding on the telephone

Yes, this is X.
 Yes, I'll get him / her for you.
 No, I'm afraid he's / she's not here.
 Can I take a message?
 Yes, of course, it's ...
 That's right. / No, it's ...
 Goodbye.