

**1. Read the paragraphs and answer the questions below:**

- a. It has been suggested that successful young gymnasts are part of a highly select group in terms of specialized motor skills, body size and shape. This likely reflects the interactions between varied environmental conditions and genetic endowments. As a group, they generally demonstrate growth characteristics associated with late-maturing girls. In terms of environmental settings, the prime conditions contributing to gymnast's success are thought to be family and peer support, training conditions, and continuous engagement in competitions, together with excellent coaching throughout their career. Since anthropometric traits, body composition, and biological maturation characteristics help in predicting success in gymnastics competition, their use during the initial identification phase and in the monitoring of the training process is widespread. Available data indicate that, in general, gymnasts are shorter (in height) than their peers of the same chronological age, reach their predicted target adult heights, and have appropriate body composition as well as body mass for their maturity status (biological age).
- b. If you've been around gymnastics gyms for a while, you've probably seen instances of behavior that can only be described as toxic. Here are a few typical examples ... A coach physically pushes an athlete into a flexible position that causes pain. Parents or coaches yell at an athlete for not completing a move to perfection. Coaches who push an athlete to train to compete despite injury. Coaches who assign workouts as 'punishment'. Coaches who make athletes do strength exercises that are too challenging. If you question these sorts of practices, you're likely to be told that that's what it takes to be a champion, or that's how they've always done it. A coach may even roll out the old standby, "It was good enough for [insert star's name], so I'm sure it's gonna be good enough for your kid." Of course, for every athlete who rises to the top in a toxic environment, hundreds more are traumatized, demoralized, and left with nothing but bad memories.
- c. Typically, gymnastics coaches who work in small, privately owned gymnastics schools often don't require a degree. Instead, they usually have extensive experience in performing and instructing gymnastics. However, some coaches who work in high schools or colleges may need to have at least a bachelor's degree in sports instruction, dance or another related field. Many employers also require coaches to have their certifications in safety and risk management for gymnastics applications. The safety certification signifies that gymnastics coaches have the qualifications necessary to maintain best practices and appropriate risk management to protect athletes from injury. It's also beneficial to get your first aid and CPR certification, as this credential shows employers your commitment to supporting a safe and secure environment for athletes.
- d. Are you ready to take on a full-time job? Most Olympic gymnasts train around 40 hours a week to reach the highest level of the sport. Some forego traditional schooling, and instead opt for home-schooling programs or delay attending college. In the end, though, many would say it was all worth it. As said before, the specific qualification procedures vary each Olympic year, but in general, to make the team you'll have to be one of the top gymnasts in the United States. In men's and women's artistic gymnastics, that means being one of the best all-arounders or an excellent event specialist. In trampoline, it means you've earned one of the highest point totals in Olympic qualifying competitions.

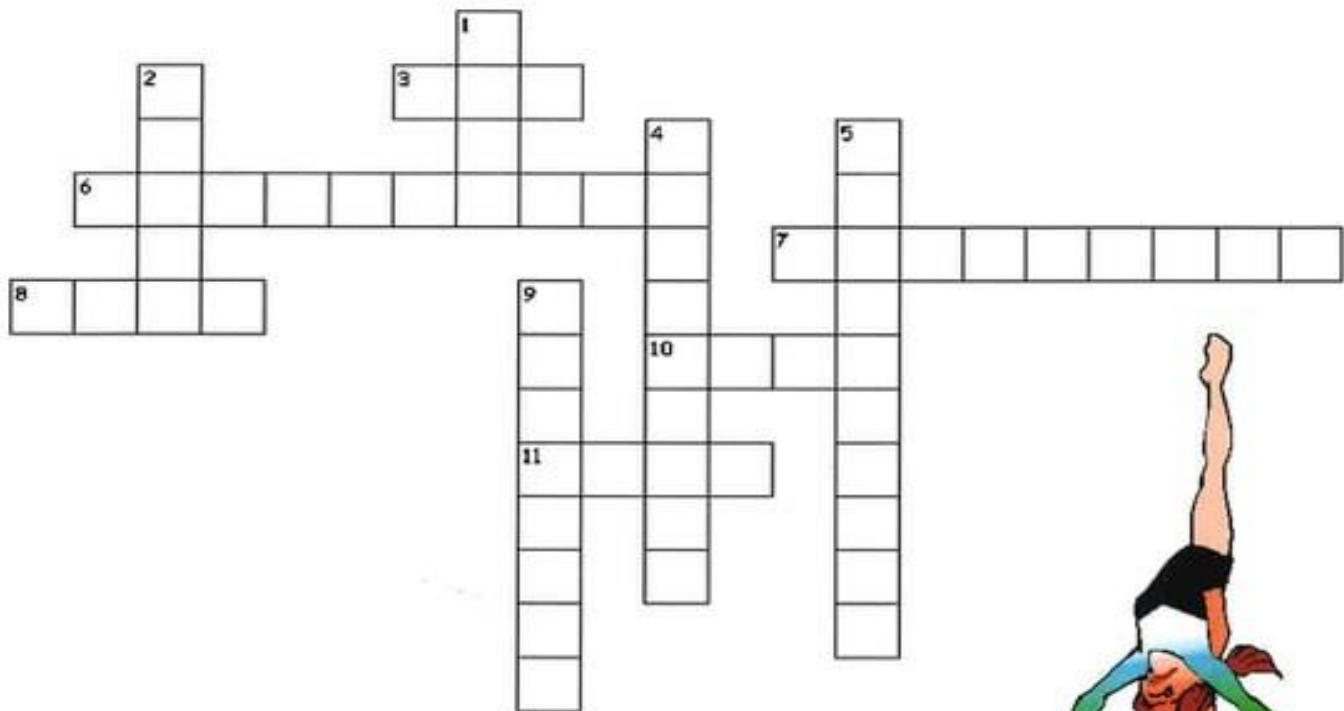
## English Tutorial Classes Week 5

1. Which text talks about how to become a gymnastic coach?
2. What are some examples of toxic behaviors observed in gymnastics gyms?
3. What alternative schooling options do some Olympic gymnasts choose?
4. What factors contribute to the success of young gymnasts?
5. How many hours a week do Olympic gymnasts typically train?
6. Which passage discusses the physical characteristics and training of successful young gymnasts?
7. What is the purpose of safety and risk management certification for gymnastics coaches?

### 2. Insert the correct word:

- 1) The \_\_\_\_\_ is a men's apparatus with handles, where gymnasts demonstrate strength and coordination by swinging and circling around.
- 2) \_\_\_\_\_ is a gymnastics event where athletes sprint down a runway and propel themselves over a vaulting table.
- 3) The \_\_\_\_\_ is a hanging, stationary apparatus where gymnasts demonstrate strength and balance while performing various maneuvers.
- 4) Athletes showcase their skills on a narrow beam during the \_\_\_\_\_ event, requiring exceptional focus and control.
- 5) \_\_\_\_\_ routines combine dance and acrobatics, performed on a mat to music, showcasing agility and creativity.
- 6) The \_\_\_\_\_ is a men's apparatus where gymnasts perform swinging and circling movements using bars.
- 7) During her routine, the gymnast gracefully twirls the \_\_\_\_\_ around her body.
- 8) To do a \_\_\_\_\_, the gymnast lies flat on the floor, and then pushes up so that she is supported by her hands and feet.
- 9) A \_\_\_\_\_ is the official name for any type of “flip” in the air.
- 10) A \_\_\_\_\_ is an elite-level gymnast that meets the age requirement for the Olympics.
- 11) During her gymnastics routine, Emily executed a flawless \_\_\_\_\_, showcasing her impressive flexibility and grace.
- 12) There are two components of a gymnast's final score: \_\_\_\_\_ and \_\_\_\_\_.
- 13) Only two gymnasts from each participating nation can qualify into a final. This is called the \_\_\_\_\_ rule.
- 14) A \_\_\_\_\_ is a gymnastics maneuver where the body is sideways to the ground, and the gymnast's arms and legs are extended while moving one after the other in a circular motion.
- 15) A \_\_\_\_\_ is a gymnastics or acrobatic move where the body rotates 360 degrees in the air, typically along the axis from head to feet.
- 16) The last part of a dismount when the feet hit the ground is indeed called a \_\_\_\_\_.
- 17) A \_\_\_\_\_, also known as a back somersault, is gymnastics move where a person jumps into the air, rotates backward, and then lands on their feet.

## Gymnastics/Tumbling Crossword Fun!



### ACROSS:

3. When you move forward on one foot
6. You get this when you practice
7. Using both hands and feet with the body turned sideways
8. What you swing on
10. Step, hop, step, hop
11. What gymnasts walk on

### Down:

1. You climb on this
2. Where you cartwheel
4. When you stand on your head it's called a...
5. What you jump on
9. When you do cartwheels, round offs, and forward rolls

## English Tutorial Classes Week 5

### 3. Fill in the blanks with the correct numerical forms:

- 1) The temperature reached \_\_\_\_\_ today.
- 2) Sarah scored \_\_\_\_\_ out of a possible one hundred points in the math competition.
- 3) The speed of light is approximately \_\_\_\_\_ kilometers per second.
- 4) The year \_\_\_\_\_ is expected to bring significant advancements in technology.
- 5) The square of 5 is \_\_\_\_\_.
- 6) The temperature rose by \_\_\_\_\_ overnight.
- 7) Brazil won the match with a \_\_\_\_\_ victory.
- 8) In a recent survey, \_\_\_\_\_ of respondents preferred coffee over tea.
- 9) He ate \_\_\_\_\_ of the pizza and saved the rest for later.
- 10) The team finished \_\_\_\_\_ in the relay race.
- 11) The recipe called for \_\_\_\_\_ teaspoon of salt.
- 12) The airplane reached an altitude of \_\_\_\_\_ (feet) above sea level.
- 13) The budget for the project is set at \_\_\_\_\_.
- 14) For example, the square of four is \_\_\_\_\_.

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300,000	2043	2nd	25	46%		\$5,000,000	

### 4. Say the following numbers:

- 1)  $\frac{3}{4}$
- 2) 0.5%
- 3) \$45.30
- 4) 2002
- 5) 4-0
- 6) 1911
- 7)  $\frac{1}{4}$
- 8)  $\frac{1}{2}$
- 9) 1900
- 10) 5<sup>th</sup>

### 5. Translate the following sentences:

- a) The referee awarded a penalty kick, resulting in a decisive 30% increase in the team's scoring chances.  
\_\_\_\_\_
- b) Two-thirds of the stadium erupted into cheers as the home team scored a thrilling goal in the final minutes of the match.  
\_\_\_\_\_
- c) An individual routine is performed by one gymnast with one apparatus for 6 minutes.  
\_\_\_\_\_
- d) Danas u svetu ima preko osam milijardi ljudi.  
\_\_\_\_\_
- e) Danas u svetu ima (na) stotine miliona aktivnih sportista.  
\_\_\_\_\_