

Lesson One: Olympic Games

The Olympic Games are an international sports competition which are held every four years in a different city. Thousands of athletes from all over the world compete against each other in individual and team sports. Over 1 billion people watch the games on TV.

The first Olympic Games were held in Greece in 776 B.C. They were called the ancient games and lasted until the 4th century A.D. The modern games began in 1896, when the Frenchman Pierre de Coubertin revived the games to bring peace and friendship to the young people all over the world.

Today, there are summer and winter games. Up to 1994 both games were held in the same year, but now they are staged two years apart from each other.

In the past, the Olympic Games have been disturbed by political issues. In 1936 the IOC chose Berlin as the site for the 1936 Summer Games. A few years later, Adolf Hitler's Nazi Party rose to power and Hitler used the games to show Germany's power.

In 1968 two Black American runners protested against their government and raised their fists when the American national anthem was played.

In 1980 the USA—and many other countries—didn't send athletes to the games in Moscow because the Soviet Union had invaded Afghanistan a year before. In return, the Russians and other Communist countries refused to take part in the 1984 games in Los Angeles.

The worst day in Olympic history came on September 5th, 1972 during the Munich games. Eight Palestinian terrorists broke into the Olympic village and killed two Israeli athletes. 9 others were taken hostage. They wanted the Israeli government to set free over 400 Arab prisoners in Israel. During a battle with German policemen all hostages and the terrorists were killed.

The Olympic Games have become very successful over the past years. More and more people are able to watch them on TV and television stations are spending more money for the rights to broadcast the games. The IOC earns more money than ever before. With this money they help athletes in poorer countries.

Drugs have become a big problem. Some athletes take drugs before and during the games in order to help their muscles grow. When they are caught they are disqualified and their medals are taken away from them.

New Words:

Amateur: someone who does something as a hobby. He does not get money for it.

Ancient: old

Athlete: sportsman

Ban: to forbid

Broadcast: to show to millions of people on TV

Celebrate: to do something in a special way

Ceremony: an important event in which things are performed or done in a special way

Chariot: a wagon pulled by two horses. It was used by the old Greeks and Romans
Choose: select
Citizen: someone who legally belongs to a country
Compete: to take part in a sports event
Competition: an event in which teams play against each other
Conquer: to get control of a country by fighting
Consist of: to be made up of
Create: make
Decides for itself: here: to choose itself
Disturb: to get in the way of, interrupt
Drugs: something that you take which is not allowed. Athletes take them to run faster or jump higher.
Event: one of the races or competitions that are part of the games
Fist: the hand when it is closed
Flame: the hot bright gas that you see when something is on fire
Footrace: athletes who run against each other
Govern: to set the rules and make decisions
Government: the people who run a country
Host: a person, country or group that organizes the games
Host city: the city that organizes the games
Hostage: to be kidnapped
In honor of: to show how much you like or respect someone or something
In return: here: as revenge
Include: consists of
Individual: single
Invade: to enter a country or town and take control of it
Issues: problems or things that people talk about
Meaning: sense, importance
National anthem: the official song of a country that is played at events
Oath: a promise
Participate: take part in
Participating: countries that take part
Pentathlon: an event that has five different sports
Prisoner: a criminal who is in prison or jail
Provide: give
Raise: hold up
Receive: get
Refuse: if you don't want to do something
Represent: show
Revive: to bring back again after a long time
Rights: to be allowed to do something
Rise to power: to become powerful and take over the country
Safety: not to be in danger
Select: choose
Site: the place where the games are held
Spectator: someone who watches an event or game
Spirit: the way you feel about something

Stage: organize

Torch relay: each runner carries the torch for some time and then gives it to the next runner

Wrestling: two people fight by holding each other and trying to make each other fall to the ground.

Lesson Two: Sport management

England is the birthplace of modern sport and sport management. The roots of most western sports like football, baseball, field hockey and cricket can be traced to England. On the other hand, sports that originated outside England such as basketball, gymnastics and golf initially adopted English sport original structure.

Nowadays, sport management is going to play a global role .Sport Management is any combination of skills related to planning, organizing, directing, controlling, budgeting, leading and evaluating within the context of an organization or department whose primary product or service is related to sport and physical activity. In essence, sport management is the application of management processes to sport environments.

Sport management is also the name given to many university-level academic programs designated to prepare students to assume positions in the sport industry. These programs provides a source of confusion regarding vocabulary. The confusion is the fact that many professional preparation programs are titled sport management, and others are called sport administration .In the past, the distinction between administration and management seemed clear; administration worked primarily in the public sector and managers worked in the private sector. Recently, however, the line between administration and management has become blurred, making it counterproductive to debate which term is more appropriate.

New Words:

Birthplace: the place where something first started to happen or exist

Debate: discussion of a particular subject

Root: source, base, foundation, core

Trace: discover, track, footstep

Initially: at first, in the beginning

Adopt: choose a new name, country, custom or etc.

Combination: mixture, blend

Evaluate: assess, appraise, to judge how good something

Context: background, framework, relation

Essence: fundamental nature, the most basic part of some thing

Application: effort, a formal request for some thing

Process: action, evolution

Assume: take on, accept, adopt

Regard: relating to, concerning

Primarily: essentially, fundamentally

Blur: make indistinct, darken

Counterproductive: having the opposite of the desired effect.

Lesson Three: Triathlon Sport

More and more middle-aged men are trying to stay healthy through triathlons. They are events that combine swimming, running and cycling. Triathlons have grown very popular in the last five years, especially with men who are over 40. According to a sporting goods association there are 1.2 million triathletes around the world.

The triathlon mania probably started around fifteen years ago when the sport became an event in the Atlanta Olympics. Before that triathlon was only for “Ironmen”, those who could swim 2.5 miles, ride a bike for 112 miles and run a classical 26.2 mile marathon. In the Olympics the distances became shorter and those athletes who did not want to struggle for 12 hours could also take part. A sprint triathlon can be finished in three hours.

More and older marathon runners have switched to the triathlon because they do not want to risk further injuries. Your knees get worse in long distance races and swimming and cycling takes a lot of pressure off them.

Triathlon is a booming sport in sportswear stores as well. They sell everything from special triathlon sunglasses to running shoes. Magazines are full of articles about triathlon, training tips and previews of events from all over the world.

Triathlon is not a cheap sport and many young men cannot afford it. An ambitious athlete preparing for an “Ironman” can spend up to \$20,000 a year, including training, fitness articles, wet suits, helmets and other things. A bike alone can cost up to \$10,000.

Many who have started the sport do so mainly because they want to keep fit and be able to look at themselves in a mirror. Most of them just don’t want to sit around and wait till they get old. They want to do something about it.

New Words:

According to: as said by

Afford: have enough money to pay for

Ambitious: motivated, you really want to reach something

Association: organization

Athlete: sportsperson

Combine: join, bring together

Distance: the length of a race

Especially: above all

Further: more, extra

Mainly: mostly

Mania: something that becomes very popular quickly

Middle-aged: between the ages of 40 and 60

Mirror: special glass that you can see yourself in

Popular: liked by many people

Pressure: weight, force

Preview: a description of a future event

Risk: to put something into a situation where it can be damaged

Sportswear store: shop that sells clothes and shoes that athletes wear

Struggle: fight
Switch: change to