



ДОНСКОЙ ГОСУДАРСТВЕННЫЙ ТЕХНИЧЕСКИЙ УНИВЕРСИТЕТ
УПРАВЛЕНИЕ ЦИФРОВЫХ ОБРАЗОВАТЕЛЬНЫХ ТЕХНОЛОГИЙ

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Аннотация

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PART 1. SPORTS AND GAMES IN DIFFERENT COUNTRIES

Task 1. Read the dialogue. Act it out.

A: What would you say were the most popular games in England?

B: Well, I suppose football, that is, soccer or rugger, handball, water-polo and cricket.

A: What are the others outdoor games?

B: Oh, there`s tennis, hockey, golf, and so on. Tennis is played all the year round – on hard courts or glass courts in summer, and on hard or covered courts in winter.

A: What about horse-racing?

B: I should say that that is one of the most popular sports in Great Britain. Then there are, of course, track and field athletics, boxing, wrestling and archery.

A: I`ve been told that there are no winter sports in England.

B: Well, you see, the English winter isn`t severe as a rule, and we don`t often have a chance of skiing, skating or tobogganing, but winter is the great time for hunting, provided the ground is not too hard.

A: Is there any golf to be had near London?

B: Oh, yes, any amount. There are dozens of good golf links within an hour or so of London. You ought to join a golf club if you`re keen on the game.

A: I think I shall get the chance. What about indoor games?

B: Well, there`s chess, billiards, table tennis... By the way, do you play billiards?

A: Well, I do, but of course, I`m not a professional or a champion, just an ordinary amateur and not a very good one at that.

**Task 2. How many names of sports can you think of in English?
Write down as many as you can, grouping them into categories.
Some sports may go in more than one category.**

Water sports

Indoor sports

Winter sports

Motor sports

Target sports

Equestrian sports

Racquet sports

Ball games

Task 3. Write 10 questions which can be used to find out about people's interests in sports and games. The first three are done for you:

1. Do you do any sports
2. Do you like watching sport?

3. What's the farthest that you have ever run?

Task 4. Look at the extract from the interview with Trevor Hebbert, a professional footballer, and the following report. Then write your own report of the next part of the interview.

Interview

It's not what people think it is. I mean, you would, when you are young, all you do is, you do all the dirty jobs, you have to clean people's boots, you have to pick up their kit, wash out the bathrooms, scrub the floors, it's – things like that. Paint walls. We are doing all that sort of things.

Report

He said that life for a young professional footballer wasn't what people thought it was. All they did was the dirty jobs: they had to clean people's boots, pick up their kit, wash out bathrooms, scrub the floors, paint walls and things like that.

Interview

Some of the travelling isn't too good. I mean, going up on Friday night and staying in a hotel. It's all right, but it's not – you know, I mean, it takes you away from your family and kids a little bit. Sometimes training can be very monotonous. I mean, that's a thing you have to put up with, but I think certain things you have to do in training are very boring.

My report

Task 5. Read the notes about recent changes in professional football in Britain. Discuss whether similar changes have happened in your country.

1. Major football clubs have become highly successful business with huge budgets made possible by advertising, sponsorship and television fees.

2. A large number of famous international players and managers now work for British clubs, and have raised the level of skill and spectacle in British games.

3. Spectators now have to sit down in football stadiums (most used to stand on 'terraces'), and prices are much higher than before.
4. Going to football matches is no longer an all-male pursuit. It is now seen as entertainment for the whole family - mothers and daughters included, It has also become more middle-class.

Task 6. Translate into Russian.

1. Most top British footballers start their careers when they are found by "scouts" from one of the big football clubs.
2. If they do well, they might get a chance to play for their club a year or two later.
3. Some footballers are injured - knees and ankles cause most of the problems with health.
4. All footballers must retire young, and for some it's not easy to build a new career.
5. Violence among a small but noisy group of fans has given some clubs a bad name.
6. Many people prefer to watch television in the comfort of their own home.
7. For many small clubs in the third and fourth divisions, the crowds are growing smaller, and the money problems bigger.

Task 7. Write answers to the following questions.

1. Are you a football fan? How many matches did you see last summer? Have you ever watched a Cup final? What's the difference between a Cup final and a Cup semi-final?
2. How many footballers (forwards, half backs, and full backs) are there in a football team? What member of a football team can take the ball with his hands? When does a referee use his whistle? What is the difference between a corner kick and a penalty kick? When do we say that a player is off-side?

3. What was the score in the most interesting match you saw last year? Who opened the score? Was it difficult for him to get through the defense? Why?

Task 8. Complete these sentences, using your own ideas.

1. If I have a choice between watching or playing a sport, I choose _____ because _____
2. When I watch professional sportsmen, I feel _____ because they _____
3. I think a great team is the result of _____
4. Supporting a football club is _____
5. I think professional footballers earn _____ money. The effect of this is _____

Task 9. Translate into English

1. Я люблю кататься на лыжах, но в Англии не так часто идёт снег.
2. Когда они бывают в деревне, они подолгу катаются на лошадях.
3. Гольф - одна из самых популярных в Англии игр.
4. Ей нравились игры на свежем воздухе, и летом она почти все свободное время проводила на теннисных кортах.
5. Ее брат уже почти три года занимается теннисом.
6. Они рассказали нам о жизни профессиональных футболистов.
7. Зима - отличное время для охоты, если земля не слишком твердая.
8. Вы не слышали, кто забил последний гол?
9. Люди самых разных возрастов принимают участие в лондонском марафоне.
10. У этой футбольной команды есть болельщики во всех городах Великобритании.

Task 10. Make up situations using these words and word combinations.

a) A Basketball game:

a home team, to be at one's best, pressing and switch tactics, effective, to win with a score

b) A football game:

a visiting team, to root for, to run, to shout, the game ended with a score of

Task 11. Different countries have reputations for being good at different sports.

For example, the Russians are very good at gymnastics. What does it depend on? Can you think of some other examples? Develop your arguments.

Task 12. Think of a sporting event you went to as a child and answer the questions:

1. What sport was it?
2. Who took part in that event?
3. Where did you sit or stand?
4. Where did it take place?
5. Who did you go with?
6. What was the weather like?
7. Do you remember what you wore? Or what did you eat? Or what did anyone say?
8. What feeling did you have?

Make notes and tell a partner about that event.

Task 13. Learn the following words

baseball	бейсбол
American football	американский футбол
riding	езда верхом
cycling	велоспорт
rowing	академическая гребля
long (short) distance running	бег на длинную (короткую) дистанцию
cross-country run	бег по пересеченной местности
running in a track marked with lanes	бег по дорожке, отмеченной полосами
steeplechase	бег/гонка с препятствиями, стиплчез
hurdle-race	барьерный бег
jogging	бег трусцой
cross-country race	кросс
to sail	ходить под парусом
to stroke	грести (веслом)
to swim	плавать
to dive	прыгать в воду, нырять
to fence (sabers)	фехтовать на саблях
foil fencing	фехтование на рапирах
to fence with epee	фехтовать на шпагах
venue	место проведения соревнований
weightlifting	тяжелая атлетика
javelin throw	метание копья

Task 14. Combine each of the following groups of sentences into one sentence following the suggestions given and eliminating unnecessary words.

1. Sports in America take a variety of forms. There are organized competitive struggles. These draw large crowds. There are athletic games. People play these for recreation. (Use *such as* and *which*.)
2. No other game is exactly like baseball. One is most nearly like it. This is cricket. (Use *but*.)

3. Attendance at football games is large. A college or university can finance its entire athletic program. (Use *so...that.*)

4. The number of spectators at college football games is large. The number of spectators at professional football games is larger. The professional players are more skilled. They perform more spectacularly. (Use *but* and *and.*)

Task 15. Read the dialogue and act it out.

A: You look very tired and pale. Why don't you take part in any of the games?

B: I really haven't the time. Besides, games don't interest me.

A: Well, it doesn't have to be games. You can go in for running, jumping or discus throwing. A person just needs exercise. Athletics will make the body strong.

B: Oh, but I do morning exercises!

A That isn't enough

B: But I'm not much good at any of the sports. To tell the truth, I'd rather poor.

A: Well, practice makes perfect. You better make up your mind and join our sports club.

B: What do you do there?

A: The best way to find out is to come and see for yourself. You can join any group you like. For instance, you can basketball and football teams. train in boxing, weightlifting, basketball and football a teams.

B: I'll come then, if you don't expect me to set or break any record.

Task 16. Translate into English.

1. В спортивном клубе ребят учат фехтовать на рапирах, саблях и шпагах.

2. Летом они любят ездить верхом и ходить под парусом.

3. Джон выиграл студенческие соревнования по бегу на короткие дистанции.
4. Какие виды легкой атлетики Вы знаете?
5. Ей не нравятся бокс и борьба.
6. Дети любят плавать и прыгать в воду.
7. Он давно увлекается академической греблей.
8. От неё ожидали нового мирового рекорда.

Task 17. Imagine you and your friends are going on a visit to the US and planning to see some sport.

Role-play a visit to a travel agent. Find out some details of dates, venues, etc. Use the following words: spectacular sports; professional baseball teams; the World Series; organized competitive struggles; athletic games; the National League competition; outstanding players, long (short) distance running, steeplechase, running in a track marked with lanes.

Task 18. Write sentences (approximately 10) and speak on one of these topics.

1. Sports in the USA (Great Britain, Russia, Germany, etc.)
2. My favorite sport (game).
3. The most exciting football (basketball, tennis, etc.) game I have ever seen.

Task 19. Match the following headings with the passages below.

1. THE VICTORY CEREMONY
2. WHAT DO THE OLYMPIC RINGS MEAN?
3. CLOSING STATEMENT
4. WHAT IS THE OLYMPIC CREED?
5. WHAT IS THE OLYMPIC OATH?
6. WHAT IS THE OLYMPIC MOTTO?

7. OPENING CEREMONY

8. THE OLYMPIC FLAME AND TORCH

9. CLOSING PARADE

a) The colors of the interlinked Olympic rings were chosen by the international Olympic Committee (IOC), to represent the union of the 5 continents, Australia, Africa, America, Asia and Europe and further signify the meeting of the world's athletes at the Olympic Games.

The plain white background of the Olympic flag is symbolic of peace throughout the games.

The five colors of the rings from left to right are blue, black and red across the top with yellow and green along the bottom, these colors may be found on most flags of the world and officially hold no other particular significance, although some believe each color represents a particular continent:

Blue = Europe

Yellow = Asia

Black = Africa

Green = Australia

Red = America

b) The Olympic creed was first stated in 1896 by the founder of the modern Olympic games, Baron 'Pierre de Coubertin, the words of the creed are as follows;

"The most important thing in the Olympic Games is not to win but to take part, just as the most important thing in life is not the triumph but the struggle. The essential thing is not to have conquered but to have fought well."

Task 20. Write sentences, according to the model:

Here are some Olympic records.

Men's Javelin throw: Miklos Nemeth, Hungary — Montreal, 1976 — 310 ft. 4 in.

Miklos Nemeth, a Hungarian, won the men's javelin throw in Montreal in 1976. He threw it 310 feet 4 inches.

1. Men's 800-Meter Run: Alberto Juantorena, Cuba — Montreal, 1976 -1 min. 43.5 sec.

2. Men's Swimming (100-meter butterfly): Mark Spitz, United States -Munich, 1972 — 54.27 sec.

3. Women's High Jump: Sara Simeoni, Italy - Moscow, 1980 — 6 ft. 5 1/2 in.

4. Women's Javelin Throw: Maria Colon, Cuba — Moscow, 1980 — 224 ft. 5 in.

5. Women's swimming (100 - meter butterfly): Kornelia Ender, East Germany — Montreal, 1976 — 1 min. 0:13 sec.

Task 21. Write sentences, using the comparatives according to the model:

Women's 100 metres: Green 11.57 seconds

Foster 11.53 seconds

Foster ran faster than Green.

1. Men's swimming 200 metres freestyle.

Brown 1 minute 54 seconds

Davis 1 minute 62 seconds

2. Women's high jump.

Gold 1,91 metres

Harlow 1.96 meters

3. Men's 1500 metres.

Thomas 3 minutes 41 second

Horne 3 minutes 42 seconds

4. Men's 100 metres.

Walls 10, 5 seconds

Jones 10,8 seconds

Task 22. Complete the dialogues. Act them out.

1. A:

B: It was great, I haven't seen a more exalting game for a long time.

A:

B: Yes, and so were their switch tactics. Their captain's a very good player.

A:

B: Yes, and he score two of their four goals.

A:

B: He's one of my favourite players too. Thank you for the invitation.

2. A:

B: Who's playing?

A:

B:

A: Three to one in our favor.

Task 23. Answer the following questions.

1. Is Russia a sporting country?
2. Which is the most popular game in your country?
3. What games can you play?
4. Do you do morning exercises every day?
5. What is your favorite indoor (outdoor) game?
6. Are you a football fan?
7. How long does a football match last?
8. What kind of sport do you like?
9. What sport do you go in for?
10. Do you often take part in sport competitions?
11. What are the most important sport event?
12. Why is sport important in people's life?

Task 24. Answer the questions.

1. Would you describe yourself as:
 - very fit
 - a quite fit
 - average
 - unfit
2. Do you ever get out of breath?
 - Can you touch your shoes (without bending your knees)?
 - Can you run for 1 km?
 - Can you hang from a bar, supporting your own weight for 20 seconds?
3. Does your daily routine involve any physical exertion?

- Yes
 - No
4. Do you take regular exercise?
- Yes
 - No
5. If you take regular exercise, how often do you take it?
- Every day
 - Every other day
 - More than once a week
 - Once a week
 - Less
6. If you take regular exercise, in which of the following ways do you take it?
- Jogging
 - Swimming
 - Dancing
 - Yoga
 - Walking
 - Other

Task 25. Describe a sport and explain the rules, without naming it.

Ask other students to guess which sport has been described.

Task 26. Find reasons for these facts.

1. Many people like watching football games on TV more than going to football matches.
2. Professional sportsmen must retire young.
3. Sport is a very important part of a child's education.
4. Fears that sport was incompatible with femininity proved illusory.

Task 27. Match the names of sport games with their definitions

football	It is played either individually against a single opponent (singles) or between two teams of two players each (doubles). Each player uses a racket that is strung with cord to strike a hollow rubber ball covered with felt over or around a net and into the opponent's court.
basketball	It is a club-and-ball sport in which players use various clubs to hit balls into a series of holes on a course in as few strokes as possible
volleyball	It is played with an oval ball by two teams of 15 or 13 players. It is a full-contact sport which is popular worldwide and played by male and female.
tennis	It is a game between two teams, each usually having six players, who wear skates and compete on an ice rink. The object is to propel a vulcanized rubber disk, the puck, past a goal line and into a net guarded by a goaltender, or goalie.
badminton	It is played between two teams of eleven players on a field at the center of which is a 22-yard (20-meter) pitch with a wicket at each end, each comprising two balls balanced on three stumps.
ice hockey	It is a team sport in which two teams, most commonly of five players each, opposing one another on a rectangular court, compete with the primary objective of shooting a ball (approximately 9.4 inches (24 cm) in diameter) through the defender's hoop (18 inches (46 cm) in diameter) mounted 10 feet (3.048 m) high to a backboard at each end of the court), while preventing the opposing team from shooting through their own hoop.

cricket	It is played using racquets to hit a shuttlecock across a net. Although it may be played with larger teams, the most common forms of the game are "singles" and "doubles".
rugby	It is played between two teams having eleven players each. The game is played by hitting a football by foot and passing it on from one team member to another, until the goal in opposite team is scored.
golf	It is bat-and-ball sport played between two teams of nine players each, taking turns battling and fielding. The game occurs over the course of several plays.
baseball	It is a team sport in which two teams of six players are separated by a net. Each team tries to score points by grounding a ball on the other team's court under organized rules.

Task 28. With a partner, look at these questions about the history of sport. Answer them if you can, making guesses where you are not sure.

1. Is sport in the 20th century different from the past? In what ways?
2. Do you think there were sport professionals before the 20th century? In what sports?
3. Which modern sports originated in Great Britain? In the US?
4. Did governments always encourage people to take part in sports? Why or why not?
5. What problems did people have in playing sports in your country?

Task 29. Translate into English.

1. В спортивном клубе ребят учат фехтовать на рапирах, саблях и шпагах.
2. Летом они любят ездить верхом и ходить под парусом.
3. Джон выиграл студенческие соревнования по бегу на короткие дистанции. 4. Какие виды легкой атлетики Вы знаете?

5. Ей не нравятся бокс и борьба.
6. Дети любят плавать и прыгать в воду.
7. Он давно увлекается академической греблей.
8. От неё ожидали нового мирового рекорда.
9. Спорт объединяет людей, способствуя дружбе между разными странами.
10. Футбол – самая популярная игра в мире.

Task 30. Imagine you and your friends are going on a visit to the US and planning to see some sport.

Role-play a visit to a travel agent. Find out some details of dates, venues, etc. Use the following words: spectacular sports; professional baseball teams; the World Series; organized competitive struggles; athletic games; the National League competition; outstanding players, long (short) distance running, steeplechase, running in a track marked with lanes.

PART 2. FAMOUS FOREIGN SPORTSMEN

Texts for self-study

Task 1. Read the texts and answer the questions.

Text 1. Michael Phelps is a famous swimmer



Michael Fred Phelps is an American swimmer born on June 30, 1985. He is a frequent winner and the only sportsman of all times who won 23 gold medals on the Olympic Games. Phelps is also a repeated record holder. He won medals both in individual competitions and swimming relays.

Michael has two nicknames, the Baltimore Bullet, and Flying Fish. He performed more successfully in freestyle, butterfly stroke, and medley swimming. Phelps announced his career ending in 2012 at the age of 27 after the Olympic Games in London. However, he participated in international competitions in 2014 and then was selected for the Olympic Games in Rio. That was his last participation and he got 5 golden and one silver medal.

There were many facts about Michael Phelps some of which were hard to believe. For example, in 2008 the Media gave information about his diet and confirmed that the sportsman ate 10000-12000 calories every day. This information was belied by Phelps himself.

After the Olympic Games held in 2008 Phelps used \$1 million to found a special organization which specializes in sports development and promulgation of a healthy lifestyle.

Answer the following questions:

1. Where was Michael Phelps born?
 2. When was Michael Phelps born?
 3. How many gold medals did Michael Phelps win?
 4. What style does Michael Phelps swim?
 5. When did Michael Phelps start his career?
 6. Who is Michael Phelps coach?
 7. How tall is Michael Phelps?
 8. How many times has Michael Phelps been recognized as the best swimmer of the year in the USA?
 9. How many times did Michael Phelps win the U.S. Championships?
- Michael Phelps is a famous swimmer, is not he?

Text 2. My Favorite Sportsman is Ronaldo



I am really fond of sport. I like tennis, swimming, figure skating, football, valley-ball. However, my favorite sport is soccer. I like football both in our country and in foreign countries. I think that this game is very strict and tough. There are many popular football-players, for example: Paolo Maldini, Pirlo - they are playing in Milan; Konovaro is playing in Parma; Nesto is playing in Lazio; Baggio is playing in Breshia; Totti, Toldo, Ronaldo, Vieri are playing in Inter.

My favorite football-player is Ronaldo (Ronaldo Luís Nazário de Lima). Many people don't like him, but I adore. He was born in Rio (Brazil). He hadn't got any money, but he wanted to play football. When he was sixteen he started playing in "Cruzeiro", then he went to the World Cup in USA. Then he played in "Barcelona", then he went to Milan and played in "Inter". Later he signed one of the biggest contract with "Real" Madrid and finished his career in "Corinthians" in February 2011. He is widely considered by experts and fans as one of the greatest football players of all time. He won his first Balloon d'Or as the European Footballer of the Year in 1997 (aged only 21) and again won the award in 2002 (26 years old). Additionally, he is one of only three men to have won the FIFA Player of the Year award three times, along with French footballer Zinedine Zidane and Argentine striker Lionel Messi. He was the best football-player in Europe. Now he has a very beautiful wife and son.

Answer the following questions in a written form:

1. What kind of sport do I like most of all?
2. Which football player do I like most of all?
3. How old was he when he played for his first professional club?
4. Which club did he sign the biggest contract with?
5. When did he finish his football career?
6. When did he win his first Golden Ball?
7. Where was he born?
8. When did he get his second Golden Ball?
9. What Spanish clubs did he play in?
10. Which football team was the last for him in his football career?

Text 3. Lionel Messi



My favorite sportsman is Lionel Messi, who is one of the best footballers of nowadays and one of the best players of all times! He was the best player in the world in the years 2009-2012.

Lionel Messi was born in June 1987 in the city of Rosario, in Argentina. He has two brothers and a sister. Two of his cousins are also footballers. His father's family comes from Italy, but the ancestors moved to Argentina in 1883.

Messi started playing football when he was 5 years old. His father, a factory worker, was his first coach. Messi's grandmother wanted him to become a footballer and she herself brought Lionel to sport club trainings. Later on Lionel often devoted his first goals to her.

When the boy was 11 his family moved to Barcelona. At 13 Lionel became a member of "Barcelona" club team to which he belongs up to now.

Lionel Messi is married and has two sons.

Together with his team he won a lot of European and World Championships.

As the best player he was awarded 7 times the prize "The Golden Ball" and one prize "The Diamond Ball". The newspapers wrote: "...His legs are like Mara Dona's, his speed is like Crawford's and he passes like Ronaldinho"

Answer the following questions on the text:

1. Is Messi a football player?
2. Where was he born?
3. He started playing football when he was 5, didn't he?
4. Was he born in 1987 or 1988?
5. When did his family move to Barcelona?
6. Together with his team he won a lot of European and World Championships, didn't he?
7. Did he win the "Golden Ball"?
8. Did he become a member of "Barcelona" club at the age of 14 or 13?
9. Does he have any brothers or sisters?
10. Does he have 2 sons or 2 daughters?

PART 3. FAMOUS RUSSIAN SPORTSMEN**READ AND RETELL THE TEXTS ABOUT FAMOUS RUSSIAN SPORTSMEN****Text 1. Maria Sharapova**

An outstanding Russian tennis player became the first racket of the world at the age of eighteen and was the first Russian woman to top the singles ranking. In 2012, Maria took the first place in the list of the best for the fifth time.

During her career, the tennis player has won 5 Grand Slam titles, of which:

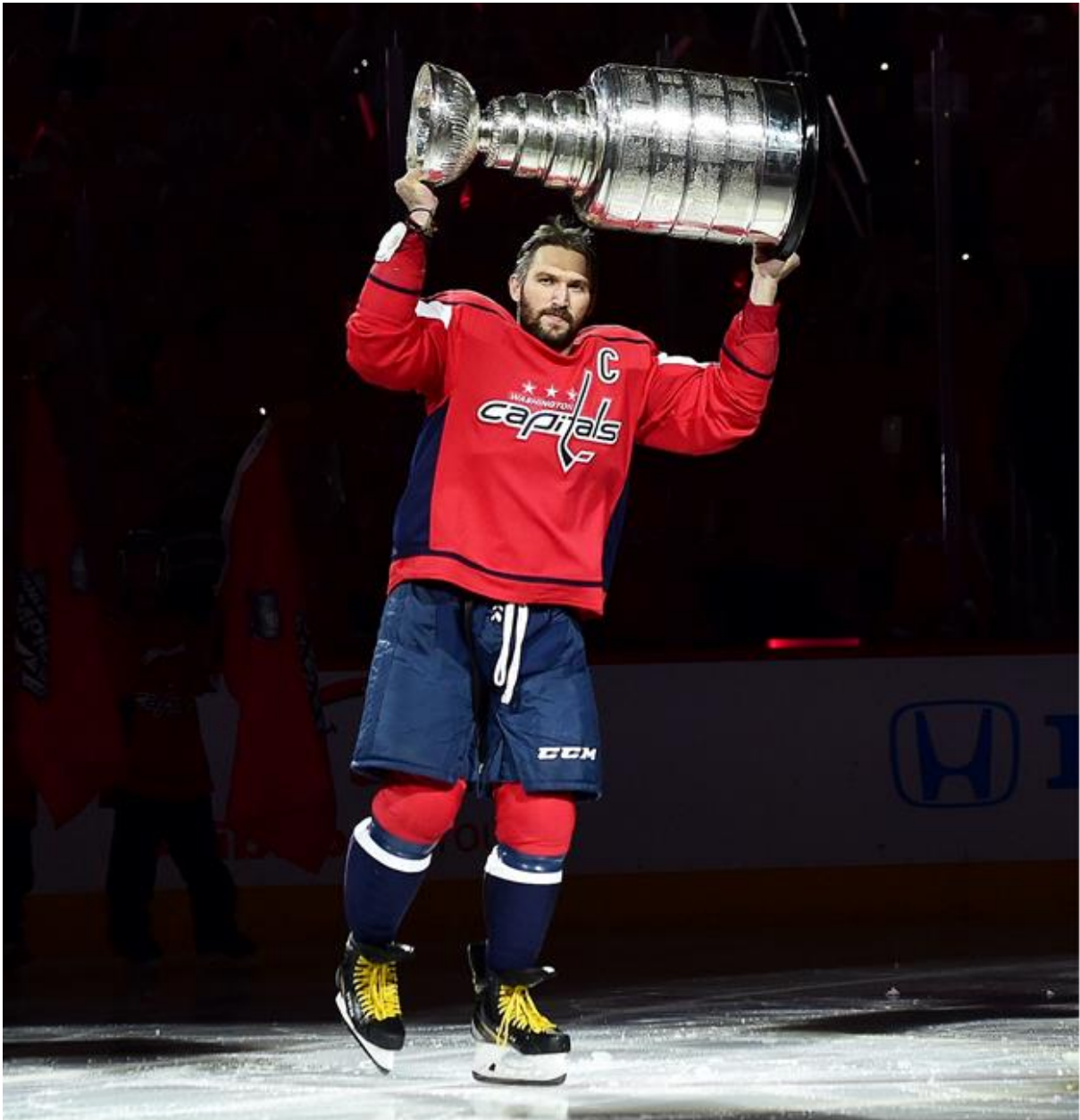
- Two received at the French Open.
- One – at the Australian Open.
- One – at the Wimbledon Championships.
- One – at the U.S. Open.

This athlete has won thirty-six different titles, including two doubles. She is also one of the 30 outstanding tennis legends of all time.

Maria Sharapova, besides tennis, is engaged in the modeling business. She participated in sports swimwear shows and was the face of many fashion houses. The most famous manufacturers in the world entrusted her with advertising their products, among them Canon, Nike, Prince. In 2007, Maria Sharapova became a goodwill ambassador from the UN for the Chernobyl Recovery and Development Program. The World Anti-Doping Agency banned Sharapova from competing at international competitions for two years, but then the term was reduced to 15 months, as the athlete managed to prove that the banned substance was part of the medicine prescribed by her doctor. In April 2017, Maria Sharapova returned to the tennis court to participate in the Porsche Tennis Grand Prix.

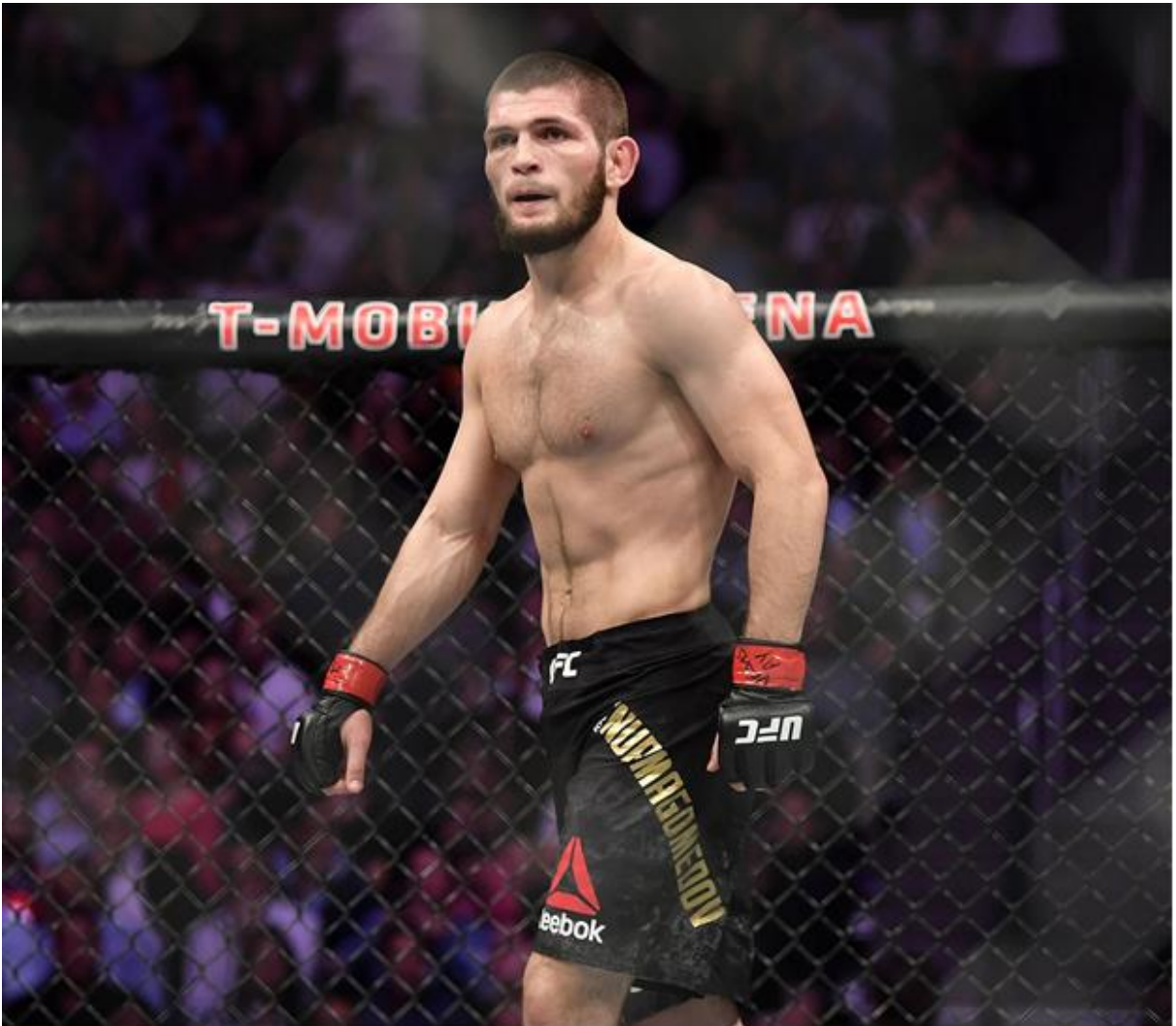


Text 2. Alexander Ovechkin



Ovechkin is perhaps the most famous hockey player in Russia. Despite the fact that Alexander does not appear so often in the national team because of the long season in the NHL, he does not lose popularity at all. This year Ovechkin finally won the previously unattainable Stanley Cup and overcame the milestone of 600 abandoned goals. Now the stakes are even higher, because Alexander is expected to repeat success and new individual records. The season in the National Hockey League has just begun, and the Russian has already scored several goals and is striving to take the post of the best scorer in the history of the NHL. We will follow Alexander's scoring successes with interest.

Text 3. Khabib Nurmagomedov. MMA



Khabib is a famous Russian wrestler who has not lost a single round in his fighting career. He started wrestling at the age of 8 under the guidance of his father, also a titled wrestler. Khabib's father is also a senior coach of the national combat sambo team in Dagestan. There were several periods in Khabib's training as a world-renowned wrestler:

- From 8 to 12 years old.
- From 12 to 15 years old.
- From 15 to 17 years old.

These periods differed in approaches to training – the athlete mastered combat sambo and judo. During his career, the wrestler had very serious rivals, such as Conor McGregor, whom he defeated in 2018. Habib knows

several languages, speaking Avar, Russian, English, Turkish and Arabic fluently.

Text 4. Alina Zagitova. figure skating



In February, the whole country watched the medal dispute between the two best figure skaters of Russia and the world – Evgenia Medvedeva and Alina Zagitova. It was Alina who took the gold in Pyeongchang, and although we love Evgenia very much, we believe that Zagitova deserved her title as the best. The girl is only 16 years old, and she has already set a world record in the short program. In figure skating, unfortunately, the age of athletes is very limited, but I want Alina to continue to perform in this spirit. If you have never followed this sport, then drop all your prejudices and just watch how Zagitova moves on the ice. We give you our word, you will be mesmerized.

Text 5. Sergey Shubenkov. Athletics



In modern sports realities, it's hard to be a track and field athlete from Russia. Doping scandals do not allow our athletes to compete under the national flag, so they have to compete under a neutral banner. Sergey Shubenkov, the world champion and three-time European champion in 110-meter hurdles, also chose this path. This year, Sergey was 0.004 seconds short of a gold medal at the European Athletics Championships, but he is not discouraged and is going to compete at the Olympics in two years under the Russian flag. Now Shubenkov is nominated for the title of the best track and field athlete in Europe, and we hope that this award will also be submitted to the athlete.

Text 6. Evgeny Malkin. Hockey



Another Russian hockey player who is well known in the West. Evgeny plays for the Pittsburgh Penguins and has already won the Stanley Cup three times. Evgeny's career overseas began cheerfully: in all the first six meetings he scored goals, Malkin became the first to do so in the history of the league. A year after his debut in the NHL, Evgeny set a record that has not yet been broken by Russian hockey players: he hit the opponents' goal in 15 consecutive matches. More than ten years have passed since that moment, but the hockey player does not lose shape, regularly wins individual trophies from the league and periodically raises the Stanley Cup over his head. We will not find out who is cooler: Malkin or Ovechkin. We will just continue to follow the game of both Russian hockey players.

Text 7. Sergey Sirotkin. Formula 1



In recent years, Russian racers have been regularly appearing in Formula 1, on whom fans from our country have high hopes. This year, 23-year-old Sergey Sirotkin also moved from the list of potential stars to the elite category. The racer started his career when he was only 13, and in 2010, at the age of 15, Sergey made his debut in the formula series. Since this year, Sirotkin has been playing for the British Williams team, where he recently replaced the legendary Brazilian Felipe Massa. So far, the Russian has scored only one point, but there are still a few races where we can see him before the end of the season. We want Sergey to gradually approach the best of the best in the table in the future.

TEXT 8. Anton Shipulin. Biathlon



Two years ago, Anton was considered one of the three best biathletes in the world and literally breathed into the back of the invincible Martin Fourcade. Last season Shipulin had difficulties: first, he was not allowed to participate in the Olympics, then the situation was aggravated by a serious injury. They said that against the background of all this, the Russian began to feel melancholy, and information constantly flashed in the media that Anton was planning to end his career at 31, without winning either the Olympic Games or the World Cup. At the beginning of October, the biathlete, after much thought, decided that it was not yet time to leave the big sport and assured fans that he was in great shape for the new season. Returning Shipulin with exorbitant motivation and thirst to win is a great reason to wait for this winter and the new biathlon season.

Text 9. Artem Dzyuba. Football



It's hard to imagine, but back in early June, the phrase "Russian national football team" caused us distrust and skepticism. Everything changed at the home World Cup. The country has its own football heroes, and we can safely call Artem Dzyuba their leader. The striker scored the most important goals against opponents several times at last summer's World Cup and showed leadership qualities in the locker room. After Igor Akinfeev left the national team, Artem took on the role of captain altogether, and more recently we named Dzyuba "Man of the Year". We think he deserves it.

Text 10. Alexander Golovin. Football



It's been a long time since any of the Russian players have gone to Europe to play at the highest level. Golovin became a pioneer in the current generation of the national team: in July of this year, Alexander went to the French league club Monaco for record money for Russian football. The team from the Cote d'Azur did not start the season: 18th place after nine rounds in the French championship and not a single point in the Champions League, which led to the dismissal of Leonardo Jardim from the post of head coach. Now Golovin is already preparing to train under the guidance of the legendary French football player Thierry Henry, who previously worked at the World Cup in the Belgian national team. We are waiting for Alexander to make his first serious achievements in Europe.

Text 11. Svetlana Khorkina



This retired Russian gymnast participated in several competitions and represented her country at many championships and tournaments. She represented the country at the 1999, 2000, and 2004 Summer Olympics. On her account: 7 Olympic medals. 20 medals of the world championships. She is considered one of the most successful gymnasts of all time because she won all competitions at the World Gymnastics Championships. One of the few gymnasts who has won three World Championships in the all-around. Khorkina became the only athlete to earn three all-around titles in Europe. After finishing her career, Svetlana worked as a commentator on gymnastics at the Olympic Games in Beijing, as well as an ambassador at the Olympic Games in Sochi. The outstanding gymnast was appointed a vice-president of the Russian Gymnastics Federation and even wrote a book: "Somersaults in High Heels".

Text 12. Famous powerlifters

Kirill Sarychev



The pride of Russia opens our review - the hero Kirill Sarychev, the owner of the largest weight in the bench press in non-emergency powerlifting - 335 kg. Kirill has a height of 197 cm and a weight in the range of 170 - 190 kg. Chairman of the Russian Federation of Non-Marking Powerlifting.

Vladimir Kravtsov



Another record holder from Russia is Vladimir Kravtsov, the owner of the absolute record in the bench press without equipment in the category yes 125 kg - 305 kg. Charismatic and modest, "Uncle Vova" can rightfully be considered one of the strongest people in Russia.

Yuri Belkin



The owner of the absolute record of Russia in deadlift - 418 kg. At the same time, Yuri's own weight is a little more than 100 kg. He is still very young and no one will be surprised if we see even more impressive records in his performance in the future.

Text 13. Evgenia Medvedeva

Evgenia Medvedeva is a Russian figure skater who has been considered a trendsetter since her first appearances on the ice of international competitions. She, as the media wrote, changed the perception of women's single skating in the "ossified consciousness of the judges", who did not see the elements of the personality of athletes rolling over the years. Moreover, they resisted when the skater tried to be different from everyone else. It is worth noting that Zhenya's performances were among the most beautiful at the competitions.

In the final of the Russian Cup, Zhenya fought for the right to get to the 2019 World Cup in Japan. The figure skater took 1st place.

The beginning of 2017 brought Evgenia Medvedeva new prizes — the gold medal of the European Championship in the Czech Republic, as well as the 1st place on the podium of the World Championship held in Finland. In April, Evgenia Medvedeva became the author of a new world record in Tokyo, having received 80.85 at the end of the short program points. Subsequently, the figure skater admitted that she was imbued with the image of Anna Karenina, who became the prototype of her eponymous

number. Zhenya went out on the ice like a heroine of a novel to an approaching train. Evgenia Medvedeva became the champion at the world

Championship. At the performance in Boston with an arbitrary program, the girl scored a record 150.10 points and left her rivals far behind her.

Evgenia broke the previous world record, which was set by Korean Kim Yu Na at the 2010 Olympics — 150.06 points.