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МЕТОДИЧНІ ВКАЗІВКИ

та навчальні завдання

з розвитку англомовного професійного спілкування
до практичних занять та самостійної роботи
для здобувачів вищої освіти першого (бакалаврського) рівня
за освітньо-професійними програмами «Фізична культура і
спорт», «Фізкультурно-спортивна реабілітація»
спеціальності А7 «Фізична культура і спорт»
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Методичні вказівки та навчальні завдання з розвитку англomовного професійного спілкування до практичних занять та самостійної роботи для здобувачів вищої освіти першого (бакалаврського) рівня за освітньо-професійними програмами «Фізична культура і спорт», «Фізкультурно-спортивна реабілітація» спеціальності А7 «Фізична культура і спорт» усіх форм навчання [Електронне видання] / Шикун А. В. – Рівне : НУВГП, 2025. – 33 с.

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Передмова

Методичні вказівки та навчальні завдання з розвитку англомовного професійного спілкування для практичних занять та самостійної роботи для здобувачів першого (бакалаврського) рівня вищої освіти усіх форм навчання, які навчаються за освітньо-професійними програмами «Фізична культура і спорт», «Фізкультурно-спортивна реабілітація» спеціальності А7 «Фізична культура і спорт» спрямовані на підтримку студента в його практичній та самостійній роботі, що сприятиме розвитку комунікативних компетентностей. Різноманітні вправи створені для досягнення цієї мети. Вони включають опрацювання лексики та граматики, поглиблення знань у сфері фізичної культури та спорту та фізкультурно-спортивної реабілітації, розвиток навичок говоріння, читання, письма, монологічного і діалогічного мовлення, а також ознайомлення із соціокультурними аспектами. Після освоєння дисципліни студент має знати: вокабуляр і граматичні конструкції, необхідні для вираження думок і розуміння інформації з фізичної культури та спорту та фізкультурно-спортивної реабілітації, мовні форми, характерні для професійного спілкування, та основні лексичні одиниці.

Студент має вміти:

- спілкуватися усно та письмово іноземною мовою у професійному середовищі;
- володіти фаховою термінологією та професійним дискурсом;
- дотримуватися етики ділового спілкування;
- розуміти автентичні тексти з різноманітних джерел;
- здійснювати пошукове читання оригінальних текстів для отримання інформації;
- виділяти ключові ідеї та розрізняти важливу інформацію під час обговорень професійних питань.

Кожен розділ містить глосарій, покрокові інструкції для виконання завдань. Методичні вказівки та навчальні завдання стануть інструментом ефективного опанування студентами англійської мови в контексті їхньої майбутньої професійної діяльності.

FUNDAMENTALS OF PHYSICAL CULTURE

Wordlist

1. **Physical culture** – фізична культура
2. **Well-being** – благополуччя
3. **Exercise regularly** – регулярно займатися фізичними вправами
4. **Stay active** – залишатися активним
5. **Build endurance** – розвивати витривалість
6. **Improve flexibility** – покращувати гнучкість
7. **Maintain a healthy lifestyle** – підтримувати здоровий спосіб життя
8. **Sports rehabilitation** – спортивна реабілітація
9. **Workout routine** – програма тренувань
10. **Stretching exercises** – вправи на гнучкість

1. Fill in the blanks with the correct word from the wordlist.

1. _____ helps people recover from injuries and return to sports.
2. If you want to stay fit, you should _____ every day.
3. Yoga and pilates help to _____ and prevent injuries.
4. A good _____ includes strength, cardio, and flexibility training.
5. To avoid stiffness, always do _____ before and after a workout.
6. Walking, cycling, and swimming help people _____ as they age.
7. Running and swimming are great ways to _____ and strengthen your heart.
8. _____ is important for both physical and mental health.
9. It is important to _____ by eating well and exercising.
10. Professional athletes follow a strict _____ to improve their performance.

2. Complete the sentences with the correct form of the verb. Use Present Simple or Present Continuous.

She _____ (exercise) every morning before work.

1. Right now, they _____ (do) stretching exercises.
2. My coach _____ (give) me a new workout routine every month.
3. We _____ (train) for a marathon at the moment.
4. Physical culture _____ (help) people stay healthy.
5. He usually _____ (run) five kilometers every weekend.
6. Look! She _____ (lift) heavy weights at the gym.
7. Many people _____ (not drink) enough water during workouts.
8. The instructor _____ (explain) the benefits of stretching now.
9. I _____ (not go) to the gym today because I feel tired.
10. She _____ (exercise) every morning before work.

3. Match the definitions to the correct word from the wordlist.

1. (every / morning / she / do / stretching exercises)
2. (now / we / prepare / for / a / sports competition)
3. (physical culture / help / people / maintain health)
4. (they / run / in / the park / every Sunday)
5. (right now / he / show / us / a new exercise)
6. (to stay fit / you / need / exercise regularly)
7. (at the moment / I / not / feel / tired)
8. (before a workout / always / warm up / you / should)
9. (she / do / yoga / three times a week)
10. (now / we / practice / a new stretching routine)

Ex.4.

Speaking Practice

Task: Complete the dialogue using the words from the wordlist.

- Coach:** Hi! How often do you _____?
- Student:** I exercise _____ times a week.
- Coach:** That's great! Do you include _____ in your routine?
- Student:** Yes, I always do stretching exercises before and after my _____.
- Coach:** Good! _____ is important to avoid injuries.

Student: I also try to _____ by eating healthy food.

Coach: Perfect! Remember, _____ is necessary for improving performance.

Student: Yes, and I want to _____ my flexibility too.

Coach: You should try yoga! It helps with _____.

Student: Thanks! I will add it to my _____.

Ex.5. Writing Task

Task: Write a short paragraph (10 sentences) about your daily workout routine. Use at least 5 words from the wordlist.

Example:

I exercise regularly to stay healthy. Every morning, I do stretching exercises before my workout. I run in the park to build endurance. After running, I do some yoga to improve flexibility. My coach gives me a workout routine every month. I always try to stay active. Sports rehabilitation is important after an injury. I drink a lot of water and eat healthy food. I like to train with my friends. Physical culture helps me maintain a healthy lifestyle.

Ex.6. Wrap-Up & Homework

- **Review:** Each student says one new word they learned today.
- **Homework:** Write a short paragraph (10-12 sentences) about why physical culture is important in daily life.

CONDUCTING TRAINING AND SPORTS COMPETITIONS

Wordlist

1. **Training** – тренування
2. **Competition** – змагання
3. **Athlete** – спортсмен
4. **Endurance** – витривалість
5. **Warm-up** – розминка
6. **Coach** – тренер
7. **Strategy** – стратегія
8. **Referee** – суддя
9. **Teamwork** – командна робота

10. **Tactics** – тактика

1. Fill in the blanks with the correct word from the wordlist.

1. A good _____ session should always start with a warm-up.
2. The _____ is responsible for helping athletes improve their skills.
3. Every successful _____ requires a well-planned strategy.
4. During a game, the _____ makes sure the rules are followed.
5. High _____ is necessary for long-distance runners.
6. Without proper _____, players may get injured.
7. A good _____ plan helps teams win competitions.
8. Professional _____ train every day.
9. _____ is important when playing in a team sport.
10. Coaches often adjust _____ depending on the opponent.

2. Complete the sentences with the correct form of the verb.

Use Present Simple or Present Continuous.

1. The coach (**train**) the athletes every morning.
2. Right now, the team (**prepare**) for the final match.
3. The referee (**blow**) the whistle when the game starts.
4. Our team (**compete**) in an international championship this year.
5. She always (**warm up**) before starting a workout.
6. Look! The players (**discuss**) their strategy.
7. The coach (**not allow**) late arrivals to the training.
8. They (**run**) a marathon every summer.
9. The referee (**check**) the equipment at the moment.
10. He (**give**) instructions to the team right now.

3. Match the definitions to the correct word from the wordlist.

1. The ability to sustain physical activity for a long time. → _____
2. A professional who helps athletes improve their skills. → _____
3. A person who competes in sports. → _____
4. A structured session to improve fitness or skills. → _____

5. The official who enforces the rules of a game. → _____
6. A physical activity before training to prepare the body. → _____
7. A planned set of actions to achieve a goal. → _____
8. Working together effectively in a group. → _____
9. A contest where athletes compete. → _____
10. A detailed plan for a match or game. → _____

4. Rewrite the sentences using the correct comparative or superlative form of the adjective in brackets.

1. This training session is **(difficult)** than yesterday's.
2. Our team is the **(strong)** in the league.
3. Running is **(good)** for endurance than weightlifting.
4. This coach is **(experienced)** than the previous one.
5. Today's competition is the **(important)** of the year.
6. Warm-up exercises are **(helpful)** than you think.
7. He is the **(fast)** runner in our club.
8. The referee was **(strict)** than usual.
9. This strategy is **(effective)** than the last one.
10. The new tactics are the **(complex)** we have used.

5. Translate the sentences from Ukrainian into English.

1. Тренер пояснює нову стратегію команді.
2. Змагання розпочинаються о 10:00 ранку.
3. Суддя перевіряє правила перед грою.
4. Гравці завжди роблять розминку перед тренуванням.
5. Витривалість дуже важлива для спортсменів.
6. Команда працює разом для перемоги.
7. Ми зараз готуємося до великого чемпіонату.
8. Його тактика була кращою, ніж у суперника.
9. Спортсмен тренується щодня, щоб бути сильнішим.
10. Цей матч найцікавіший у сезоні.

HEALTH AND RECREATIONAL ACTIVITIES

Wordlist

1. **Recreational sports** – рекреаційний спорт
2. **Wellness** – оздоровлення
3. **Outdoor activities** – активний відпочинок на свіжому повітрі
4. **Rehabilitation** – реабілітація
5. **Tactical healthcare** – тактичне медичне обслуговування
6. **Physical therapy** – фізіотерапія
7. **Leisure activities** – дозвілля
8. **Mental well-being** – психічне здоров'я
9. **Preventive care** – профілактичний догляд
10. **Adaptive sports** – адаптивні види спорту

1. Fill in the blanks with the correct word from the wordlist.

1. _____ helps people recover after injuries.
2. Many people participate in _____ to stay active.
3. _____ is important for both body and mind.
4. Doctors recommend _____ for people with disabilities.
5. A good _____ plan includes physical activity and relaxation.
6. Running and cycling are examples of _____.
7. _____ focuses on early detection and health maintenance.
8. Stress reduction is essential for _____.
9. Soldiers receive _____ to manage injuries in emergencies.
10. Yoga and meditation are popular _____.

2. Complete the sentences with the correct verb form. Use Present Perfect or Past Simple.

1. She **(try)** different wellness programs over the last year.
2. Last summer, they **(join)** an outdoor fitness class.
3. He **(never/participate)** in adaptive sports before.
4. The therapist **(develop)** a new rehabilitation plan last month.
5. We **(already/complete)** our warm-up exercises.
6. When **(you/start)** practicing yoga?
7. I **(go)** hiking twice this month.

8. The coach **(not/explain)** the new strategy yet.
9. They **(attend)** a wellness retreat last weekend.
10. How many fitness programs **(she/try)** so far?

3. Match the definitions to the correct word from the wordlist.

1. Physical activities done for fun and relaxation → _____
2. A set of medical techniques to restore health → _____
3. A term referring to overall health and well-being → _____
4. Activities like hiking, cycling, and kayaking → _____
5. A medical service used in emergency situations → _____
6. Sports adapted for people with disabilities → _____
7. The practice of preventing illnesses before they start → _____
8. A set of exercises to help injured people recover → _____
9. Activities such as reading, painting, and fishing → _____
10. The condition of feeling happy and balanced mentally → _____

4. Rewrite the sentences using modal verbs (can, must, should, have to, may).

1. It is necessary to do warm-up exercises before training. → You _____ do warm-up exercises before training.
2. It is possible to improve endurance by swimming. → You _____ improve endurance by swimming.
3. It is a good idea to include relaxation techniques in a wellness plan. → You _____ include relaxation techniques in a wellness plan.
4. It is not allowed to skip rehabilitation sessions. → You _____ skip rehabilitation sessions.
5. Athletes are required to follow a strict diet. → Athletes _____ follow a strict diet.
6. Maybe he will try a new recreational activity. → He _____ try a new recreational activity.
7. It is not necessary to go to the gym every day. → You _____ go to the gym every day.

8. Everyone is obliged to wear protective gear in some sports. → Everyone _____ wear protective gear in some sports.
9. It is a good idea to do yoga for mental well-being. → You _____ do yoga for mental well-being.
10. It is not necessary to do high-intensity workouts to stay fit. → You _____ do high-intensity workouts to stay fit.

5. Translate the sentences from Ukrainian into English.

1. Оздоровчі програми допомагають покращити фізичне та психічне здоров'я.
2. Деякі люди обирають адаптивний спорт для підтримки активності.
3. Він займається фізіотерапією після травми.
4. Лікарі рекомендують рекреаційний спорт для всіх вікових груп.
5. Йога покращує психічне здоров'я та гнучкість.
6. Важливо включати активності на свіжому повітрі у свій розклад.
7. Вона пройшла курс реабілітації після операції.
8. Профілактичний догляд допомагає уникнути серйозних захворювань.
9. Тактична медицина використовується у військових умовах.
10. Він розробив план оздоровлення для людей похилого віку.

6. Writing Task: Design a Fitness Program

Write a short fitness program (5-7 sentences) for a specific group of people (e.g., elderly, athletes, office workers). Include:

- Type of exercise
- Duration and frequency
- Health benefits

Example:

"This fitness program is designed for office workers who spend many hours sitting. It includes daily stretching exercises, short walks, and light strength training. Each session lasts 30 minutes and should be done at least five times a week. Stretching improves flexibility, while walking helps with circulation. Strength exercises

prevent muscle loss. This program helps maintain overall wellness and reduces stress."

REHABILITATION STRATEGIES AND ADAPTIVE SPORTS METHODS

Wordlist

1. **Rehabilitation** – реабілітація
2. **Adaptive sports** – адаптивні види спорту
3. **Therapy** – терапія
4. **Injury prevention** – профілактика травм
5. **Tourniquet** – джгут
6. **Tactical healthcare actions** – тактичні медичні дії
7. **Physical therapy** – фізіотерапія
8. **Recovery process** – процес відновлення
9. **Assistive devices** – допоміжні пристрої
10. **Mobility training** – тренування рухливості

1. Fill in the blanks with the correct word from the wordlist.

1. _____ helps people regain strength after injuries.
2. Athletes with disabilities participate in _____ to stay active.
3. A well-planned _____ program speeds up recovery.
4. _____ is important to avoid serious sports injuries.
5. Paramedics applied a _____ to stop the bleeding.
6. Soldiers receive _____ in emergency situations.
7. The doctor recommended _____ after knee surgery.
8. The patient is making progress in his _____.
9. _____ like crutches and wheelchairs assist movement.
10. _____ helps individuals restore balance and coordination.

2. Complete the sentences with the correct verb form (Present Simple or Present Continuous).

1. He (**undergo**) physical therapy twice a week.
2. Right now, the therapist (**show**) the patient how to use crutches.
3. Adaptive sports (**help**) people with disabilities stay active.
4. The doctor (**examine**) the patient at the moment.

5. She **(participate)** in a rehabilitation program this month.
6. Athletes **(train)** hard to improve their endurance.
7. The clinic **(offer)** different types of recovery programs.
8. The physiotherapist **(explain)** the exercises right now.
9. The rehabilitation process **(take)** time and patience.
10. He **(learn)** new mobility exercises today.

3. Match the definitions to the correct word from the wordlist.

1. The process of restoring health and function after injury → _____
2. Sports designed for people with disabilities → _____
3. A method used to stop excessive bleeding → _____
4. A treatment method for physical recovery → _____
5. Equipment that helps people with movement limitations → _____
6. Actions taken to prevent further medical complications → _____
7. The gradual process of regaining strength and mobility → _____
8. Preventive actions to reduce the risk of injury → _____
9. Exercises designed to improve flexibility and strength → _____
10. The ability to move freely and safely → _____

4. Rewrite the sentences using Passive Voice.

1. The doctor develops a rehabilitation plan. → A rehabilitation plan _____ by the doctor.
2. The therapist is explaining mobility exercises. → Mobility exercises _____ by the therapist.
3. They use assistive devices for better mobility. → Assistive devices _____ for better mobility.
4. The nurse applies a tourniquet to stop the bleeding. → A tourniquet _____ to stop the bleeding.
5. Experts design adaptive sports programs for disabled athletes. → Adaptive sports programs _____ for disabled athletes.

6. The hospital provides various rehabilitation services. → Various rehabilitation services _____ by the hospital.
7. The trainer is helping the patient with recovery exercises. → The patient _____ with recovery exercises.
8. Doctors recommend physical therapy after surgery. → Physical therapy _____ after surgery.
9. The therapist guides the patient through balance training. → The patient _____ through balance training.
10. The medical team monitors the recovery progress. → The recovery progress _____ by the medical team.

5. Translate the sentences from Ukrainian into English.

1. Реабілітація допомагає відновити рухливість після травми.
2. Адаптивний спорт дає можливість людям з обмеженими можливостями залишатися активними.
3. Лікар розробив ефективний план реабілітації.
4. Тактична медицина використовується для швидкого реагування на травми.
5. Важливо застосовувати профілактику травм у спорті.
6. Фізіотерапія допомагає поліпшити координацію та силу.
7. Пацієнт використовує допоміжні пристрої для руху.
8. Медсестра наклала джгут на руку пацієнта.
9. Поступове відновлення є ключовим етапом процесу реабілітації.
10. У лікарні пропонують широкий вибір терапевтичних послуг.

6. Writing Task: Case Study on Rehabilitation Plans

Write a short case study (6-8 sentences) about a patient recovering from an injury. Include:

- Type of injury
- Rehabilitation plan
- Exercises and therapy used
- Recovery progress

Example:

"John is a 35-year-old athlete who suffered a knee injury during training. His rehabilitation plan includes physical therapy, stretching, and strength exercises. He attends therapy sessions three times a week. His therapist uses mobility training to improve his flexibility. John also practices adaptive sports to regain confidence. After two months, he has regained 70% of his movement. His progress is monitored weekly, and his recovery continues."

TYPES OF SPORTS INJURIES

Wordlist

1. **Sprain** – розтягнення
2. **Fracture** – перелом
3. **Dislocation** – вивих
4. **Bruise** – синець
5. **Concussion** – струс мозку
6. **Compression bandage** – компресійна пов'язка
7. **Ice pack** – холодний компрес
8. **Splint** – шина
9. **CPR (cardiopulmonary resuscitation)** – серцево-легенева реанімація
10. **Emergency response** – екстрена допомога

1. Fill in the blanks with the correct word from the wordlist.

1. A _____ happens when a ligament is stretched too much.
2. The player suffered a _____ after hitting his head.
3. A _____ occurs when a bone moves out of its normal position.
4. The athlete wore a _____ to reduce swelling.
5. The coach applied an _____ to the player's ankle.
6. A _____ is used to immobilize a broken bone.
7. The doctor diagnosed a _____ in his leg after the fall.
8. He had a _____ on his arm after the game.
9. _____ is a life-saving procedure for a person who is not breathing.
10. The team followed the _____ protocol after the accident.

2. Complete the sentences with the correct verb form (Past Simple or Past Continuous).

1. While she **(run)**, she **(fall)** and sprained her ankle.
2. The doctor **(examine)** the injured player when the referee arrived.
3. He **(apply)** an ice pack after he **(twist)** his knee.
4. The paramedics **(perform)** CPR when the ambulance arrived.
5. While they **(play)** football, one player **(break)** his wrist.
6. The coach **(check)** the player's condition when the medical team arrived.
7. The doctor **(wrap)** a compression bandage around the injured leg.
8. He **(not wear)** a helmet when he got a concussion.
9. They **(call)** for emergency response after the accident.
10. While he **(warm up)**, he suddenly **(feel)** pain in his shoulder.

3. Match the definitions to the correct word from the wordlist.

1. A head injury caused by a strong impact → _____
2. A type of injury where the bone is forced out of place → _____
3. A break in the bone → _____
4. A simple injury causing skin discoloration → _____
5. A medical technique to restore breathing and heartbeat → _____
6. A technique to reduce swelling using cold treatment → _____
7. A supportive device for stabilizing broken bones → _____
8. A swollen ligament caused by overstretching → _____
9. A cloth used to wrap an injured joint → _____
10. The process of providing urgent medical help → _____

4. Rewrite the sentences using the Passive Voice.

1. The coach gave the player a compression bandage. → A compression bandage _____ by the coach.
2. They used a splint to stabilize the broken leg. → A splint _____

- _____ to stabilize the broken leg.
3. The doctor applied an ice pack to reduce swelling. → An ice pack _____ to reduce swelling.
 4. The paramedics performed CPR on the unconscious athlete. → CPR _____ on the unconscious athlete.
 5. The medical team transported the injured player to the hospital. → The injured player _____ to the hospital.
 6. The referee called the emergency response team. → The emergency response team _____ by the referee.
 7. The athlete sprained his ankle during training. → His ankle _____ during training.
 8. The doctor examined the player's concussion. → The player's concussion _____ by the doctor.
 9. The nurse wrapped a compression bandage around his wrist. → A compression bandage _____ around his wrist.
 10. The trainer checked the athlete's condition. → The athlete's condition _____ by the trainer.

5. Translate the sentences from Ukrainian into English.

1. Гравець вивихнув плече під час матчу.
2. Тренер наклав компресійну пов'язку на коліно спортсмена.
3. Медики проводили реанімацію до приїзду швидкої допомоги.
4. Він отримав перелом після падіння на льоду.
5. Лікар зафіксував руку за допомогою шини.
6. Суддя викликав екстрену допомогу після травми гравця.
7. Йому наклали лід на розтягнення зв'язок.
8. Важливо знати основні методи надання першої допомоги.
9. Пацієнт не міг рухати ногою через сильний біль.
10. Вона отримала струс мозку після удару головою.

6. Writing Task: Emergency Response Case Study

Write a short case study (6-8 sentences) about a sports injury and first aid response. Include:

- Type of injury

- First aid provided
- Recovery steps

Example:

"Tom is a basketball player who sprained his ankle during a game. His coach immediately applied an ice pack and wrapped a compression bandage. The medical team checked his condition and advised rest. Tom used crutches to avoid putting pressure on the injury. He attended physical therapy sessions twice a week. After four weeks, he returned to training with proper stretching exercises."

NUTRITION AND HYDRATION IN SPORTS

Wordlist

1. **Macronutrients** – макронутрієнти
2. **Micronutrients** – мікронутрієнти
3. **Carbohydrates** – вуглеводи
4. **Proteins** – білки
5. **Fats** – жири
6. **Hydration** – гідратація
7. **Electrolytes** – електроліти
8. **Dehydration** – зневоднення
9. **Nutrient deficiency** – дефіцит поживних речовин
10. **Energy balance** – енергетичний баланс

1. Fill in the blanks with the correct word from the wordlist.

1. _____ are essential for muscle growth and recovery.
2. Lack of _____ can lead to muscle cramps and fatigue.
3. _____ provide energy for physical activities.
4. Excessive sweating can cause _____ if fluids are not replaced.
5. _____ include vitamins and minerals necessary for body functions.
6. Drinking enough water ensures proper _____ levels.
7. _____ occurs when the body loses more water than it takes in.

8. A good diet should have a proper balance of _____, _____, and _____.
9. An athlete's _____ must be maintained to avoid weight loss or gain.
10. A poor diet can lead to _____, affecting performance and health.

2. Choose the correct form of the verb (Present Simple or Present Continuous).

1. Athletes (**follow / are following**) a strict diet to improve their performance.
2. Right now, she (**drink / is drinking**) an electrolyte-rich sports drink.
3. A balanced diet (**help / helps**) prevent injuries and fatigue.
4. He (**avoid / is avoiding**) fast food before competitions.
5. Hydration (**play / plays**) a key role in endurance sports.
6. We (**prepare / are preparing**) a high-protein meal for the team.
7. The coach (**explain / is explaining**) the importance of hydration to the players.
8. This diet plan (**contain / contains**) all necessary macronutrients.
9. The nutritionist (**recommend / is recommending**) more vegetables and whole grains.
10. They (**learn / are learning**) about sports nutrition this week.

3. Match the definitions to the correct word from the wordlist.

1. A lack of necessary vitamins and minerals → _____
2. The process of maintaining fluid levels in the body → _____
3. The balance between calorie intake and energy expenditure → _____
4. A condition caused by losing too much water → _____
5. Substances like sodium and potassium that help regulate hydration → _____
6. The three main groups of nutrients providing energy → _____
7. The category of nutrients including vitamins and minerals → _____

-
8. A term for carbohydrates, proteins, and fats → _____
 9. A nutrient group essential for muscle building → _____
 10. The main source of energy for physical activities → _____
-

4. Rewrite the sentences using comparative and superlative forms.

1. Water is (important) than sugary drinks for hydration.
2. This meal is (nutritious) than the previous one.
3. Electrolytes are (necessary) for endurance sports than for short workouts.
4. Dehydration is (dangerous) than a temporary nutrient deficiency.
5. A balanced diet is (effective) way to improve sports performance.
6. Hydration is (crucial) during long training sessions than short ones.
7. Fats are (high) in calories than carbohydrates or proteins.
8. Drinking enough water is (good) practice for all athletes.
9. This protein shake is (tasty) than the one I had before.
10. Eating a balanced diet is (healthy) than relying on supplements.

5. Translate the sentences from Ukrainian into English.

1. Спортсменам потрібно дотримуватись правильного харчування.
2. Дефіцит поживних речовин може спричинити втому.
3. Вуглеводи є основним джерелом енергії.
4. Баланс макро- і мікронутрієнтів важливий для здоров'я.
5. Зневоднення може негативно вплинути на продуктивність спортсмена.
6. Протеїни допомагають у відновленні м'язів після тренувань.
7. Організму необхідні електроліти для підтримки рівня рідини.
8. Вживання занадто великої кількості жирів може спричинити зайву вагу.

9. Ця дієта містить всі необхідні поживні речовини.
10. Під час фізичних навантажень потрібно пити достатньо води.

6. Writing Task: Meal Plan for an Athlete

Write a short meal plan (6-8 sentences) for a day in an athlete's diet. Include:

- Breakfast, lunch, and dinner
- Snacks
- Hydration recommendations

Example:

"A healthy meal plan for an athlete includes balanced macronutrients. For breakfast, they can eat oatmeal with fruits and nuts. Lunch should include grilled chicken, quinoa, and steamed vegetables. A protein smoothie with a banana is a great snack. For dinner, they should have salmon with brown rice and a salad. Hydration is also important—athletes need to drink at least 2 liters of water daily. Electrolyte drinks can help after intense workouts."

SPORTS INJURIES AND FIRST AID

Wordlist

1. **Sprain** – розтягнення
2. **Fracture** – перелом
3. **Dislocation** – вивих
4. **Bruise** – синець
5. **Concussion** – струс мозку
6. **Swelling** – набряк
7. **Painkillers** – знеболювальні
8. **Immobilization** – іммобілізація
9. **Bandage** – бинт

1. Fill in the blanks with the correct word from the wordlist.

1. A _____ occurs when a bone is forced out of its normal position.
2. A _____ can cause dizziness, headaches, and confusion.

3. If an athlete has a _____, they may need a cast.
4. Using ice can help reduce _____ after an injury.
5. A _____ happens when a ligament is stretched or torn.
6. _____ are often used to relieve pain after an injury.
7. A _____ is a common minor injury that causes skin discoloration.
8. Proper _____ is essential for treating fractures.
9. A _____ helps support an injured area and prevent movement.
10. _____ is a life-saving procedure used in emergencies.

2. Choose the correct form of the verb (Past Simple or Past Continuous).

1. He **(fall / fell)** and **(break / broke)** his arm during the match.
2. While they **(play / were playing)** basketball, one player **(sprain / sprained)** his ankle.
3. The coach **(give / gave)** first aid before the ambulance arrived.
4. She **(run / was running)** when she suddenly **(feel / felt)** pain in her knee.
5. The paramedics **(arrive / arrived)** just as we **(try / were trying)** to help him.
6. When I **(reach / reached)** the injured player, he **(already lose / had already lost)** consciousness.
7. While the doctor **(examine / was examining)** the athlete, the team **(wait / was waiting)** anxiously.
8. I **(see / saw)** him fall, but I **(not know / didn't know)** how serious it was.
9. They **(call / were calling)** for help while I **(apply / was applying)** a bandage.
10. The injured player **(not move / wasn't moving)** when the paramedics arrived.

3. Match the definitions to the correct word from the wordlist.

1. A broken bone → _____
2. A technique to restore breathing and circulation → _____

3. A painful injury to a ligament → _____
4. A method to prevent movement after an injury → _____
5. A common head injury caused by impact → _____
6. A simple medical covering for wounds or injuries → _____
7. A swelling and discoloration caused by impact → _____
8. The act of reducing movement in an injured area → _____
9. Medication used to relieve pain → _____
10. A condition where a bone moves out of its normal position → _____

4. Rewrite the sentences using the passive voice.

1. The doctor treated the athlete's injury.
2. They applied ice to reduce swelling.
3. The coach gave first aid to the injured player.
4. The paramedics took him to the hospital.
5. The team followed emergency procedures.
6. They used a bandage to support the sprained ankle.
7. The trainer checked the player's condition.
8. A bystander called an ambulance.
9. They performed CPR before the ambulance arrived.
10. The specialist prescribed painkillers for the injury.

5. Translate the sentences from Ukrainian into English.

1. Спортсмен отримав розтягнення під час тренування.
2. Лікар наклав пов'язку на рану.
3. Якщо людина втратила свідомість, потрібно викликати швидку допомогу.
4. Лід допомагає зменшити набряк після травми.
5. Перелом потрібно зафіксувати для запобігання подальшого ушкодження.
6. Струс мозку може спричинити запаморочення та нудоту.
7. Знеболювальні допомагають зменшити дискомфорт.
8. Важливо знати, як проводити серцево-легеневу реанімацію.
9. Якщо у спортсмена вивих, він потребує медичної допомоги.
10. Команда чекала швидку допомогу після травми гравця.

6. Writing Task: First Aid Report

Write a short first aid report (6-8 sentences) describing a sports injury incident. Include:

- The type of injury
- How it happened
- First aid measures taken
- The outcome

Example:

"During a football match, one of our players fell awkwardly and dislocated his shoulder. He was in severe pain and unable to move his arm. The coach immediately applied a sling to immobilize the injury. We also placed an ice pack to reduce swelling. An ambulance was called, and the paramedics arrived within 10 minutes. They confirmed the dislocation and took him to the hospital for further treatment. He is expected to recover fully within six weeks."

LEADERSHIP AND TEAMWORK IN SPORTS

Wordlist

1. **Leadership** – лідерство
2. **Teamwork** – командна робота
3. **Captain** – капітан
4. **Cooperation** – співпраця
5. **Responsibility** – відповідальність
6. **Communication** – спілкування
7. **Trust** – довіра
8. **Conflict resolution** – вирішення конфліктів
9. **Motivator** – мотиватор
10. **Goal setting** – постановка цілей

1. Fill in the blanks with the correct word from the wordlist.

1. A team _____ must support and guide teammates.
2. Good _____ is the key to success in group sports.
3. The coach encourages _____ among players.
4. _____ helps athletes work together and achieve common

goals.

5. Strong leaders take _____ for the team's results.
6. Effective _____ prevents misunderstandings during the game.
7. Without _____, a team cannot function well.
8. _____ is important when players disagree.
9. A good leader is also a strong _____ for the team.
10. Successful teams focus on clear _____.

2. Choose the correct verb form.

1. The captain (**supports / has supported**) his teammates every season.
2. The players (**trust / have trusted**) each other for many years.
3. The coach (**gives / has given**) instructions before every match.
4. Good communication (**helps / has helped**) the team to win many times.
5. They (**solve / have solved**) conflicts quickly in the past.
6. Leadership (**requires / has required**) responsibility and patience.
7. The captain (**motivates / has motivated**) the team since the beginning.
8. They (**achieve / have achieved**) success through teamwork.
9. The coach always (**encourages / has encouraged**) cooperation.
10. The players (**set / have set**) clear goals for this season.

3. Match the definitions to the correct word from the wordlist.

1. The act of working together towards a shared objective → _____
2. The ability to guide and inspire others → _____
3. A person who gives direction and encouragement → _____
4. The process of finding solutions to disagreements → _____
5. The process of sharing ideas and information → _____
6. A sense of duty or obligation → _____
7. A formal leader of a team → _____
8. A bond of reliability and honesty between people → _____

9. A method of defining clear aims for the future → _____
10. Joint action and collaboration between people → _____

4. Rewrite the sentences using the passive voice.

1. The captain motivates the team.
2. The coach gives instructions before every game.
3. Teammates trust each other.
4. The leader resolves conflicts among players.
5. They set goals for the season.
6. The coach encourages responsibility.
7. The players respect their captain.
8. Leaders inspire young athletes.
9. The trainer organizes team-building activities.
10. Athletes achieve success through cooperation.

5. Translate the sentences from Ukrainian into English.

1. Лідерство є важливим у спортивних командах.
2. Командна робота допомагає досягати спільних цілей.
3. Капітан має велику відповідальність за результати.
4. Довіра між гравцями створює сильну команду.
5. Конфлікти потрібно вирішувати швидко.
6. Комунікація є ключем до успіху.
7. Тренер мотивує гравців перед грою.
8. Команда має спільні цілі.
9. Лідер є прикладом для інших спортсменів.
10. Співпраця приносить кращі результати.

6. Writing Task: Describe a Successful Team

Write a short paragraph (6–8 sentences) about a sports team you admire. Include:

- Who the leader is
- How they motivate the team
- Examples of teamwork
- Why communication and trust are important

Example:

"One of my favorite teams is a football club that shows great teamwork. The captain is a strong leader who motivates everyone to give their best. The players always cooperate and communicate during the game. Trust between them helps to avoid mistakes and win matches. They solve conflicts quickly and focus on their goals. Their success is the result of leadership, responsibility, and teamwork."

SPORTS PSYCHOLOGY AND MOTIVATION

Wordlist

1. **Motivation** – мотивація
2. **Confidence** – впевненість
3. **Mental toughness** – психологічна стійкість
4. **Focus** – зосередженість
5. **Self-discipline** – самодисципліна
6. **Goal setting** – постановка цілей
7. **Stress management** – управління стресом
8. **Visualization** – візуалізація
9. **Resilience** – стійкість
10. **Performance anxiety** – тривога перед виступом

1. Fill in the blanks with the correct word from the wordlist.

1. Athletes need strong _____ to overcome challenges.
2. Setting clear _____ helps athletes stay on track.
3. _____ is key to staying calm under pressure.
4. A positive mindset increases _____ in competitions.
5. Many athletes use _____ techniques to imagine success.
6. _____ helps players concentrate during matches.
7. Effective _____ techniques reduce nervousness.
8. High _____ allows athletes to recover from failures.
9. Without _____, it is hard to maintain a strict training schedule.
10. _____ can negatively impact an athlete's performance.

2. Choose the correct verb tense (Present Simple or Present Continuous).

1. A good coach (**teach / teaches**) mental strategies for success.
2. Right now, the psychologist (**work / is working**) with the team.
3. Some athletes (**practice / are practicing**) visualization daily.
4. Stress (**affect / affects**) performance in competitive sports.
5. She (**learn / is learning**) how to manage her anxiety before matches.
6. Many players (**use / are using**) deep breathing exercises before games.
7. He (**always focus / always focuses**) on his goals.
8. We (**train / are training**) our mental toughness this season.
9. A strong mindset (**help / helps**) athletes stay motivated.
10. Today, they (**discuss / are discussing**) new motivation techniques.

3. Match the definitions to the correct word from the wordlist.

1. The ability to recover from setbacks → _____
2. The process of setting personal objectives → _____
3. The ability to stay concentrated on a task → _____
4. Feeling nervous before a competition → _____
5. Techniques to handle pressure and nerves → _____
6. The practice of imagining success → _____
7. The ability to stay mentally strong under stress → _____
8. The inner drive to achieve goals → _____
9. A personal quality that helps maintain a routine → _____
10. A belief in one's own abilities → _____

4. Rewrite the sentences using the passive voice.

1. The coach teaches athletes how to manage stress.
2. Sports psychologists help players build confidence.
3. Many athletes use visualization to prepare for competitions.
4. Mental training improves performance under pressure.
5. The team practices self-discipline every day.

6. Experts recommend goal-setting for long-term success.
7. Coaches monitor stress levels in athletes.
8. Visualization techniques help players stay focused.
9. The psychologist designs special motivation programs.
10. The athlete develops resilience through practice.

5. Translate the sentences from Ukrainian into English.

1. Спортсмени повинні вміти керувати своїм стресом.
2. Візуалізація допомагає спортсменам готуватися до змагань.
3. Постановка цілей є важливою для успіху.
4. Мотивація є ключем до досягнення високих результатів.
5. Психологічна стійкість допомагає відновитися після невдач.
6. Самодисципліна допомагає дотримуватися тренувального плану.
7. Фокус та концентрація важливі для точності рухів.
8. Перед матчем деякі спортсмени відчувають тривогу.
9. Стрес може негативно впливати на продуктивність.
10. Спортивні психологи працюють над зміцненням впевненості.

6. Writing Task: Personal Motivation Plan

Write a short paragraph (6-8 sentences) about how an athlete can stay motivated. Include:

- Goal-setting strategies
- Techniques to build confidence
- Ways to manage stress
- How to stay disciplined

Example:

"To stay motivated, athletes should set clear and realistic goals. They can break large goals into smaller steps to track progress. Confidence-building techniques, such as positive self-talk and visualization, help reduce anxiety. Managing stress through meditation and breathing exercises is also important. Staying disciplined requires a strict routine and strong self-control. Support from coaches and teammates provides additional motivation.

Finally, celebrating small achievements keeps athletes inspired to push forward."

COPING WITH STRESS AND ANXIETY IN SPORTS

Wordlist

1. **Stress management** – керування стресом
2. **Anxiety** – тривога
3. **Relaxation techniques** – техніки релаксації
4. **Breathing exercises** – дихальні вправи
5. **Visualization** – візуалізація
6. **Mental focus** – концентрація уваги
7. **Motivation** – мотивація
8. **Confidence** – впевненість
9. **Pressure** – тиск (психологічний)
10. **Resilience** – стійкість

1. Fill in the blanks with the correct word from the wordlist.

1. Athletes often feel strong _____ before important competitions.
2. _____ is a psychological state of fear or nervousness.
3. _____ can help calm the mind and reduce tension.
4. Many athletes use _____ to imagine successful performance.
5. Strong _____ helps athletes stay focused under pressure.
6. _____ can increase performance if it is managed properly.
7. Deep _____ are a simple way to control anxiety.
8. Coaches encourage _____ to help players overcome difficulties.
9. Self-belief and _____ are key to athletic success.
10. Athletes build _____ by facing challenges and learning from mistakes.

2. Choose the correct verb form (Present Simple or Present Continuous).

1. She (**practice / practices**) breathing exercises every morning.
2. Right now, the coach (**teach / is teaching**) relaxation

techniques.

3. Athletes often (**experience / are experiencing**) stress before competitions.
4. He (**use / is using**) visualization at the moment.
5. A positive attitude (**help / helps**) reduce anxiety.
6. We (**train / are training**) our mental focus this week.
7. The team (**prepare / is preparing**) for a stressful tournament now.
8. Motivation (**increase / increases**) performance levels.
9. Athletes (**always look / always look**) for ways to stay calm.
10. She (**work / is working**) on building her confidence.

3. Match the definitions to the correct word from the wordlist.

1. The ability to recover from challenges → _____
2. The mental state of nervousness before a game → _____
3. Exercises that help calm the body and mind → _____
4. A positive mental picture of success → _____
5. Strong belief in one's abilities → _____
6. The act of controlling psychological pressure → _____
7. The ability to keep concentration during competition → _____
8. The desire to achieve goals → _____
9. Physical or emotional strain caused by demands → _____
10. Controlled breathing methods to calm nerves → _____

4. Rewrite the sentences using the passive voice.

1. Coaches teach athletes how to manage stress.
2. Breathing techniques reduce anxiety before competitions.
3. The psychologist gave the team advice on resilience.
4. Trainers encourage visualization before performance.
5. Motivation improves athletic results.
6. They use relaxation methods during stressful moments.
7. Stress sometimes affects concentration.
8. The coach supports players during difficult games.
9. Experts recommend confidence-building activities.

10. Athletes practice mental focus daily.

5. Translate the sentences from Ukrainian into English.

1. Спортсмени часто відчувають тривогу перед змаганнями.
2. Релаксаційні техніки допомагають зменшити стрес.
3. Дихальні вправи корисні для концентрації та спокою.
4. Візуалізація допомагає підвищити впевненість.
5. Стійкість формується завдяки досвіду та практиці.
6. Впевненість у власних силах сприяє успіху.
7. Психологічний тиск може негативно впливати на результат.
8. Мотивація є ключем до спортивних досягнень.
9. Концентрація допомагає уникати помилок під час гри.
10. Тренери навчають спортсменів боротися з тривогою.

6. Writing Task: Personal Stress-Relief Plan

Write a short paragraph (6–8 sentences) about your personal way of coping with stress before a competition. Include:

- Techniques you use (breathing, visualization, etc.)
- How you build confidence
- How motivation helps you
- The role of your coach or team

Example:

"Before a competition, I often feel stress and anxiety. To stay calm, I practice breathing exercises and short meditation. Visualization helps me imagine success and builds my confidence. My coach always encourages me to stay positive, which motivates me to perform better. I also try to focus on my strengths instead of mistakes. Motivation and resilience give me the energy to overcome pressure. These techniques help me manage anxiety and enjoy the competition."

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