



ΠΑΝΕΠΙΣΤΗΜΙΟ ΘΕΣΣΑΛΙΑΣ

Σχολή Επιστήμης Φυσικής Αγωγής & Αθλητισμού

ΞΕΝΗ ΓΛΩΣΣΑ & ΑΘΛΗΤΙΚΗ ΟΡΟΛΟΓΙΑ ΜΕ0153

ΔΙΔΑΣΚΟΥΣΑ ΣΤΟ ΤΕΦΑΑ ΠΘ: ΚΥΡΙΑΚΗ ΣΠΑΝΟΥ

AIMS & OBJECTIVES

Students would:

- be familiar with the English terminology in the fields of Sports & Physical Education, Nutrition, Health and Human Anatomy.
- be able to use grammar and syntax in the English Language correctly in order to be effective towards their writing assignments in their Modules.

Supervisor: Athanasios Tzamurtas

English Tutor: Kyriaki Spanou

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Module details: B Semester, Optional Module

Key Concepts: English Sports Terminology

ASSESSMENT:

Final written exams (70%)

Presentations (30%)

REFERENCE BOOK : Kontopodis, P (2006): English for
Sport Purposes with Exercises. Athens: Kontopodis

THE Ancient vs. Modern OLYMPIC GAMES



SPORTS & PHYSICAL EDUCATION TERMINOLOGY

Track & Field

- sport devices
- track events (100m, 200m, 400m, 800m, 1500m, 3000m, steeplechase, race walking, Marathon)
- field events such as throws (javelin, discus, shot put), jumps (high jump, long jump, triple jump, pole vault)



Ball sports

- Ball
- Basketball
- Soccer
- Tennis
- Volleyball
- Handball
- beach volleyball



Aquatics

- Swimming (crawl, backstroke, breaststroke, butterfly)
- Synchronized Swimming (solo, duet, team, combo)
- Diving
- Synchronized Diving
- Water Polo





CYCLING

Nautical sports

- ⦿ Canoe-Kayak
- ⦿ Ocean Surfing
- ⦿ Rowing
- ⦿ Sailing
- ⦿ Regattas
- ⦿ Sailboarding
- ⦿ Water-skiing



Combat Sports

- ⦿ Boxing
- ⦿ Fencing
- ⦿ Tae kwon do
- ⦿ Wrestling
- ⦿ Archery
- ⦿ Weightlifting

Other Sports

- ⦿ Artistic Gymnastics
- ⦿ Rhythmic Gymnastics



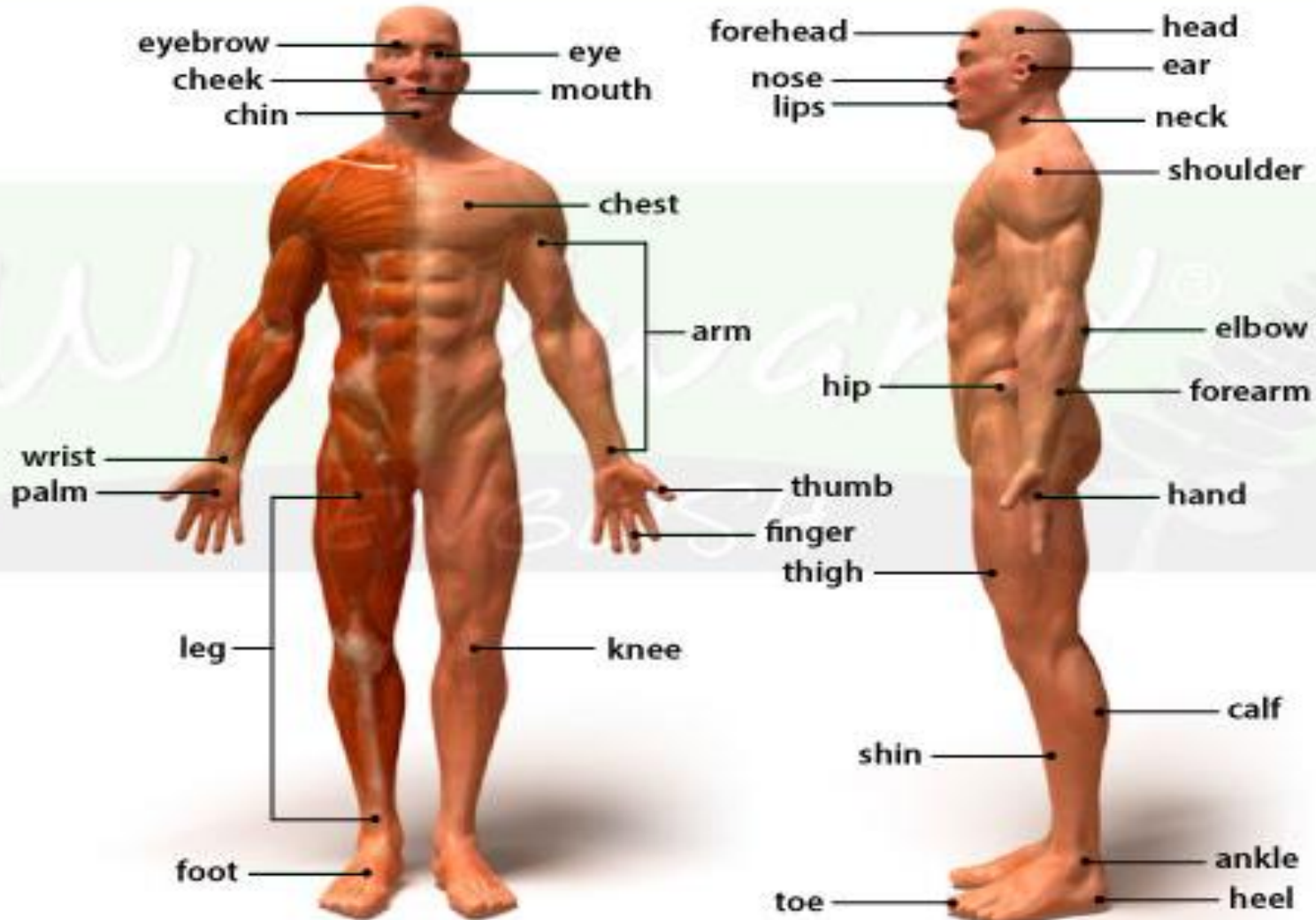
NUTRITION FOR HEALTH, FITNESS AND SPORT

- Nutrition
- Proteins
- Carbohydrates
- Nutrient classes
- Balanced diet
- ATP
- Doping

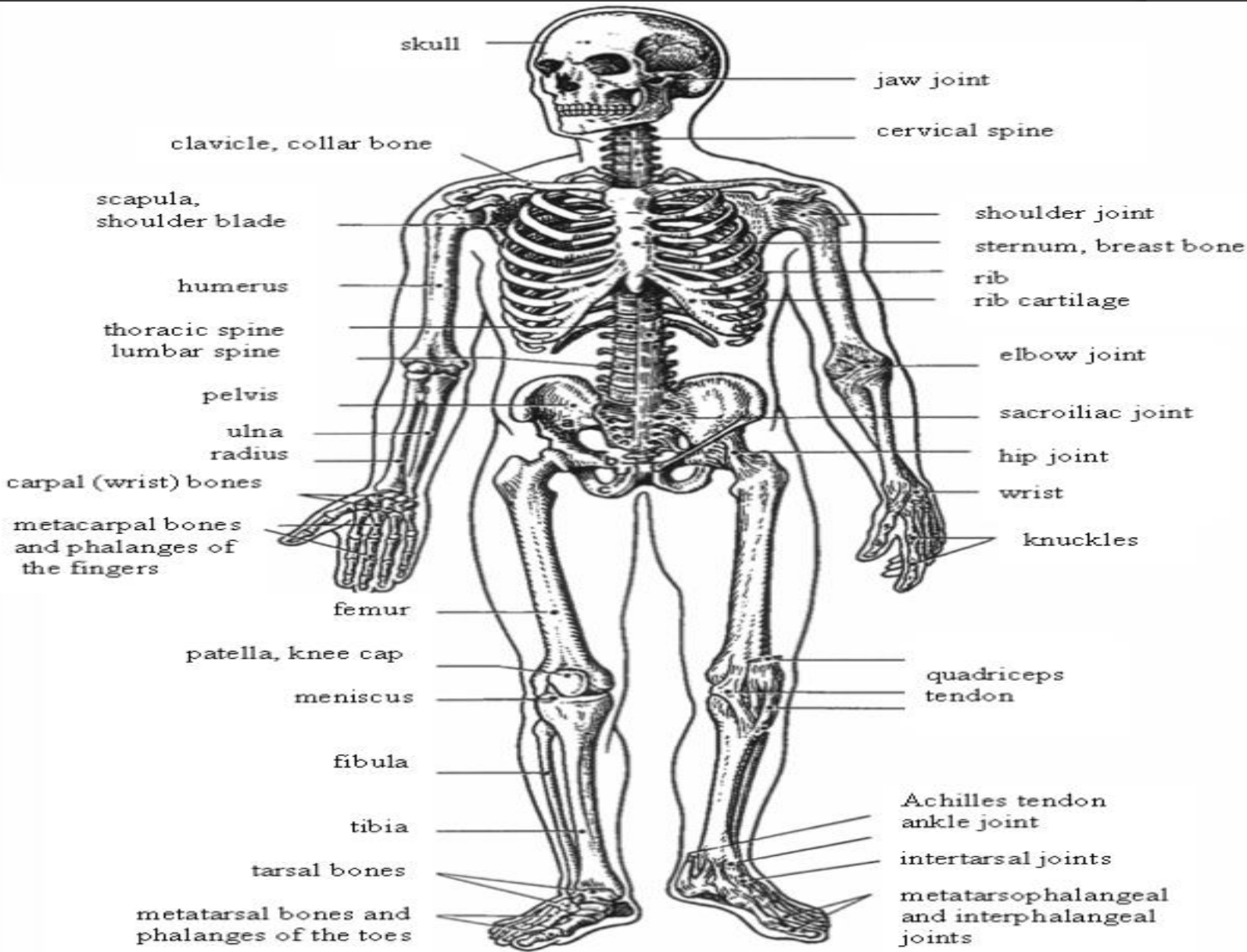
HUMAN ANATOMY

- ◎ The human body = the most complex organism on this planet.
- ◎ The human body is a single structure
- ◎ It is made up of billions of smaller structures of four major kinds: cells, tissues, organs and systems.
- ◎ The body is composed of ten major systems: Skeletal, Muscular, Nervous, Cardiovascular, Lymphatic, Respiratory, Digestive, Endocrine, Urinary, and Reproductive.

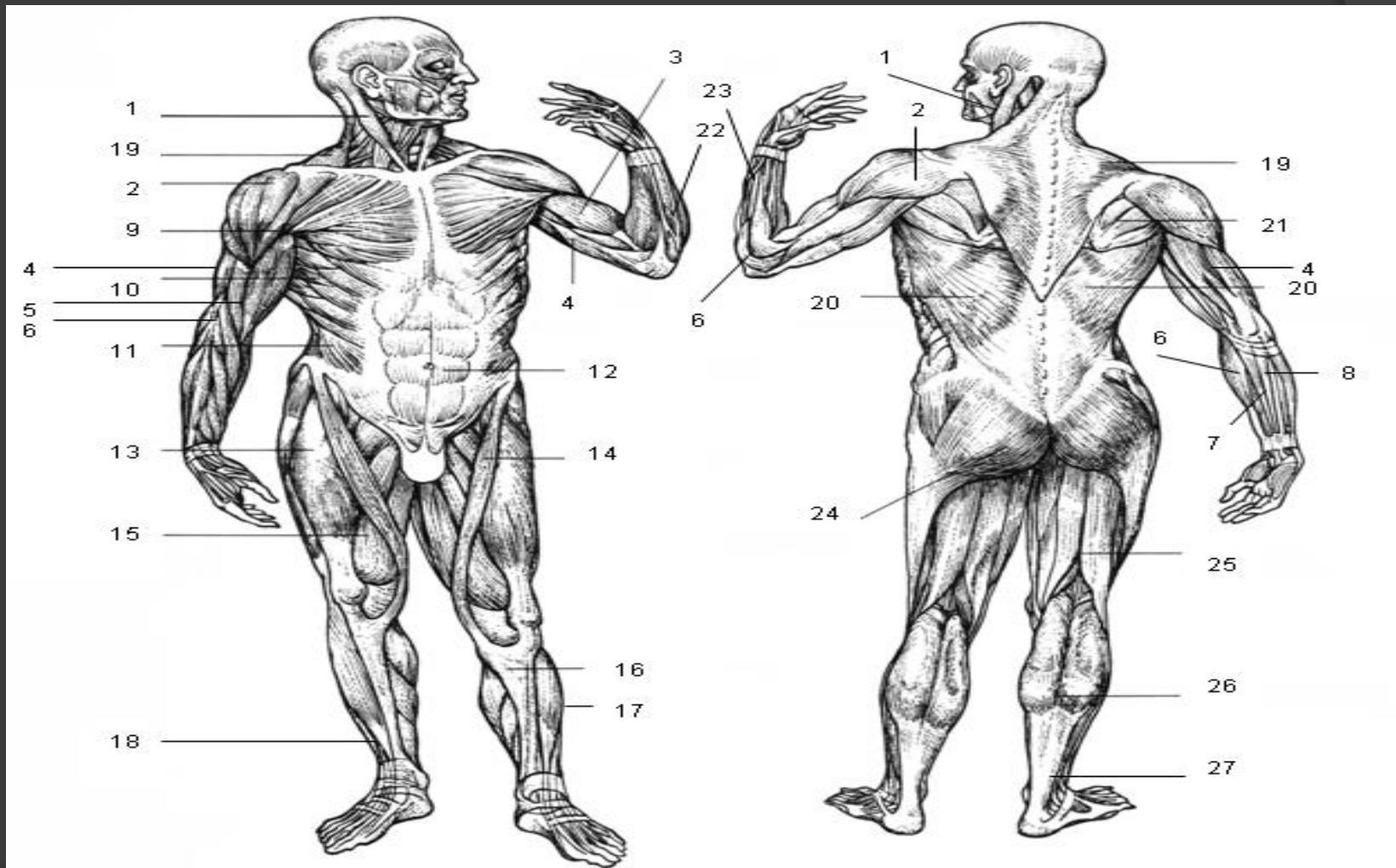
Parts of the body



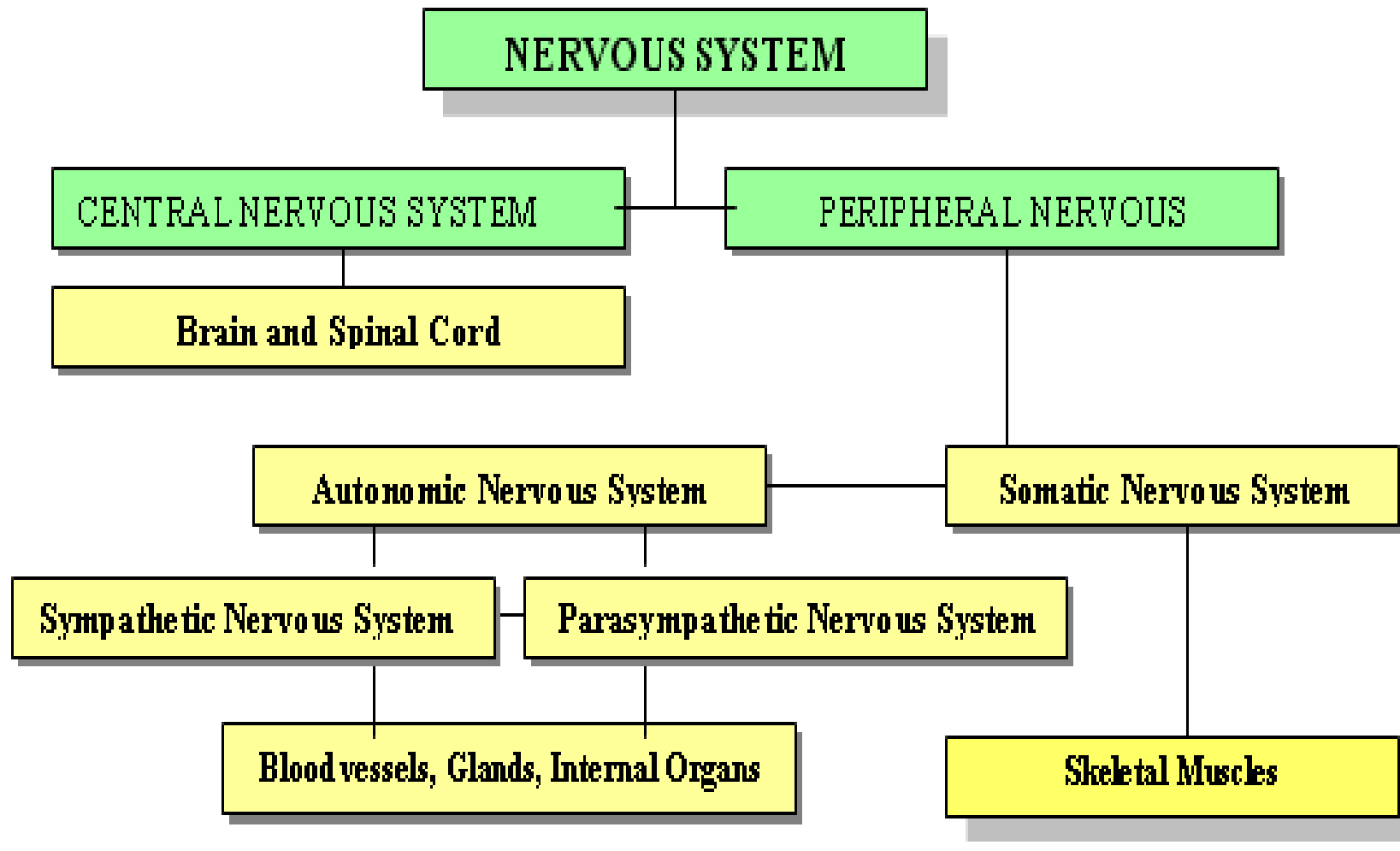
SKELETAL SYSTEM



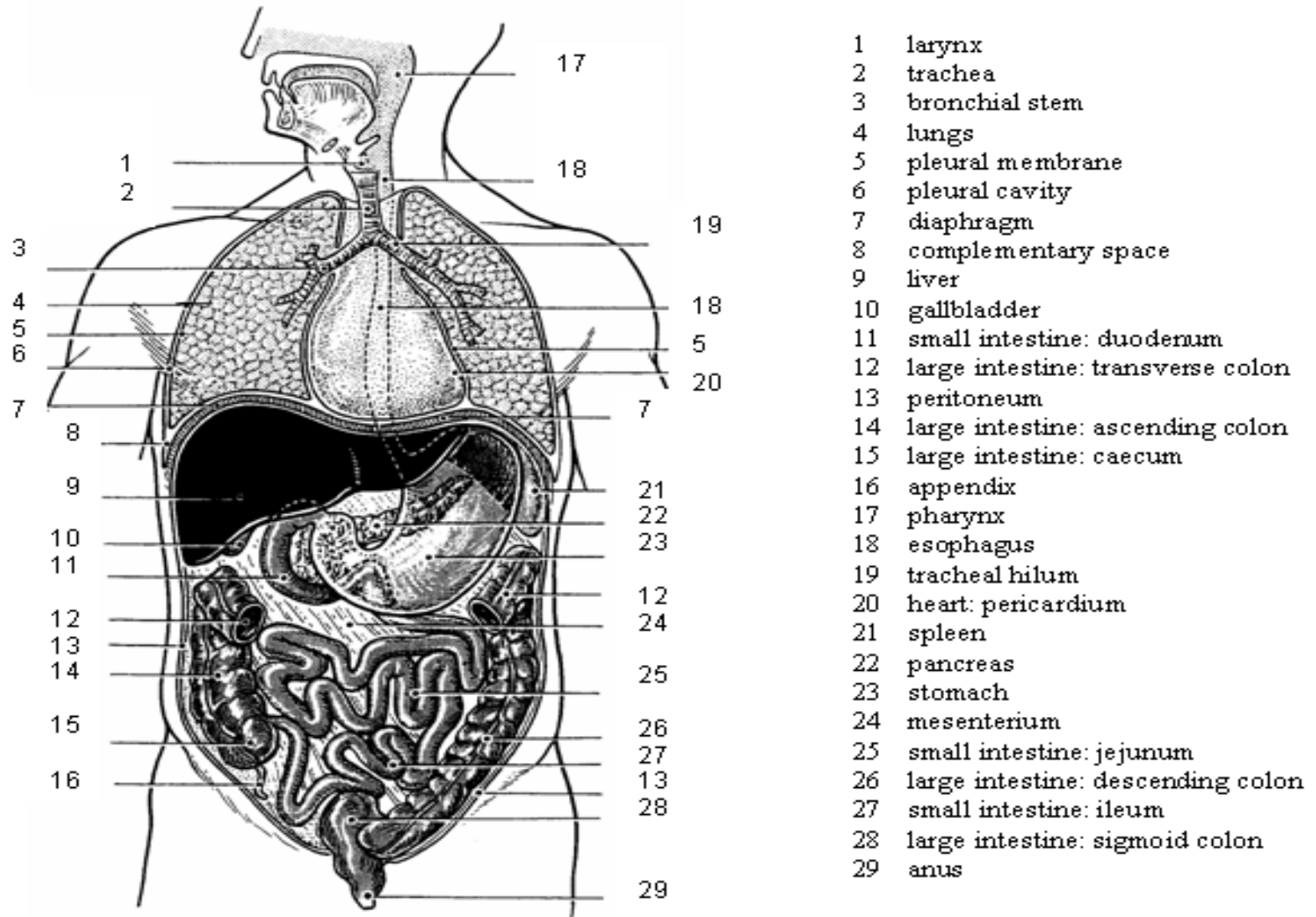
MUSCULAR SYSTEM



NERVOUS SYSTEM



INTERNAL ORGANS



- 1 larynx
- 2 trachea
- 3 bronchial stem
- 4 lungs
- 5 pleural membrane
- 6 pleural cavity
- 7 diaphragm
- 8 complementary space
- 9 liver
- 10 gallbladder
- 11 small intestine: duodenum
- 12 large intestine: transverse colon
- 13 peritoneum
- 14 large intestine: ascending colon
- 15 large intestine: caecum
- 16 appendix
- 17 pharynx
- 18 esophagus
- 19 tracheal hilum
- 20 heart: pericardium
- 21 spleen
- 22 pancreas
- 23 stomach
- 24 mesenterium
- 25 small intestine: jejunum
- 26 large intestine: descending colon
- 27 small intestine: ileum
- 28 large intestine: sigmoid colon
- 29 anus

SPORT INJURIES

- ◎ **Strain**
- ◎ **Sprain (e.g. rupture)**
- ◎ **Achilles tendon injuries**
- ◎ **Bone Fracture (closed or open and simple or multi-fragmentary)**
- ◎ **Stress fractures**
- ◎ **Joint dislocation**
- ◎ **Menisci**



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THANKS FOR YOUR ATTENTION

REFERENCE BOOK:

**KONTOPODIS, P.(2002) *ENGLISH FOR SPORTS PURPOSES
WITH EXERCISES. ATHENS: KONTOPODIS***