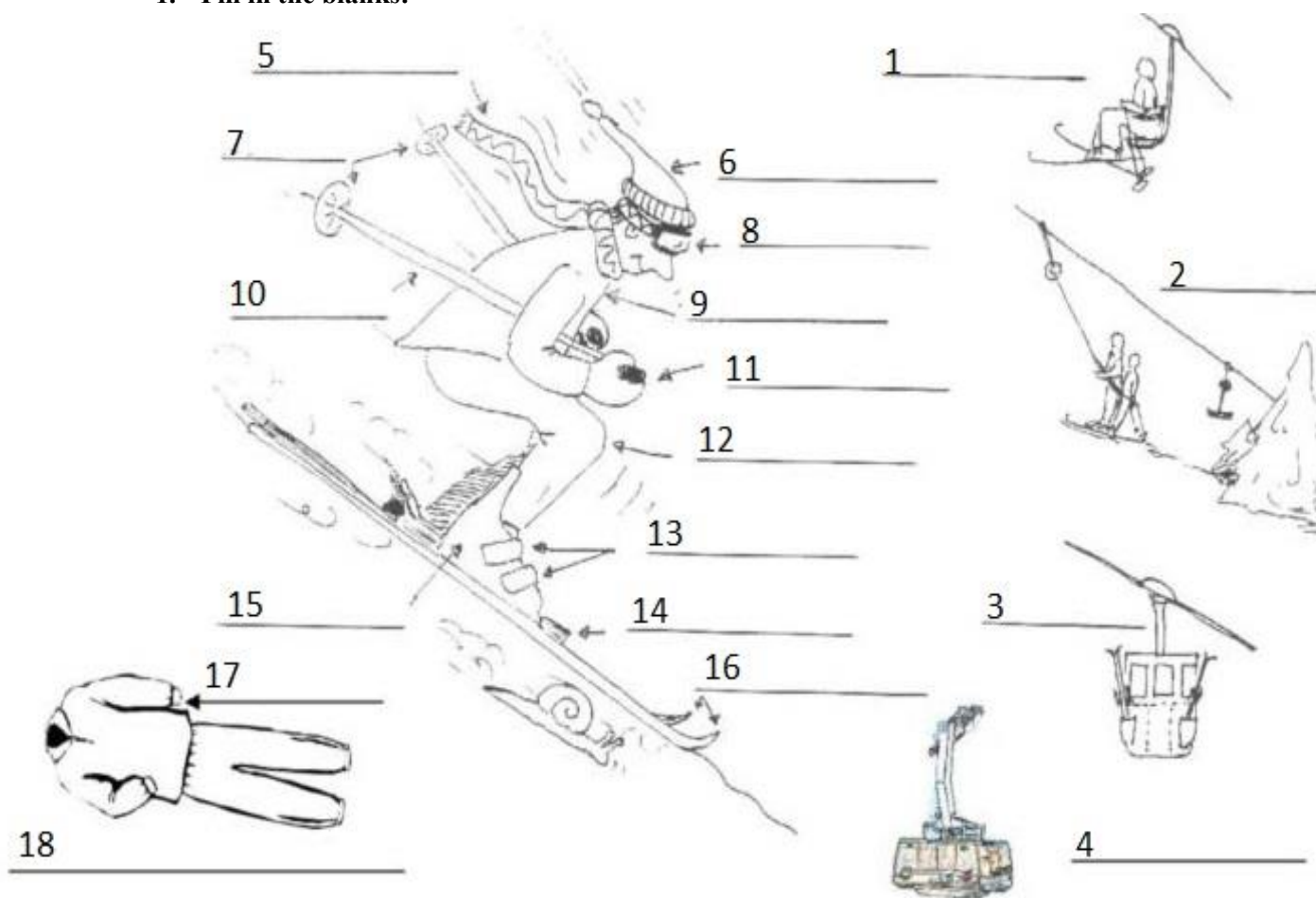


1. Fill in the blanks:



2. Add words so that the sentences make sense:

- 1) Skiers have to do an extra \_\_\_\_\_ (a circular track) if they receive a penalty.
- 2) Skiers with bad knees should avoid trails with \_\_\_\_\_ (snow bumps that are groomed into a ski run for a freestyle challenge).
- 3) Gondolas and lifts take skiers to the mountain \_\_\_\_\_ (mountain tops).
- 4) Target shooting is an important component of the \_\_\_\_\_ (a ski race that involves cross-country skiing and shooting at targets) event.
- 5) If your \_\_\_\_\_ (holds the ski boot onto the ski) breaks, your boot will fall off your ski.
- 6) When the \_\_\_\_\_ (two sets of poles that skiers must go through in certain events) are placed closer together it is difficult to gain speed.
- 7) \_\_\_\_\_ (snow sliding down a mountainside) can be very dangerous and are a particular hazard for off-piste skiers.

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- 8) \_\_\_\_\_ (Skiing across rather than down an incline) can be used to make steep slopes more manageable or to reduce speed.
- 9) The \_\_\_\_\_ (strong plastic boots that attach to skis) must fit well or you'll be in pain all day.
- 10) I used a \_\_\_\_\_ (the wide stance with ski tips together, used to slow down) to control my speed on the slope.
- 11) She fell on an \_\_\_\_\_ (a slope with a very slick surface that offers little grip).
- 12) The resort was closed due to a severe \_\_\_\_\_ (a heavy snowstorm with strong winds and low visibility).
- 13) Make sure your \_\_\_\_\_ (special glasses worn in snowy conditions) are clean before heading out.
- 14) He used the \_\_\_\_\_ (an inclined conveyor belt for beginner skiers) to get back up the small hill.

### 3. Translate the following sentences:

a) Ski helmets also help protect you from head injuries in case you fall down, so make sure it fits snugly on your head without moving around.

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b) Avoid using skiing boots that are too large or small, or else you may develop cramps after a long day of skiing.

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c) Klizanje se definiše kao gubitak kontrole nad sopstvenim centrom mase, praćen osećanjem straha od pada.

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### 4. Fill in the blanks with the words from the box below:

- a) When a joint is forced out of its normal position, it is called a \_\_\_\_\_.
- b) Overuse of the wrist and forearm can lead to \_\_\_\_\_, a condition commonly seen in tennis players.
- c) A common injury among golfers due to repetitive stress on the elbow is known as \_\_\_\_\_.
- d) \_\_\_\_\_ occurs when the ligaments in the ankle are stretched or torn, usually due to twisting.
- e) Inflammation of the Achilles tendon, often caused by overuse, is referred to as \_\_\_\_\_.

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f) \_\_\_\_\_ happens when a muscle or tendon is pressed or pinched, often leading to pain and limited movement.

g) A \_\_\_\_\_ occurs when a ligament, which connects bone to bone, is stretched beyond its limit and tears.

h) People who frequently \_\_\_\_\_ their fists or grind their teeth may experience muscle tension and pain.

|                         |                               |                        |                                     |      |
|-------------------------|-------------------------------|------------------------|-------------------------------------|------|
| Impingement<br>ligament | Golfer's elbow<br>Dislocation | clench<br>Ankle sprain | Tennis elbow<br>Achilles tendonitis | Torn |
|-------------------------|-------------------------------|------------------------|-------------------------------------|------|

**5. Answer the questions:**

1. What is the name of the basic ski stance used for slowing down and stopping, where skis form a V-shape?

A) Carving                      B) Snowplough                      C) Parallel Turn                      D) Edge Control

2. What are “moguls” on a ski slope?

A) Flat areas for rest patrol markers      B) Snow fences      C) Mounds or bumps of snow      D) Ski

3. Which of the following refers to skiing off marked trails and in unpatrolled areas?

A) Cross-country skiing  
Parallel skiing

B) Off-piste skiing

C) Groomed skiing

D)

4. What does the term “carving” mean in skiing?

A) Jumping over moguls    B) Moving side to side slowly    C) Making clean, precise turns using the ski edges    D) Skiing without poles

5. What do skiers use to ride up the mountain?

A) Chairlift                  B) Helmet                  C) Slalom                  D) Snowplough

6. What does a "black diamond" slope indicate?

A) A beginner-friendly area      B) An area for snowboarders      C) A terrain park      D) A difficult, expert-level ski slope