

University of Mohammed Kheidher Biskra

Institute of Sports (ISTAPS)

Level: Master One

Department:

الإدارة و التسيير الرياضي
SPORTS MANAGEMENT

تدريب رياضي
SPORTS TRAINING

التربية الحركية: القسم:
PHYSICAL EDUCATION

جامعة محمد خيضر بسكرة

كلية معهد علوم و تقنيات النشاطات البدنية و الرياضية

السنة الأولى ماستر

Second Semester

Basic Anatomy and Physiology of the Human Body

I) Sports

1 Football Rules

2 Tennis: Rules

3 Basketball: Players

4 Basketball: Rules

5 The basketball court

Reference List:

Books 1-3 of *Career Paths: Sports* are rated for the Common European Framework of Reference for Languages at A1, A2 and B1 respectively.

BASIC ANATOMY AND PHYSIOLOGY OF THE HUMAN BODY



Muscles work like engines by burning fuel to produce movement. They are **energy converters** changing the chemical energy in the food we eat into the energy of movement. This energy of movement can be produced in three ways:

aerobic system: this is the muscle energy system which requires oxygen

anaerobic alactic system: this is the stored, start up system which does not require oxygen and does not produce lactic acid

anaerobic lactic system: this is the system which does not require oxygen but produces lactic acid.

Each muscle can perform three **types of contractions**: **isotonic**, divided into **concentric** and **eccentric**; **isometric**; and **isokinetic**.

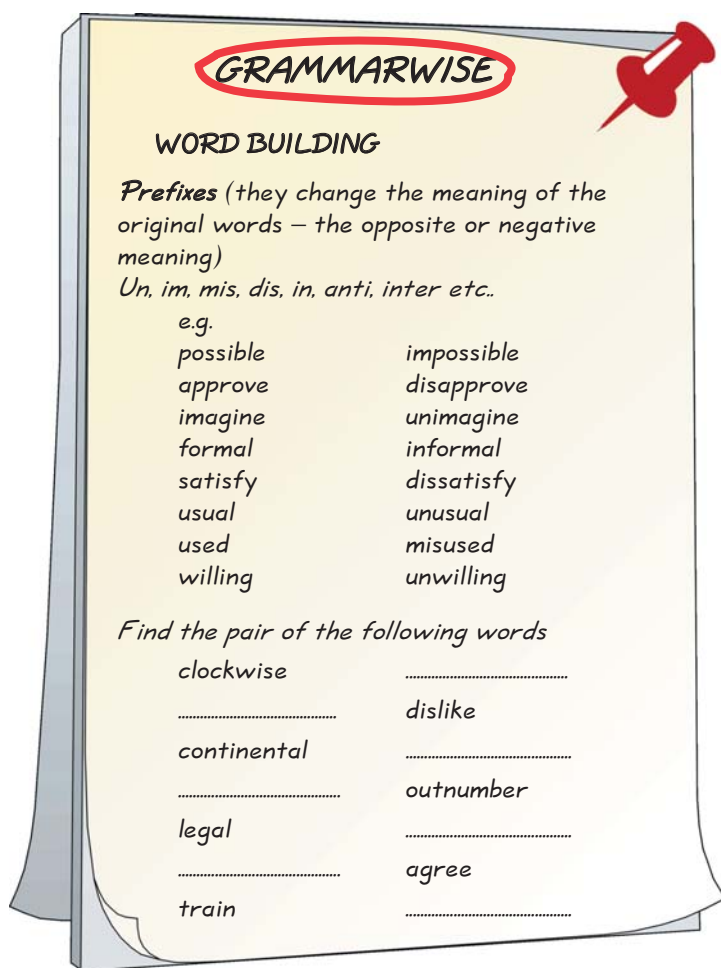
Isotonic concentric contraction: This is also called a positive contraction. It occurs when the **force** produced by the muscle **overcomes the resistance** and the **muscle shortens**.

Isotonic eccentric contraction: This is also called a negative contraction (antigravity contraction) in which the muscle is contracting but gradually lengthening. It can lower more weight

slowly than it can lift concentrically. Its advantage is that it provides a greater **overload**. (But it can contribute to **muscle soreness**.)

Isometric contraction (static contraction): This occurs when a muscle **exerts a force** but does not shorten or lengthen. This contraction strengthens the muscles at only one point in the **range of motion**.

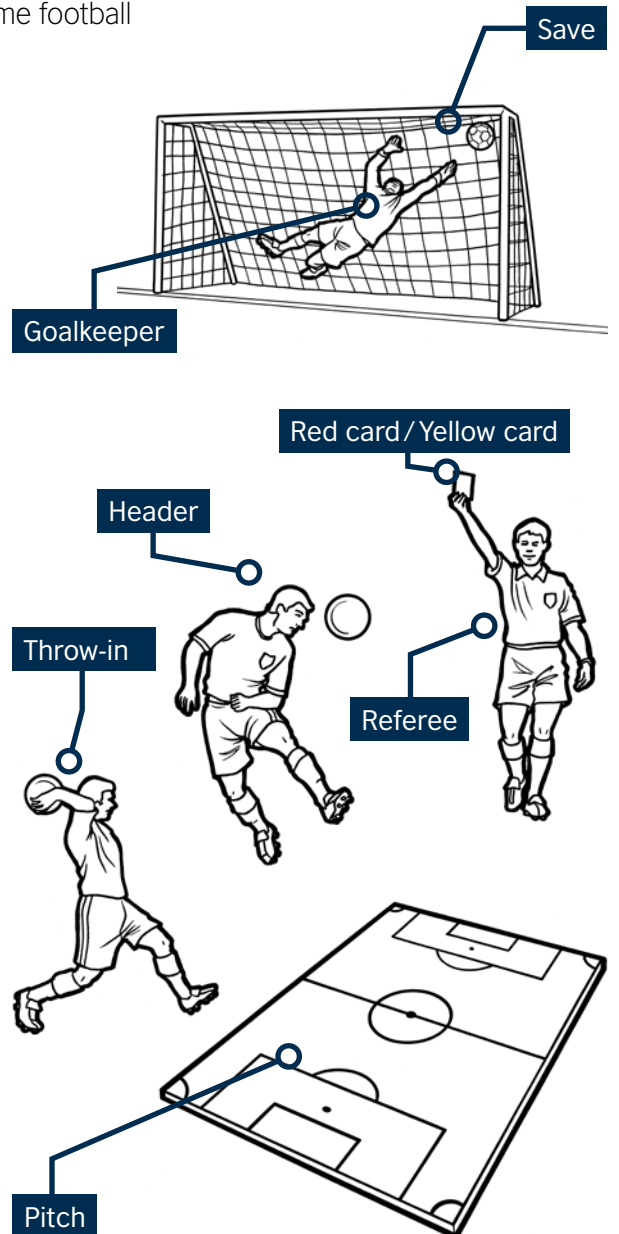
Isokinetic contraction: The speed of contraction is the same throughout the range of motion. This exercise places a maximum work **load on** the muscle throughout the entire range of motion.



Football

When athletes come together from around the world to compete in the Olympic and Paralympic Games, they are fulfilling their dreams and competing at the highest level. Billions of people across the globe join in; watching, listening to and reading about the greatest global celebration of sport. To celebrate the London 2012 Games, the British Council is making a wide range of classroom resources available for learners of English worldwide.

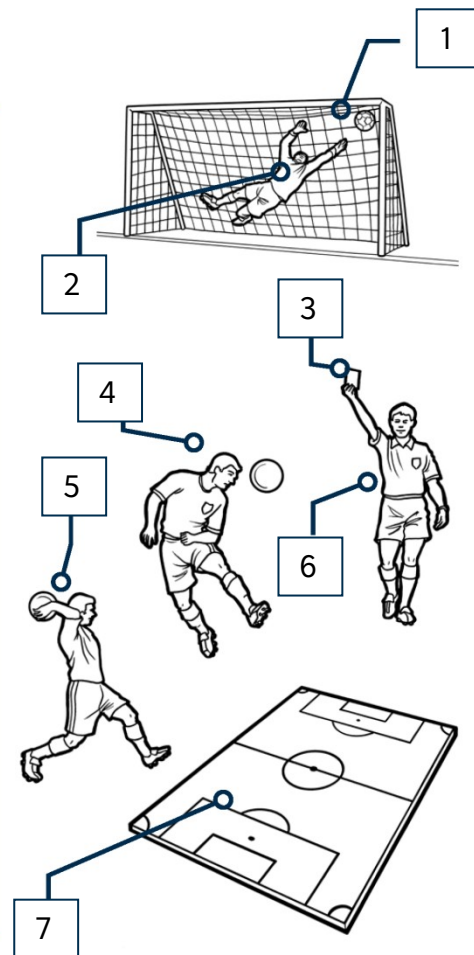
Everyone knows football, don't they? It is a very popular sport but not many know that football has a long Olympic history too. The rules of Olympic football are almost exactly the same but there are some differences. What are they? Find out more about the history of the sport and learn or revise some football vocabulary and useful language.



1. Vocabulary

a. Write the correct words in the spaces provided.

a. Header	b. Red card / yellow card	c. Throw-in	d. Pitch
e. Goalkeeper	f. Save	g. Referee	



2. The rules of football

- Two teams of 11 players play on a pitch. Each team tries to score more goals than the other.
- A game lasts 90 minutes, divided into two 45-minute halves.
- Players can use any part of their body except their arms and hands to move the ball. The exception is when a player takes a throw-in.
- Goalkeepers can use their hands, especially when making a save.
- If a player commits a foul, then a free kick is awarded to the other team.
- If there is a foul inside the penalty area, a penalty kick is awarded to the other team.
- If there is a more serious foul such as a bad tackle or handball, the referee can show a yellow or red card. Two yellow cards or one red card mean a player is expelled from the game.
- If teams have the same score (a draw) then extra time and penalty shootouts are used to decide the winner.
- In Olympic football male players must be under 23 years old, though they can have three older players in each team. There are no age restrictions for female players.

a. Match the words in the table with their definitions below.

a. foul	b. free kick	c. goalkeeper	d. handball	e. pitch
f. referee	g. save	h. score	i. tackle	j. throw-in

1. An attempt to take the ball from a player in the other team
2. An opportunity to kick the ball without opposition from the other team
3. Get a goal
4. Something against the rules
5. Stop the ball from going into the goal
6. The act of throwing the ball from the sideline after the ball has gone out of play
7. The area of grass where the game is played
8. The person who is in charge of the game and who makes sure that the rules are followed
9. The player who stands in the team's goal to try to stop the other team from scoring
10. When a player intentionally touches the ball with their hand or arm

3. Questions & Answers

There's football at the Olympics? You don't hear much about it. I mean, it's not like the World Cup, is it?

You're right – the World Cup is definitely the biggest prize in football, but the sport has a long Olympic history, too.

You're not going to tell me the ancient Greeks played, are you?

No, but football has been on the Olympic programme since 1900. And women's football since 1996. In comparison, the first World Cup only took place in 1930.

Ok, but I suppose the same teams always win: Brazil, Italy, Germany ...

Actually no. Italy's won once and Germany (the old German Democratic Republic) once also, but Brazil has never won.

Really? So who's won all the medals?

Hungary, the former Yugoslavia and the former Soviet Union have each won five medals in the men's competition and the USA women three golds.

Who's playing in London in 2012?

Some of the best players in the world.

Only some? They aren't all coming?

Since 1992 male footballers have to be under 23 years old, though they can have three older players in each team. But you still get to see some real stars – in Beijing 2008 Messi and Ronaldinho both played.

And I can see them all in London?

No. Football is the only sport where events will take place outside England. Games will be played in Glasgow and Cardiff, as well as Manchester, Newcastle, Coventry, and of course London..

So fans might have to go to Scotland or Wales? That's a lot of travelling.

Not compared to the 1984 Olympics in Los Angeles. Then, some games were played in Boston, more than 3,000 kilometres away!

Wow! You seem to know a lot about it – can I ask you just one more question?

Sure, what is it?

Can you explain the off-side rule?

Um ... not unless you've got all day ...

Glossary

The World Cup: an international football competition held every four years and organised by the Fédération Internationale de Football Association (FIFA).

Off-side rule: a law in football which states that a player cannot be actively involved in the play if he is closer to the opponent's goal line than both the ball and the second-to-last defender when the ball is touched or played by a teammate.

a. Decide if the following statements about the text are true or false.

1. The World Cup is a more important football competition than the Olympics.
2. Football was played at the ancient Olympics.
3. European teams have won more medals than other countries in the men's competition.
4. Messi and Ronaldinho will both be playing at the London Olympics.
5. It is further from London to Glasgow or Cardiff than it is from Los Angeles to Boston.
6. The off-side rule is complicated.

True	False

b. Complete each question by following the instructions below.

Complete each sentence with a word/words from the table. In some cases more than one answer is correct.

and	as well	but
in comparison	then	though

Both Mary (.....1.....) Tina are coming to the party.

I really like football, (.....2.....) I hate basketball.

I've visited many countries in Europe, (.....3.....) I've never been to Asia.

Take the first street on the left, and (.....4.....) go straight ahead for 300 metres.

The weather has been terrible this summer. (.....5.....), last summer was beautiful.

They sell pizzas and pasta, and hamburgers and fish and chips (.....6.....).

4. Solution

Exercise 1a

1. f; 2. e; 3. b; 4. a; 5. c; 6.g; 7. d

Exercise 2a

1. i; 2. b; 3. h; 4. a; 5. g; 6. j; 7. e; 8. f; 9. c; 10. d

Exercise 3a

1. True; 2. False; 3. True; 4. False; 5. False; 6. True

Exercise 3b

1. and; 2. but/though; 3. but/though; 4. then; 5. In comparison; 6. as well

Online English Quiz

Instructions: Which is the usual verb for the sport?

Q1 - I ___ swimming twice a week.

- do
- go
- play

Q2 - You ___ football.

- do
- go
- play

Q3 - They ___ fishing.

- do
- go
- play

Q4 - People ___ aerobics.

- do
- go
- play

Q5 - You ___ golf.

- do
- go
- play

Q6 - They ___ gymnastics.

- do
- go
- play

Q7 - People ___ cricket.

- do
- go
- play

Q8 - You ___ athletics.

- do
- go
- play

Q9 - You ___ skiing.

- do
- go
- play

Q10 - You ___ rugby.

- do
- go
- play

Learn how to write a curriculum vitae, often called a CV in the UK or résumé in American English, to practise and improve your writing skills.

Before reading

Do the preparation task first. Then read the text and tips and do the exercises.

Preparation task

Put the phrases in the correct groups.

Photography	Business Development Manager	Certificate in Presentation Skills	Degree in Marketing
Taekwondo	Professional blogger	Research Assistant	Sales Executive
Class B driving licence	Proficient knowledge of analytics software	Masters in Public Relations and Digital Marketing	Diploma in Innovation Design

Work experience	Education	Skills and Interests

Reading text: A CV

Maria Jones

Digital Marketing Specialist

Profile

I have five years' experience in various digital marketing roles. I have a proven ability to create successful marketing campaigns in line with brand identity and values. I am a strong collaborator with outstanding communication skills, and have comprehensive experience of using my specialist knowledge and expertise in analytics for a wide variety of marketing initiatives.

Employment History

June 2017 – present

Digital Marketing Specialist for Zinco, a global insurance start-up

- My role involves working to tight deadlines to design, create and launch marketing campaigns via social media.
- I have developed advanced knowledge of a range of social media platforms and digital marketing tools.
- I specialise in driving successful campaigns and excel in analysing their impact.
- I have experience launching digital billboards in places such as train stations and shopping centres.

Sept 2016 – June 2017

Creative break from employment to travel and blog

- I travelled through 12 countries, met several professional bloggers and started my own travel blog.
- I built up a community of followers and started to monetise my blog through sponsored posts.

May 2014 – Aug 2016

Digital Marketing Assistant, Krunch Ltd

- Responsibility for overall social media strategy and regular posting on key channels.
- I played a key role in numerous campaigns to boost engagement with our brand.
- I also supported three product launches.

Education

2014 Diploma in Digital Marketing, Leeds Beckett University, UK

2012 A-levels (Psychology, English, Art & Design), Leeds City College, UK

Skills and Interests

Competent WordPress developer

Skilled in Adobe InDesign and Adobe Illustrator

Advanced Spanish (C1)

Intermediate German (B1)

Photography

Travel

References

Available on request

Tips

1. Start with a short profile to show who you are and what you offer.
2. List your employment history, starting with the present.
3. Explain any gaps, for example time spent travelling or having children.
4. Use bullet points for your main responsibilities and experience in each role. Choose the aspects of your previous jobs that are most relevant to the new job you are applying for.
5. Then give your educational background. List the relevant qualifications that you have, starting with the most recent. Include the title of your qualification, where you studied and the date you successfully completed it.
6. Consider putting Education above Employment if you don't have a lot of work experience yet.
7. List other experience or interests you may have if they are relevant to the job.
8. If you have someone who could support your application, add their contact details or say *References available on request* at the end.

Tasks

Task 1

Are the sentences true or false?

	Answer	
1. It is a good idea to start with a short summary about you.	True	False
2. You should write your work history in order, with your most recent job at the end.	True	False
3. You should list all your responsibilities in detail.	True	False
4. You should give the full title of your qualifications, with the date you passed each one and the organisations that awarded them to you.	True	False
5. It is a good idea to include hobbies if they are relevant to the job.	True	False
6. Include references to support your application if you can.	True	False

Task 2

Put the words and phrases in order to make sentences.

1. roles. I have in various experience five years'
2. My involves working deadlines. role tight to
3. a create ability to I have successful campaigns. proven
4. digital in specialise I marketing.
5. in excel I impact analysis.
6. I of knowledge advanced statistics. have

Task 3

Write the correct form of the word in brackets.

1. I have a proven to deliver successful marketing campaigns. (able)
2. I am a strong (collaborate)
3. I have specialist of marketing. (know)
4. I use my in analytics to assess the success of campaigns. (expert)
5. I was for the overall social media strategy. (responsibility)
6. I played a key role in campaigns. (number)
7. I started to my blog through sponsored posts. (money)
8. I worked on several initiatives to boost customer..... (engage)

Discussion

Have you got a CV? Do you have any tips to share?

Answers

Preparation task

Work experience	Education	Skills and Interests
Business Development Manager Sales Executive Professional blogger Research Assistant	Certificate in Presentation Skills Degree in Marketing Diploma in Innovation Design Masters in Public Relations and Digital Marketing	Proficient knowledge of analytics software Class B driving licence Photography Taekwondo

Task 1

1. True
2. False
3. False
4. True
5. True
6. True

Task 2

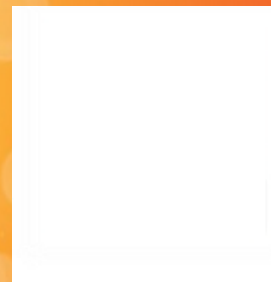
1. I have five years' experience in various roles.
2. My role involves working to tight deadlines.
3. I have a proven ability to create successful campaigns.
4. I specialise in digital marketing.
5. I excel in impact analysis.
6. I have advanced knowledge of statistics.

Task 3

1. ability
2. collaborator
3. knowledge
4. expertise
5. responsible
6. numerous
7. monetise / monetize
8. engagement

Diploma :

Photo ID



- Family name:
- First name :
- Date of birth :
- Place of birth :
- Address :
- Marital Status :
- Military service status:
- Mobile number : (+213)
- E-mail address:

EDUCATION AND AWARDS

- BAC in Year :
- BA in Year :
- MA in Year :
- PhD in Year :
- Award of Year :

TRAINING AND EMPLOYMENT

- Month, Year : Preparing a graduation project entitled:
«»
Institution :
- Month, Year : Preparing a master degree dissertation entitled :
«»
Institution :
- Month, Year : Practical training of days as final study project.
Place :
- Month, Year : Worked as :
«»
Place :
- Month, Year : Worked as :
«»
Place :

SKILLS AND COMPETENCES

- Windows softwares (Word- Excel - PowerPoint)
- Driving license.
- Experience of organizing training and raising awareness regarding
- Experience in
- First Aid (theory + practice).
- Well-trained in
-
-

MASTERED LANGUAGES

- ✓ Arabic : Mother tongue proficiency
- ✓ French: Professional working level
- ✓ English: Technical competency
- ✓
- ✓

HOBBIES

- Practicing sports
- Extensive reading
- Surfing web
- Keen on softwares ...



Beginner's Guide to Tennis

Tennis is a popular game played around the world. However, it may be confusing to newcomers. Here are the basics of the game to help get you started.

Tennis is played on a **tennis court**. It can be played on three kind of surfaces: clay, grass, and hard court. The court is divided by a net into two sections. Each section is further divided by the **service line**. Between this line and the net is the **service box**.

Tennis players require only a **tennis racket** and **tennis balls** to play. Players hit the ball back and forth across the court over the net. They score points when their opponents hit the ball out of bounds or against the net or when the ball bounces twice in the opponent's court.

Play begins with a **serve**. The serving player stands behind the **baseline**. The player must hit the ball diagonally to land it inside his opponent's service area. If the server makes two **faults** or a **net service**, their opponent scores a point.

Players begin at **love**, or zero points. The first point is counted as **fifteen**, the second **thirty**, and the third **forty**. At **deuce**, or tie, the server must score the last two points to win. A game ends when the server scores his final **game point** or their opponent the **break point**. A **set** is usually won by the first player to win six games.

Get ready!

- 1 Before you read the passage, talk about these questions.
 - 1 What are some areas of a tennis court?
 - 2 What equipment is used when playing tennis?

Reading

- 2 Read the tennis guide. Then, mark the following statements as true (T) or false (F).
 - 1 Players serve from behind the service line.
 - 2 A serving player gets one chance to get the ball over the net.
 - 3 "Love" indicates that a player has not scored any points.

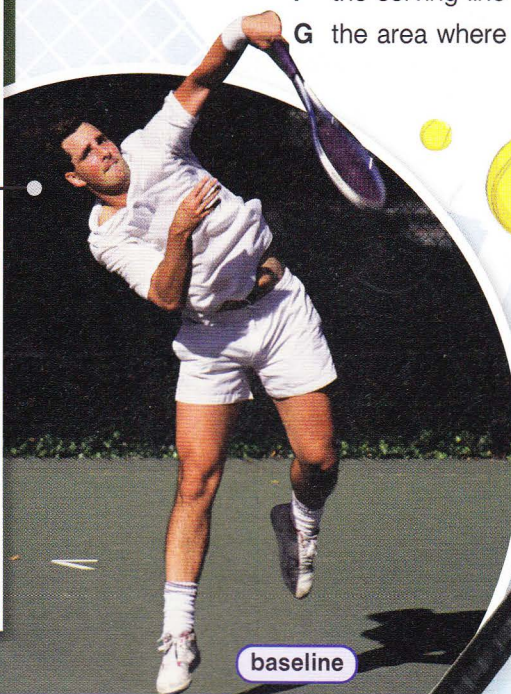
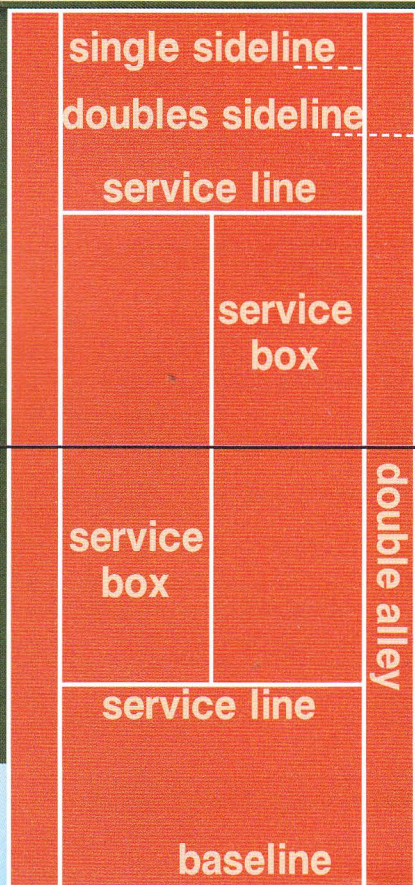
Vocabulary

- 3 Match the words (1-7) with the definitions (A-G).

1 <input type="checkbox"/> tennis court	5 <input type="checkbox"/> fault
2 <input type="checkbox"/> baseline	6 <input type="checkbox"/> tennis racket
3 <input type="checkbox"/> service box	7 <input type="checkbox"/> service line
4 <input type="checkbox"/> net service	

 - A the line dividing a player's side of the court
 - B a serve that hits the net
 - C an invalid serve in tennis
 - D the playing field in tennis
 - E a piece of equipment used to hit a tennis ball
 - F the serving line on a tennis court
 - G the area where a player must land a serve

tennis court



baseline



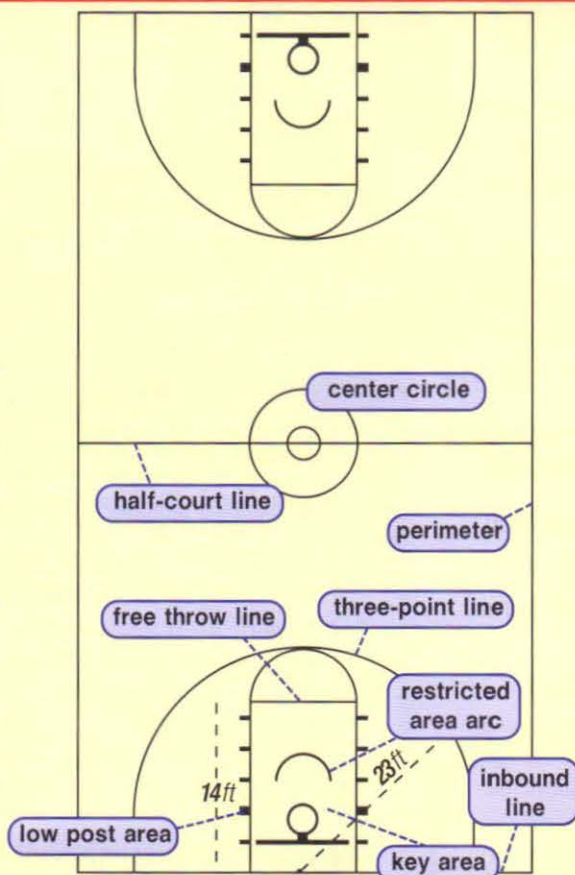
tennis ball

tennis racket

Guidelines for Basketball Court Dimensions



basketball court



The **basketball court** guidelines below are for **International Basketball Federation (FIBA)** rules.

Standard **perimeter** is a length of 92 feet and a width of 49 feet. The **half-court line** is at a distance of 45 feet. At half-court, the **center circle** diameter is 12 feet.

The **restricted area arc** is at 4 feet. The **free throw line** is at 14 feet. The **three-point line** is at 23 feet 9 inches. All these distances are measured from directly below the backboard.

The **key area** has a width of 16 feet and includes the **low post area**. The **inbound line** is near the key.

Get ready!

1 Before you read the passage, talk about these questions.

- 1 Where is basketball played?
- 2 How far from the backboard is the 3-point line?

Reading

2 Read the court dimension guidelines. Then, choose the correct answers.

- 1 What is the purpose of the passage?
 - A to suggest changes to basketball court dimensions
 - B to explain where different players should stand on a basketball court
 - C to compare the sizes of men's and women's basketball courts
 - D to describe the typical dimensions of a basketball court
- 2 Which is NOT measured from below the backboard?
 - A restricted area arc
 - B center circle
 - C free throw line
 - D three-point line
- 3 What line is at a distance of 45 feet?
 - A the free throw line
 - B the three-point line
 - C the inbound line
 - D the half-court line

Vocabulary

3 Match the words (1-8) with the definitions (A-H).

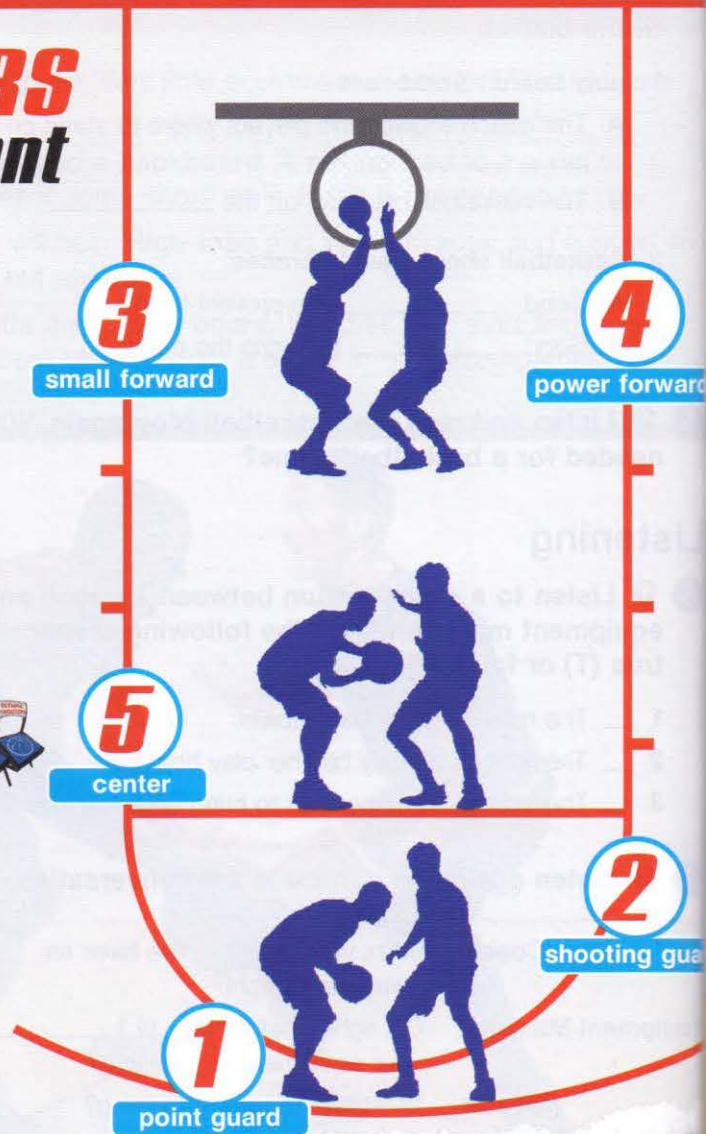
- | | | | |
|---|---------------|---|---------------------|
| 1 | perimeter | 5 | basketball court |
| 2 | key | 6 | restricted area arc |
| 3 | low post area | 7 | inbound line |
| 4 | center circle | 8 | half-court line |

- A a shaded area under the basket
- B a curved line four feet from the basket
- C a place where basketball is played
- D an area just under the basket
- E a line near the key
- F a line indicating the outside line of a court
- G a space in the middle of the court
- H a line in the middle of the court

OLYMPIA SHOOTERS Preseason Assessment

The Olympia Shooters new **lineup** looks good this year. The tallest player, Mike Jones, is a **center**. Mike spent last season on the **bench**, but will now **start**. To aid Jones offensively is Sam Langford. Langford is full of muscle at the **power forward** position. To round out the **frontcourt** is Carl Lucas. He is a **small forward** and his versatility is a big asset for the team.

In the **backcourt** is John Harrison. He has good ball handling skills as a **point guard**, and is the star of the team. Peter Sutton is accurate as the **shooting guard**. Both players are skilled at passing the ball.



Get ready!

- 1 Before you read the passage, talk about these questions.

- 1 What are some basketball positions?
- 2 Where do substitutes sit?

Reading

- 2 Read the article. Then, mark the following statements as true (T) or false (F).

- 1 ___ The center did not start last season.
- 2 ___ Sam Langford plays in the frontcourt.
- 3 ___ Peter Sutton is a point guard.

Vocabulary

- 3 Match the words (1-7) with the definitions (A-G).

- | | |
|---------------------|---------------------|
| 1 ___ frontcourt | 5 ___ lineup |
| 2 ___ power forward | 6 ___ start |
| 3 ___ bench | 7 ___ small forward |
| 4 ___ backcourt | |

- A a position that has a variety of duties
 B to be on the court at the beginning of a game
 C a side being defended
 D a side in offensive play
 E a position for mid-range jump shots
 F a group of players that don't start
 G a list of players

The Sunday Gazette

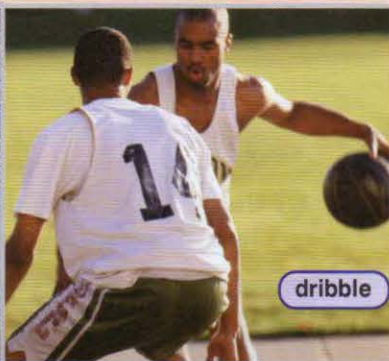
GIANTS-BEARS Game Decided in Final Minutes

The tied game came down to the last minute. The Giants gained control of the **jump ball**. But Giant player John Mays **travelled**. The Bears quickly made a **three-pointer** and took the lead.

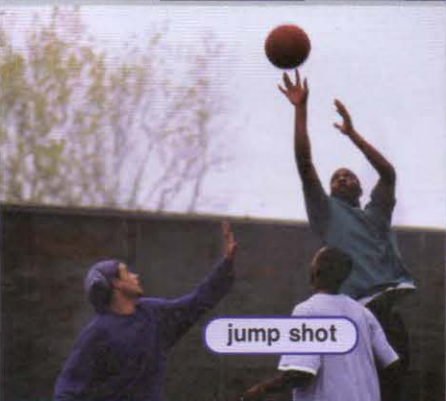
Then, Giants point guard Mays **dribbled** down for a **jump shot**. He missed, but Mike Bloom **rebounded** the ball and **dunked**. Still behind, the Giants managed to steal a pass. Mays got the ball and tried to draw a **foul**. He was successful, and Bear player Joe Smith **fouled out**. With three seconds left, Mays made both **free throws**. The Bears missed a long shot, and the Giants won, 78-77.



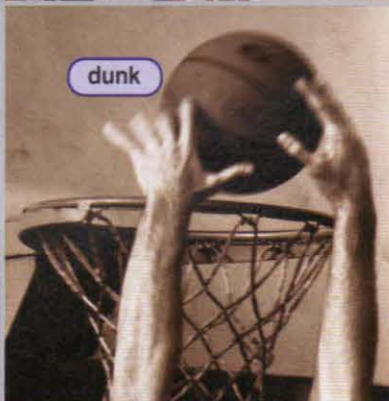
jump ball



dribble



jump shot



dunk



free throw



three-pointer

Get ready!

1 Before you read the passage, talk about these questions.

- 1 What are some ways to score in basketball?
- 2 Which score is most difficult?

Reading

2 Read the newspaper article about the game. Then, choose the correct answers.

- 1 What is the purpose of the article?
 - A to explain the rules of play in basketball
 - B to describe the last minutes of a game
 - C to suggest that a foul was called incorrectly
 - D to list players' fouls and points
- 2 What is NOT described in the article?
 - A the Bears making a three-pointer
 - B the Giants drawing a foul
 - C the Giants shooting free throws
 - D the Bears rebounding the ball
- 3 What happened before the free throws?
 - A A Bears player fouled out.
 - B There was a jump ball.
 - C The Giants made a three-pointer.
 - D The Bears travelled.

Vocabulary

3 Match the words (1-8) with the definitions (A-H).

- | | |
|----------------|-----------------|
| 1 __ foul | 5 __ free throw |
| 2 __ rebound | 6 __ dribble |
| 3 __ dunk | 7 __ travel |
| 4 __ jump shot | 8 __ foul out |

- A to bounce the ball
- B to take control of the ball
- C to force the ball through the hoop
- D to move the ball without dribbling
- E an undefended shot
- F a play or action that doesn't follow the rules
- G to be taken out of the game
- H a shot while leaping

Solution

Answer Sheet

Q1 - I ___ swimming twice a week.

- do
- go
- play

Q2 - You ___ football.

- do
- go
- play

Q3 - They ___ fishing.

- do
- go
- play

Q4 - People ___ aerobics.

- do
- go
- play

Q5 - You ___ golf.

- do
- go
- play

Q6 - They ___ gymnastics.

- do
- go
- play

Q7 - People ___ cricket.

- do
- go
- play

Q8 - You ___ athletics.

- do
- go
- play

Q9 - You ___ skiing.

- do
- go
- play

Q10 - You ___ rugby.

- do
- go
- play

Unit 2

1 Suggested Answers

- 1 The baseline, service line, and service box are some areas of a tennis court.
- 2 A tennis racket and a tennis ball are used when playing tennis.

2 1 F 2 F 3 T

3 1 D 3 G 5 C 7 A
2 F 4 B 6 E

Unit 3

1 Suggested Answers

- 1 Basketball is played on a basketball court.
- 2 The 3-point line is 23 feet from the backboard.

2 1 D 2 B 3 D

3 1 F 3 D 5 C 7 E
2 A 4 G 6 B 8 H

Unit 4

1 Suggested Answers

- 1 Center, power forward, small forward, point guard, and shooting guard are some basketball positions.
- 2 Substitutes sit on the bench.

2 1 T 2 T 3 F

3 1 D 3 F 5 G 7 A
2 E 4 C 6 B

Unit 5

1 Suggested Answers

- 1 A player can score a free throw, a jump shot, a three-pointer, or a dunk.
- 2 A three-pointer is most difficult.

2 1 B 2 D 3 A

3 1 F 3 C 5 E 7 D
2 B 4 H 6 A 8 G