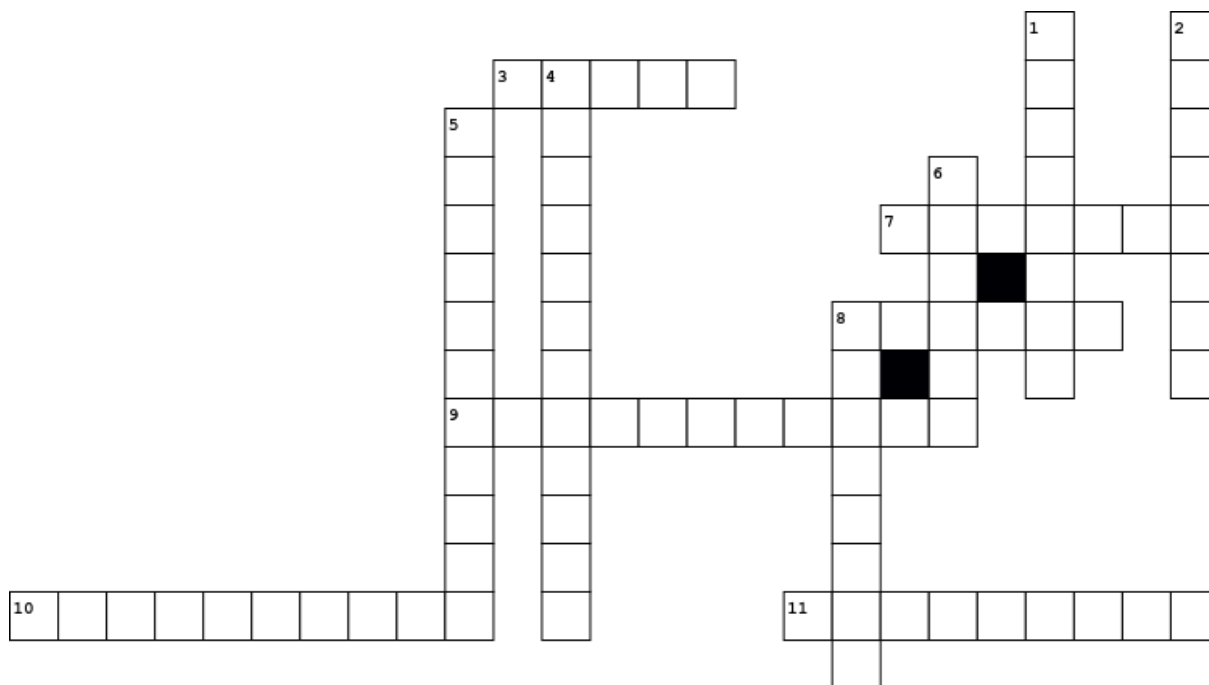


EXERCISES FOR ENDURANCE IMPROVEMENT

1.

Sports



Across

- 3. riding the sport of riding horses
- 7. this is what you do to be in shape
- 8. the action of traveling over snow on skis
- 9. skating on ice as sport or pastime
- 10. a sport of swimming, cycling and running
- 11. the ability to withstand something

Down

- 1. the sport of climbing on cliff or mountain
- 2. a long-distance run around 42km
- 4. a competitive sport in which runners have to find the way across the rough country with the aid of the map
- 5. organized event in which people compete
- 6. the sport of practice of fighting with the fists
- 8. the act of moving in the water with the help of your hands and legs

Solution:

Endurance- the ability to withstand something

workout - this is what you do to be in shape

marathon - a long-distance run around 42km

triathlon - a sport of swimming, cycling and running

competition- organized event in which people compete

skiing - the action of traveling over snow on skis

boxing - the sport of practice of fighting with the fists

ice-skating - skating on ice as sport or pastime

orienteering - a competitive sport in which runners have to find the way across the rough country with the aid of the map

swimming - the act of moving in the water with the help of your hands and legs

trekking - the sport of climbing on cliff or mountain

horse riding - the sport of riding horses

2.

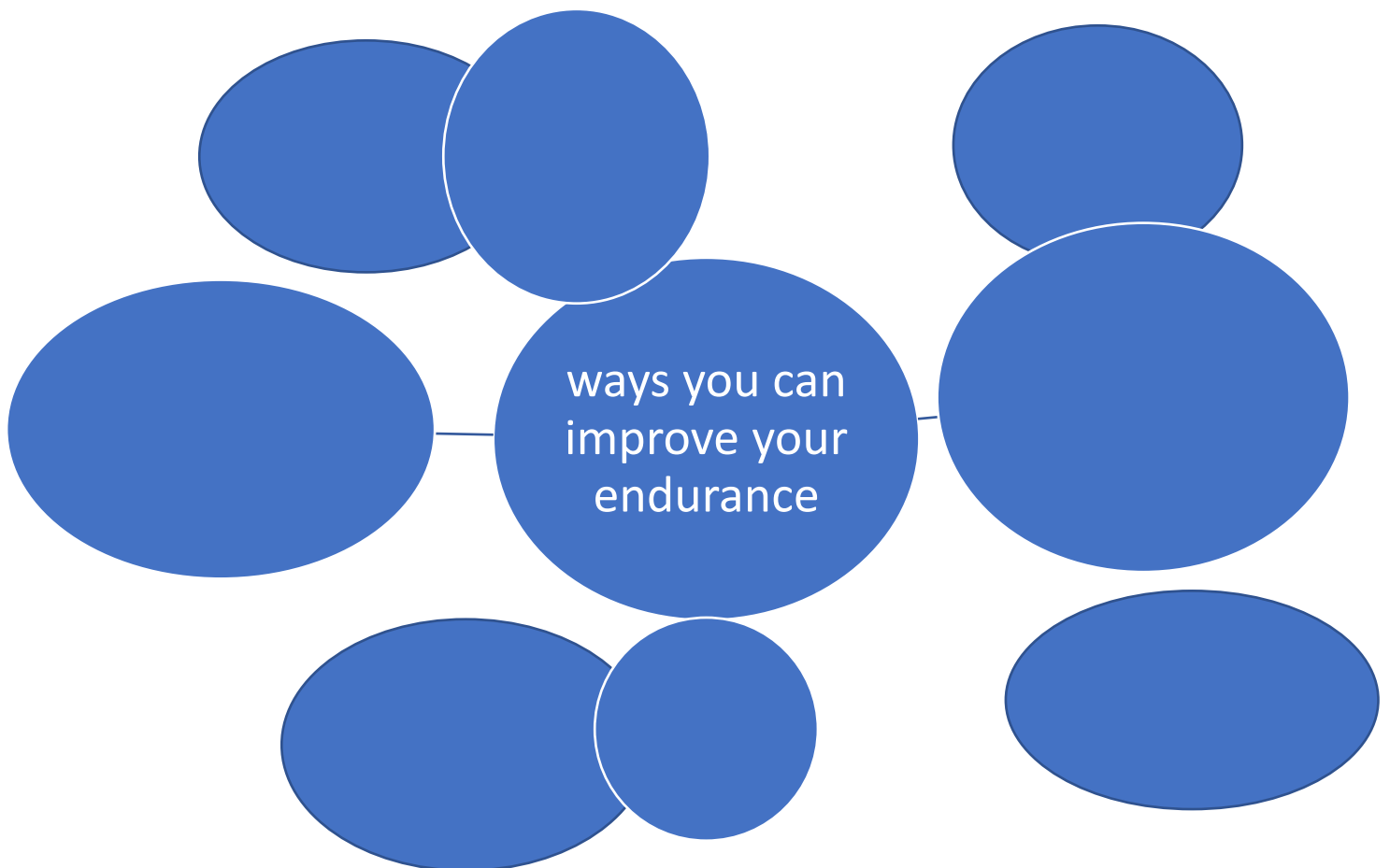
Endurance exercise training exerts many positive effects on health, including improved cardiovascular fitness, reduction of cardiovascular morbidity, and reduced all-cause and cardiovascular mortality. Intense endurance exercise causes mild epithelial injury and inflammation in the airways, but does not appear to exert detrimental effects on respiratory function or bronchial reactivity in recreational/non-elite athletes. Conversely, elite athletes of both summer and winter sports show increased susceptibility to development of asthma, possibly related to environmental exposures to allergens or poor conditioning of inspired air, so that a distinct phenotype of "sports asthma" has been proposed to characterise such athletes, who more often practise winter sports. Overall, endurance training is good for health but may become deleterious when performed at high intensity or volume.

ASTMA METABOLISM HEALTH INTENSITY SPORT RISK
AQUATIC AND WINTER SPORTS POSITIVE

Solution:

Endurance exercise training exerts many **positive** effects on health, including improved **metabol-ism**, reduction of cardiovascular **risk**, and reduced all-cause and cardiovascular mortality. Intense endurance exercise causes mild epithelial injury and inflammation in the airways but does not appear to exert detrimental effects on respiratory **health** or bronchial reactivity in recreational/non-elite athletes. Conversely, elite athletes of both summer and winter sports show increased susceptibility to development of **asthma**, possibly related to environmental exposures to allergens or poor conditioning of inspired air, so that a distinct phenotype of “sports asthma” has been proposed to characterise such athletes, who more often practise **aquatic and winter** . Overall, endurance training is good for health but may become deleterious when performed at high **intensity** or volume.

3.



STRENGTH

With which sport practices do we develop and improve strength?

ARMS	LEGS	BODY

1.



2.



3.



4.



5.



6.



GAP FILL

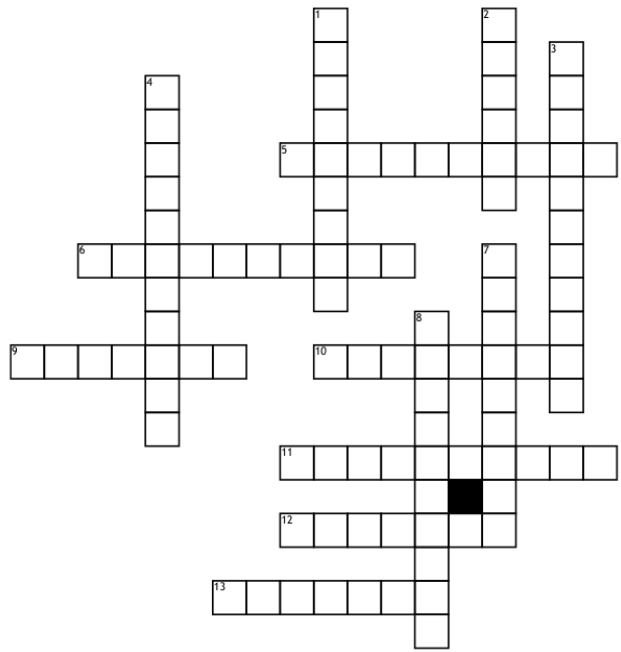
Protect; eat; strong; physical; push-ups; endurance; exercise

1. The quality or state of being: Capacity for exertion or
2. You must, to keep your strength up.
3. The ability to do things that need a lot of or mental effort.
4. Strength is essential to yourself.
5. An example of improving your strength is doing 100

TRUE OR FALSE

1. Strength training makes you stronger.
2. We don't burn calories efficiently with strength training.
3. Strength training increases Abdominal fat.
4. Exercise can help you appear leaner.
5. Strength training lowers your risk of falls and injury.
6. Exercise is not good for your heart.
7. Strength training can add a major boost to your self-confidence.
8. Strength training may increase your quality of life.
9. Strength training makes your bones weaker.
10. Regular weight training may boost your mood.

Weight Training



Across

- 5. help perform, the same set of joint motion as the agonists
- 6. a muscle whose action counteracts that of another specified muscle
- 9. The degeneration of muscles
- 10. connects two bones or cartilages or holds together a joint

- 11. A muscle fiber that provides endurance rather than strength, can contract slowly
- 12. a muscle whose contraction moves a part of the body directly
- 13. Endurance exercise involving oxygen

Down

- 1. Quick exercises that do not need free oxygen
- 2. fibrous collagen tissue attaching a muscle to a bone

- 3. a weight used in weightlifting that is not attached to an apparatus
- 4. the enlargement of an organ or tissue from the increase in size of its cells.
- 7. Muscle that aids a prime mover in a movement and helps prevent rotation.
- 8. A muscle fiber that provides power rather than endurance

EXERCISES

1. Sort the sports in the correct brackets.

Dancing Running Swimming Powerlifting Weightlifting Cycling Bodybuilding
 Gymnastics Functional fitness

ENDURANCE

STRENGTH BUILDING

2. Find exercises in the crossword

A	G	D	T	S	P	U	L	L	U	P	S	T	Z	I
Q	W	J	F	C	Q	X	Y	N	M	I	O	H	G	D
S	C	U	R	L	S	D	G	H	J	G	F	G	J	K
P	D	M	S	A	T	R	P	S	D	F	C	H	O	S
L	Đ	P	G	D	D	S	U	M	B	R	I	D	G	E
A	Č	R	O	K	H	J	H	C	S	S	H	H	G	D
N	G	O	Đ	F	G	H	S	Q	F	G	H	Z	I	F
C	F	P	G	F	D	S	U	T	R	D	S	T	N	L
H	S	E	D	S	G	A	P	L	A	N	K	B	G	K
E	Š	O	Ć	G	T	U	E	K	L	S	S	D	F	I
H	G	D	F	G	W	D	E	A	D	L	I	F	T	J
S	N	A	T	C	H	X	N	D	F	G	D	T	G	H
V	R	T	Z	U	I	F	K	D	S	F	H	D	S	Z
B	B	E	N	C	H	P	R	E	S	S	G	H	T	F
M	G	D	T	S	T	R	E	T	C	H	I	N	G	X

3. Mark the statements as true or false

- Exercising with an empty stomach makes the exercise more efficient

True False

- Exercising makes your endurance better

True False

- Swimming is the safest form of exercise considering injury prevention

True False

- Some gym exercises are more about building than increasing endurance

True False

- Exercising helps prevent illnesses and mental illnesses

True False

- Training for endurance can increase the ability to exert endurance strength

True False

- Stamina cannot be associated with endurance

True False

- Performance capability is expressed by maximum blood pressure.

True False

PROFESSIONAL SPORT

1. FILL IN THE MISSING WORDS

compete payment career audiences amateur achievement
mass media physical condition

In professional sports, as opposed to amateur sports, participants receive _____ for their performance. Professionalism in sport has come to the fore through a combination of developments. _____ and increased leisure have brought larger _____, so that sports organizations or teams can command large incomes. As a result, more sportspeople can afford to make sport their primary _____, devoting the training time necessary to increase skills, _____, and experience to modern levels of _____. This proficiency has also helped boost the popularity of sports. In most sports played professionally there are many more _____ than professional players, though amateurs and professionals do not usually _____.

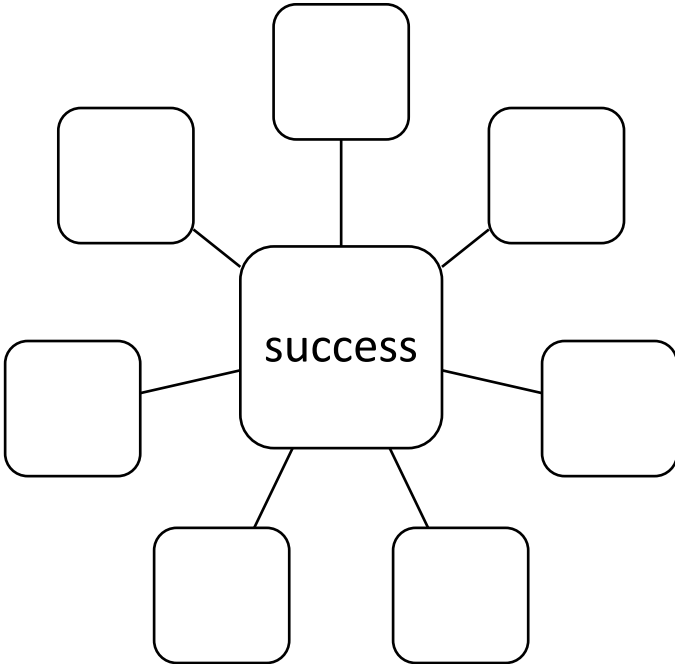
2. EFFECTS ON HEALTH AND LIFESTYLE OF PROFESSIONAL ATHLETES

Positive effects	Negative effects

3. PRIMOŽ ROGLIČ – CIRCLE THE CORRECT ANSWER

- He is **32/36** years old.
- His nickname is **Rogla/Hitra strela** (in English: quick lightning)
- Primož Roglič started his career as a **ski jumper/swimmer**.
- He won the Vuelta a España **two/three** years in a row.
- At the 2020 **Tour de France/ Giro d'Italia**, he was the first Slovenian to wear the **pink/yellow** jersey.
- In 2021, he won an Olympic **silver/gold** medal in the men's individual time trial.

4. WRITE IMPORTANT THINGS TO BECOME SUCCESSFUL IN PROFESSIONAL SPORT.



PROFESSIONAL RECREATIONAL SPORT

Pros	Cons

People rather do recreational sport more often than professional sports?

Fill the gap with the missing words?

Sport is generally recognized as system of _____ based in physical athleticism or physical dexterity, with major _____ such as the Olympic Games admitting only sports meeting this definition.

_____ sports are competitive physical games such as basketball or baseball that are played for fun as opposed to professionally. Basketball and football games you play with your friends or as part of a intramural _____ are examples of recreational sports.

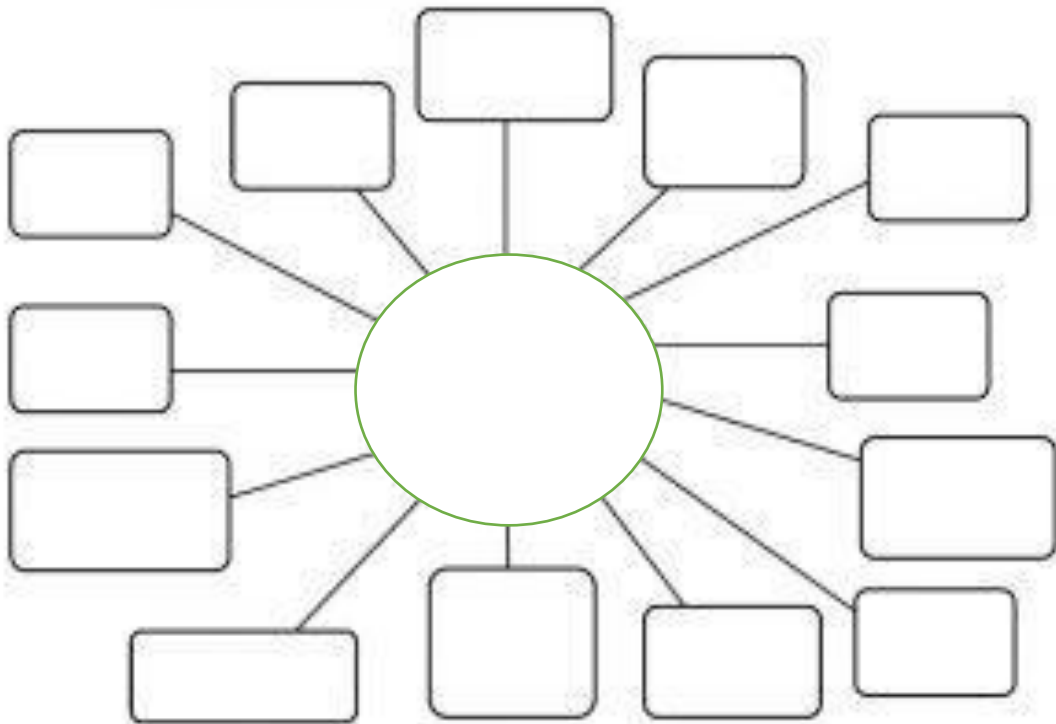
Sport can be undertaken on an amateur, professional or semi-professional basis, depending on whether _____ are incentivized for participation.

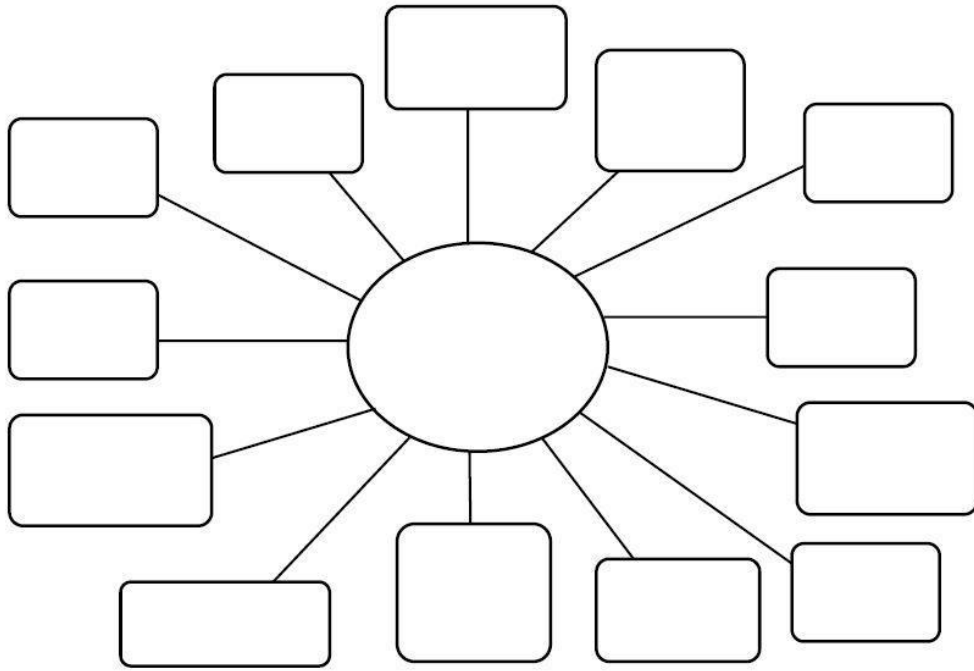
The popularity of spectator sport as a recreation for non-participants has led to sport becoming a major _____ in its own right, and this has incentivised a high paying professional sport culture, where high performing participants are _____ with pay far in excess of average wages, which can run into millions of dollars.

Every kind of physical sports is _____ because it involves running, jumping, stretching, mind skills and much more. Professional sports are more like a _____-_____ job, and recreational sports are just there to have some fun, because what are we without some fun, right?

Match the following sports to the appropriate group!

1. Wrestling
2. Football
3. Billiard
4. Freestyle climbing
5. Running
6. Swimming
7. Cycling
8. Skydiving
9. Formula 1
10. Bull-fighting
11. Skiing
12. Tennis
13. Gymnastics
14. Parachuting
15. Basketball
16. Bungee-jumping
17. Wild water rafting
18. Waterpolo
19. Mountain climbing
20. Volleyball





Connect the Sports with the definitions!

TENNIS
BASKETBALL
FOOTBALL
HANDBALL
SWIMMING
VOLLEYBALL
SQUASH
SKIING

hitting the ball with a racket while being in a court
going as fast as you can down the snow while being on skies
using your hands to hit the ball above the net
using your foot to hit the ball of the ground and score
throwing the ball into the basket using hands
throwing a small ball into the gate to score
using a racket and hitting the ball above the net
moving your entire body in the water to move as fast as you can

AMATEUR RECREATIONAL SPORT

Positive and negative sides of recreational.

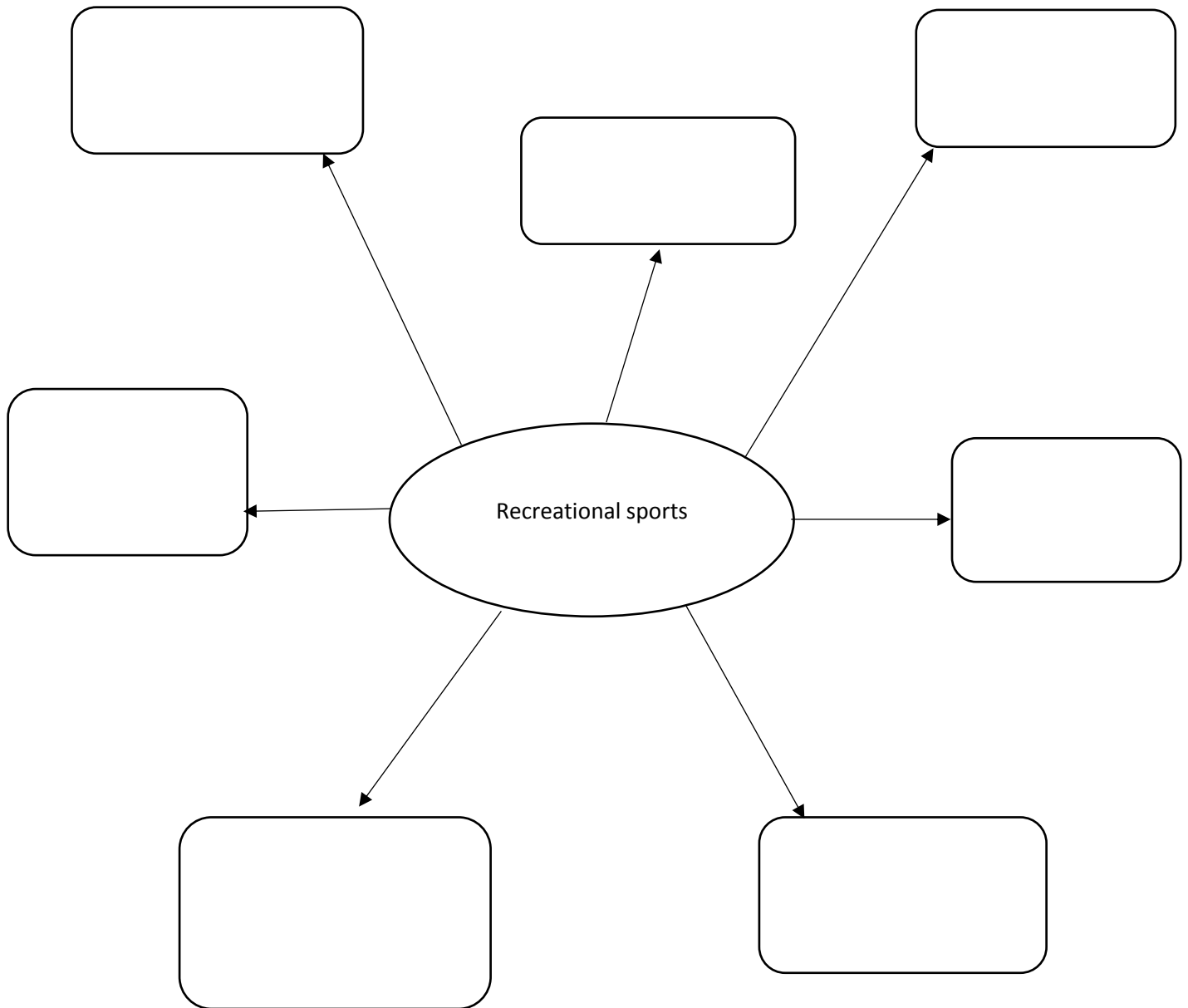
PROS	CONS
You can improve your fitness level	Playing sports can be exhausting
Sports can be a nice hobby	Sports equipment can be expensive
Placing sports can improve your overall health	Sports can be time-consuming
You can find new friends through playing team sports	Can interfere with your corporate career
Playing sports can reduce stress	Playing sports can lead to serious injuries
Sports can help ypu become more confident	Some sports can also be quite unhealthy
You can learn how to deal with competition	You may give up quite soon

What is the definition of recreational sport?

physical	opposed	professionally	recreational
-----------------	----------------	-----------------------	---------------------

Recreational sports are competitive _____ games such as basketball or baseball that are played for fun as _____ to _____. Basketball and football games you play with your friends or as part of a intramural league are examples of _____ sports.

Which sports can we choose for recreation?



What is the goal and purpose of recreational sport?

Improve physical abilities, social skills, and overall health.

TRUE FALSE

To be an Olympic player.

TRUE FALSE

To spend money.

TRUE FALSE

THE IMPORTANCE OF STRENGTH PRACTICES

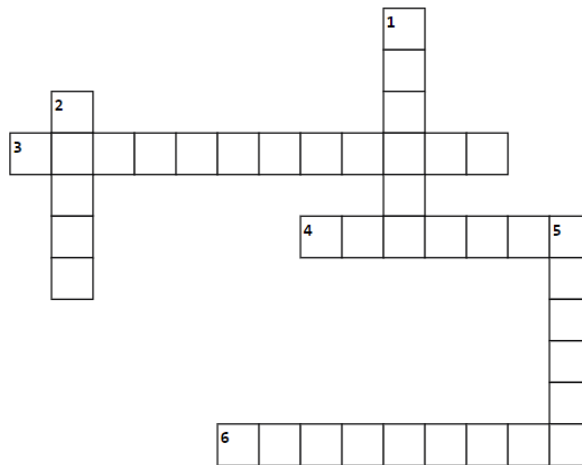
- **What is strength?**

Muscle exertion intensity weaker proportion measure

Physical strength is the _____ of a human's _____ of force on physical objects. Increasing physical strength is the goal of strength training.

An individual's physical strength is determined by two factors: the cross-sectional area of _____ fibres recruited to generate force and the _____ of the recruitment. The muscle fibres are divided in two types: slow twitch and fast twitch. Individuals with a high _____ of slow twitch muscle fibres will be relatively _____ than a similar individual with a high proportion of fast twitch fibres, but would have greater endurance.

- **Sport practices for developing strength**



Across

- 3. an exercise that involves lying on the ground on your back and thrusting your hips upwards.
- 4. prone position by raising and lowering the body.
- 6. a lift made from a standing position, without the use of a bench or other equipment.

Down

- 1. a variation on the static lunge exercise.
- 2. maintaining a position similar to a push-up for the maximum possible time.
- 5. crouch or sit with one's knees bent and one's heels close to or touching one's buttocks or the back of one's thighs.

- **What is the goal of strength practice?**

CIRCLE THE CORRECT ANSWER (5 are correct)

- a) Build strength
- b) Make you smarter
- c) Gain muscle
- d) Boost your metabolism
- e) Increase the indurance
- f) Make you immune to cancer
- g) Be more agile
- h) Weight management
- i) Become invincible

TRUE OR FALSE

- | | | |
|--|------|-------|
| 1. Has Ronaldo 6 children | True | False |
| Did Jan Oblak ride a bike to his football training in Ljubljana? | True | False |
| Did Egerszegi Kirisztina won 4 gold medals at the Olympics. | True | False |
| Does Federica Pelegrini train swimming? | True | False |
| Was Adrian Muto caught with drugs? | True | False |

2. What are the positive and negative effects on the health and lifestyle of professional athletes?

Pros	Cons

3. **Fill in the gaps:** sport, organizations, mass media, player, amateur sports, career

In professional sports, as opposed to _____, participants receive payment for their performance. Professionalism in _____ has come to the fore through a combination of developments. _____ and increased leisure have brought larger audiences, so that sports _____ or teams can command large incomes.] As a result, more sportspeople can afford to make sport their primary _____, devoting the training time necessary to increase skills, physical condition, and experience to modern levels of achievement.

https://en.wikipedia.org/wiki/Professional_sports_-_cite_note-Sport_&_the_Extreme-1

This proficiency has also helped boost the popularity of sports. In most sports played professionally there are many more amateur than professional_____, though amateurs and professionals do not usually compete.

4.

1. Name one professional Slovenian athlete.

2.What are the characteristics of this athlete?

3.How did the environment, family and the coach effect their success?
