



English for the Students of Physical Education

Seyed Mohammad Reza Amirian (Ph.D.)
Mostafa Azari

In the Name of God

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Scope and Sequence

	Reading Strategy	Reading	Grammar Focus	Further Reading
Unit 1	Getting the Meaning of Words from Context	Sports Management	Simple Present vs. Present Continuous	Sports Medicine
Unit 2	Previewing a Reading	Sports Marketing	Infinitives	Product Differentiation
Unit 3	Summarizing	Sports Sponsorship	Conditionals	Best Way to Get a Sports Sponsorship
Unit 4	Understanding Acronyms and Abbreviations	Exercise Physiology	Modals (Certainty and Desirability)	The Benefits of Balance Training
Unit 5	Skimming	Anaerobic	Future Forms Going to and Will	Aerobic Exercise
Unit 6	Scanning	Sports Nutrition	Simple Present Tense and Simple Past Tense	Improving Your Digestive Health
Unit 7	Predicting	How Children Learn Motor Skills?	Questions	Theories of How We Learn
Unit 8	Underlining	Developing Motor Skills	Tag Questions	Examples of Child's Motor Skills

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Unit 1

Sports Management



A. Before You Read

1. Connecting to the Topic

- What do you know about sports management?
- What do you think the following reading is about?
- What are the stages of risk management process?
- What is crisis management planning?
- Can you name the two important aspects of risk management?

2. Reading Strategy

Getting the Meaning of Words from Context

The context of something is its surrounding or situation. The context of a word is what goes before and after it. You can guess the meaning of a new word by reading past it to the next sentence. If the meaning is still unclear, read the sentence before the word. If necessary, read the whole paragraph. Then go back and try to understand the word again.

Practice this skill by choosing the best definition for each word. You may refer to the relevant paragraph if you need more context to guess the meaning of the word.

1. Risk management includes safety, accident prevention, and sound insurance policies, but also encompasses much more.
a. include b. exclude c. provide
2. At the same time, it must be recognized that if physical education and sport are to remain exciting and challenging, a degree of controlled danger and risk must continue.
a. boring b. easy c. difficult
3. Reports indicate that contact sports such as football show injury rate as high as three quarters of participants sometimes during each season.
a. refer b. show c. claim
4. In sport management, standards are common, but often carry a burden of weight in day to day operations.
a. problem b. rule c. responsibility
5. Coaches must inform athletes that no one sets foot on the practice field without a physical examination.
a. check b. investigation c. comprehension
6. Crisis management is a new name for a good old idea: having a well-planned emergency strategy in place before catastrophe occurs.
a. ceremony b. disaster c. match

B. Reading

Sports Management

Risk management

The risk management process is ongoing and involves four stages: identify the risks, **assess**¹ the risks, treat the risks, and standardize operating procedures.

- 5 Risk management includes safety, accident prevention, and sound insurance policies, but also **encompasses**² much more. Just as the modern definition of health is more than just the absence of
- 10 illness, risk management is more than simply avoiding accident. It is a total program that analyzes risks, identifies where and why injuries or accidents might occur, and what to do about them. This includes identifying **hazards**³ that might be
- 15 **eliminated**⁴ or controlled, aspects requiring indemnification (ensuring or otherwise protecting personnel or the organization from financial burden), or **altering**⁵ the program to eliminate activities judged to be professionally indefensible or too **costly**⁶ for indemnification. Managing risks includes inspecting facilities and
- 20 equipment to predict and **preclude**⁷ accidents, but it also embraces an active program of accident investigation and follow up. At the same time, it must be recognized that if physical education and sport are to remain exciting and **challenging**⁸, a degree of controlled danger and risk must continue. Here are some examples of controls:
- 25 (1) **requiring**⁹ racket ball players to wear protective eye guards, (2) Establishing anti-spear tackling in football, (3) padding the underside



1. Assess = calculate

2. Encompass = include

3. Hazards = dangers

4. Eliminate = remove

5. Alter = change

6. Costly = expensive

7. Preclude = prevent

8. Challenging = difficult

9. Require = need

C. After You Read

1. Comprehension Check

Read the following statements carefully and say whether they are True or False. Compare your answers with your partners.

	True	False
1. AT is the exercise intensity at which lactate starts to accumulate in the blood stream.	<input type="checkbox"/>	<input type="checkbox"/>
2. Anaerobic exercise is typically used by body builders in non-endurance sports.	<input type="checkbox"/>	<input type="checkbox"/>
3. The ATP-PC energy system uses glucose in the absence of oxygen.	<input type="checkbox"/>	<input type="checkbox"/>
4. Anaerobic which means “with air” refers to the energy exchange in living tissue that is dependent of oxygen.	<input type="checkbox"/>	<input type="checkbox"/>
5. In spite of anaerobic exercises, aerobic ones encompass lower intensity activities performed for extended periods of time.	<input type="checkbox"/>	<input type="checkbox"/>

2. Vocabulary Check

Underline the word that represents the meaning of the italicized word.

1. The word “*bulk*” in line 5 means (a little, mass, staff).
2. The word “*exertion*” in line 8 means (try, inquire, effort).
3. The word “*provide*” in line 25 means (generate, supply, create).
4. The word “*exceed*” in line 41 means (decrease, surpass, weaken).
5. The word “*recommend*” in line 56 means (advice, prohibit, warn).
6. The word “*interval*” in line 40 means (intermission, break, chief)

3. Grammar Focus

Future Forms: Going to, Will

In order to make future tense and talk about what is going to happen or what will happen in future, we can use either ‘going to’ or ‘will’.

Now let’s take a glance at how these two forms are used.

Going to is used:

a) To talk about intention

e.g. I am going to ask you some questions.

b) To predict about something

e.g. It is going to rain.

will is used:

a) To talk about facts referring to future

e.g. The meeting will be held at 4 p.m.

b) To express decision we make about future

e.g. I will do my best to gain the best mark.

Grammar tip: Sometimes, for prediction, when a person uses ‘will’ they are not so sure. When a person uses ‘going to’ they are surer.

Complete each blank with going to or will. (Sometimes both of them are correct).

1. In the future, I think more people study courses online.
2. The conference be held in San Antonio.
3. Because flexibility exercises help improve blood flow to the muscles, stretching an injured muscle speed up your recovery.
4. I be admitted to one of the best physical education faculties in the country

5. Further reading

Read silently. Don't worry about the exact meaning of the new words.

Motion Sensors

Pedometers, the original motion sensor for measuring physical activity, were designed to count steps and thus provide a potentially useful measure of distance walked or run. However, the high variability among pedometers and the lack of a stable calibration mechanism make them unsuitable for estimating physical activity in either laboratory or field research. Electronic motion sensors have overcome much of the lack of standardization and poor quality control associated with mechanical pedometers. Devices used by various investigators include the Large-Scale Integrated Activity Monitor, the Caltrac Personal Activity Computer (Caltrac), and the Vitalog monitor.



The output from these monitors has been significantly correlated with energy expenditure assessed by indirect calorimetry during walking and running on the treadmill, stationary cycling, walking over a measured course, and simulated activities of daily living (e.g., lifting and carrying objects, sweeping). Direct validation of the Caltrac shows low to moderate associations with physical activity records completed over the course of 1 year. Simultaneously recording the heart rate and motion from sensors on several parts of the body and calibrating each individual's heart rate and motion sensor output versus oxygen uptake for various activities can provide an accurate estimate of the energy expenditure profile from physical activity. More advanced hardware and software are needed to make such approaches useful for studies measuring health outcomes of physical activity.

Doubly labeled water

By using 2 stable isotopes ($2\text{H}_2\text{O}$ and H_2^{18}O), researchers can calculate the rate of carbon dioxide production in humans over days or weeks.

Subjects drink a specified amount of these isotopes according to their body weight, after which their loss from the body is tracked by analysis (using a mass spectrometer) of isotopes in urine samples every few days. From these data, oxygen uptake and energy expenditure can be calculated. This technique has the advantage of obtaining objective data with little effort by subjects; its disadvantages include a relatively high cost and the inability to determine the type, intensity, frequency, or duration of any single bout of activity. This technique has been shown to be accurate when compared with indirect calorimetry.

6. Comprehending the Further Reading

Mark the following statement True or False according to the further reading. Correct the false statements to make them true.

- | | True | False |
|--|-------------------------------------|-------------------------------------|
| 1. Electronic motion sensors provide standardization and a good amount of quality control. | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| 2. Recording the heart rate and motion from sensors and calibrating each individual's heart rate provide an accurate estimate of the energy expenditure. | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| 3. Doubly labeled water method costs too much. | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| 4. Pedometers were designed to count steps and as a result provide a useful measure of distance. | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |

7. Vocabulary Review

Here are some vocabulary items from the reading that are probably new to you.

Word	Synonym	Persian Meaning
• Calculate (v)	• compute	• محاسبه کردن
• Conveniently (adj)	• properly	• به طور مناسب
• Deficit (n)	• shortage	• کمبود
• Derive (v)	• root from	• ریشه گرفتن از
• Disadvantage (n)	• shortcoming	• زیان
• Especially (adv)	• particularly	• خصوصاً
• Estimate (v)	• evaluate	• برآورد کردن
• Immediately (adv)	• right away	• فوراً
• Instrument (n)	• device	• وسیله
• Investigator (n)	• researcher	• محقق
• Long-term (adj)	• last thing	• بلند مدت
• Moderate (adj)	• average	• معتدل، میانه
• Onset (n)	• beginning	• سرآغاز، ابتدا
• Respondent (n)		• پاسخگو
• Simultaneously (adv)	• concurrently	• همزمان
• Status (n)	• position	• شرایط، جایگاه
• Substantial (adj)	• considerable	• اساسی، چشمگیر
• Virtually (adv)	• practically	• واقعاً، نهایتاً