

Занятие 17-18. Питание спортсменов

Задание 1. Прочитайте и переведите текст

Athletes often push their bodies to the limit during training and competition. And, in order to fuel the physical demands of exercise, proper sports nutrition is essential. In many cases, elite athletes have unique nutrition requirements that differ from those of non-athletes—they may need to eat and drink the right foods at the right times to ensure athletic success.

While the basics of good nutrition are important for everyone, athletes, in particular, need to keep the following guidelines in mind as they plan their daily diets.

Eat a Balanced Diet Every Day

To exercise consistently, you need to provide a good supply of high-quality energy to your working muscles. The easiest way to do this is to eat a balanced breakfast and continue eating a variety of high-quality foods throughout the day.

Carbohydrate in the form of glycogen is the fuel that makes exercise possible, so adequate carbs should be eaten each day if you intend to train consistently. Protein and fat also have a place in your diet and should be consumed daily.

In general, each meal should contain a varied combination of carbohydrates, proteins, and fats. Athletes may also require a diet slightly higher in B vitamins and iron than their not-as-active peers. And vegetarian athletes have even more reason to pay attention to their diet in order to avoid nutrient deficiencies.

A balanced diet generally consists of plenty of fruits and vegetables (especially green leafy vegetables), high-quality proteins (such as lean meats, fish, eggs, nuts and seeds, and legumes), adequate fiber, whole grains, and essential fats. Plenty of pure water is also the drink of choice for athletes.

What to Eat Several Hours Before a Workout

The pre-exercise meal will vary depending upon your exercise style. If you work out in the evening, lunch should include easily digestible foods high in complex carbohydrates, such as pasta, breads, fruits, and vegetables. A big salad with a small amount of protein works well. Select a small amount of lean meat, such as chicken or fish, and experiment with what works best for you.

If you exercise first thing in the morning, you'll probably feel best if you eat a light breakfast of fruit, toast, or an egg. Again, everyone is different, so experiment with what works best for you.

Regardless of what you choose to eat, you should drink plenty of water before and during a workout.

What to Eat 30 Minutes Before a Workout

Depending upon the type and duration of workout you do, you'll want to eat a small snack and drink some water a half hour before you get going. Trail mix is great for aerobic workouts over 60 or 90 minutes. But, if you are going hard for 30 minutes, you probably only need a half of an energy or granola bar, a large banana, a few graham crackers, fig bars, or pretzels.

For a shorter workout, you may not want to eat anything at all but can get a few calories from drinking about eight to 10 ounces of a sports drink. You should also start drinking water to ensure you've consumed about six to 12 ounces in the hour before your workout.

Задание 2. Выпишите, что можно есть/пить спортсменам каждый день и до тренировки.

Every day	Several Hours Before a Workout	30 Minutes Before a Workout

Занятие 19. Степени сравнения имён прилагательных

Задание 1. Просмотрите видео по ссылке:

<https://www.youtube.com/watch?v=NvW8EnyBUvQ>

Задание 2. Выполните следующее задание:

Раскройте скобки, поставив предложенное прилагательное в нужной степени.

- Jill's a far _____ (intelligent) person than my brother.
- Kate was the _____ (practical) of the family.
- Greg felt _____ (bad) yesterday than the day before.
- This wine is the _____ (good) I've ever tasted.
- Jack was the _____ (tall) of the two.
- Jack is the _____ (clever) of the three brothers.
- If you need any _____ (far) information, please contact our head office.
- The sinking of Titanic is one of _____ (famous) shipwreck stories of all time.
- Please, send the books back without _____ (far) delay.
- The deposits of oil in Russia are by far the _____ (rich) in the world.
- Could you come a bit _____ (early) tomorrow?
- I like this song _____ (well) than the previous one.
- Which of these two performances did you enjoy _____ (much)?
- The fire was put out _____ (quickly) than we expected.

Занятие 19-21. Спортивный менеджмент

Задание 1. Просмотрите видео по ссылке

https://www.youtube.com/watch?v=dGsxWv3_oCs

Задание 2. Выпишите название профессий в спортивном менеджменте и в чём они заключаются (информация из видео)