

In the Name of God

English for the Students of Physical Education

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Scope and Sequence

	Reading Strategy	Reading	Grammar Focus	Further Reading
Unit 1	Getting the Meanir of Words from Context	ng Sports Management	Simple Present vs. Present Continuous	Sports Medicine
Unit 2	Previewing S 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 7 Unit 6 Unit 5	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 Managment



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?

a. ceremony

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.

meaning of the word.		
1. Risk management inclu	des safety, accident pre	evention, and sound
insurance policies, but also	o encompasses much m	nore.
a. include	b. exclude	c. provide
2. At the same time, it 1	must be recognized th	at if physical education
and sport are to remain e	xciting and challenging	g, a degree of controlled
danger and risk must conti	inue.	
a. boring	b. easy	c. difficult
3. Reports <u>indicate</u> that co	ntact sports such as foo	otball show injury rate as
high as three quarters of p	articipants sometimes of	during each season.
a. refer	b. show	c. claim
4. In sport management, s	tandards are common, l	but often carry a burden
of weight in day to day op	erations.	
a. problem	b. rule	c. responsibility
5. Coaches must inform at	thletes that no one sets	foot on the practice field
without a physical examin	ation.	
a. check	b. investigation	c. comprehension
6. Crisis management is	a new name for a g	good old idea: having
well-planned emergency s	trategy in place before	catastrophe occurs.

b. disaster

c. match

B. Reading

Sports Management

Risk management

The risk management process is ongoing and involves four stages: identify the risks, assess¹ the risks, treat the risks, and standardize operating procedures. 5 Risk management includes safety. accident prevention, and sound insurance policies, but also encompasses² 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 oraccidents might occur, and what to do about them. This includes identifying hazards³ that might be 15 eliminated4 or controlled. requiring indemnification aspects otherwise protecting (ensuring personnel the or organization from financial burden), or altering⁵ the program to eliminate activities judged to be professionally indefensible or too costly6 for indemnification. Managing risks includes inspecting facilities and 20 equipment to predict and preclude 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 challenging8, a degree of controlled danger and risk must continue. Here are some examples of controls: 25 (1) requiring racket ball players to wear protective eye guards, (2) Establishing anti-spear tackling in football, (3) padding the underside

^{1.}Assess = calculate

^{4.} Eliminate = remove

^{7.} Preclude = prevent

^{2.} Encompass = include

^{5.} Alter = change

^{8.} Challenging = difficult

^{3.} Hazards = dangers

 $^{6. \}text{ Costly} = \text{expensive}$

^{9.} Require = need

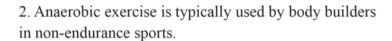
C. After You Read

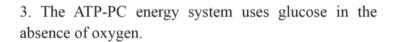
1. Comprehension Check

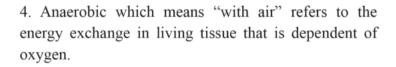
Read the following statements carefully and say whether they are True or False. Compare your answers with your partners.

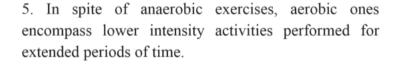
True False

1. AT is the exercise intensity at	which	lactate	starts	to
accumulate in the blood stream.				









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 abut 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).

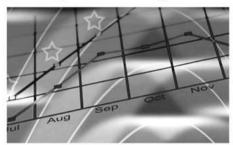
- 1. In the future, I think more people study courses online.
- 2. The conference be held in San Antonio.
- 3. Because flexibility exercises help improve blood flow to the muscles, stretching an injured muscle speed up your recovery.
- 4. I be admitted to one of the best physical education faculties 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 Devices used by various investigators include the pedometers. Integrated Activity Monitor, the Caltrac Large-Scale 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 (2H2O and H218O), 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.

1. Electronic motion sensors provide standardization and a good amount of quality control.

True False

2. Recording the heart rate and motion from sensors and calibrating each individual's heart rate provide an accurate estimate of the energy expenditure.

3. Doubly labeled water method costs too much.

4. Pedometers were designed to count steps and as a result provide a useful measure of distance.

7. Vocabulary Review

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

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