

THE TYPES OF SPORT TERMINOLOGY IN TEACHING PROCESS

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Abstract

This work is determined the types of sport terminology and it refers to the important words used in the field of sports. It is important to know about various sport terminology. This increases general awareness and helps enjoy sports programs to the maximum.

Keywords: Sportspersons, relevant categories, contradict, rumour, coaches.

Introduction

The article deals with the sport terminology in the teaching process, especially in physical education and sports-related subjects. It helps students grasp the language specific to various sports, fostering a deeper understanding of the game, its rules, and strategies. Here are a few ways sport terminology enhances the teaching process. Using the correct terminology ensures that instructions are clear, making it easier for students to understand techniques, rules, and strategies. It also encourages several people to join the field of sports as they feel more confident about it. There is different terminology for various sports such as boxing, football, snooker, cycling, polo, wrestling, etc. It is important for sportspersons to be aware of such terminology when they are under training. Building Confidence: Familiarity with sports vocabulary allows students to communicate effectively in games, team settings, and discussions, boosting their confidence and participation.

Understanding sport-specific terms helps students appreciate the culture and history behind the sport, as terminology often carries rich historical context. Learning the terminology helps students think critically about strategy, positioning, and decision-making within sports. When students learn the correct terminology, they can follow games and discussions more closely, which can increase their interest and motivation in the subject.[1; 26-32]

Incorporating sport terminology into lessons also helps build a common language among coaches, players, and teammates, enhancing communication during training and competitions. Categorizing Terminology: Divide the terminology into relevant categories, such as: Basic Terms: Common words used across most sports (e.g., team, player, coach, goal, match, competition).

Sport-Specific Terms: Terms unique to particular sports (e.g., "dribbling" in basketball, "offside" in soccer, "ace" in tennis).

Equipment and Tools: Terms related to the gear used (e.g., "bat," "net," "goalpost").

Rules and Regulations: Key terms relating to how the game is played (e.g., "foul," "penalty," "free throw").

Skills and Techniques: Phrases that describe actions (e.g., "serve," "pass," "dribble," "block").



Sports have created notable bridges between language, culture and community. Whether it's baseball or basketball, football or cricket, we enjoy the thrills and exhilaration of watching players demonstrate their formidable skills. But how familiar are you with other sport names in English? Knowing how to refer to various disciplines clearly will undoubtedly boost your confidence when talking about or discussing them. This guide aims to provide an overview of various categories and types of sports in English. While the number of games and sports is endless, the majority can be divided into several categories or groups. Commonly featured categories include individual and team sports and either indoor or outdoor games.

Individual disciplines: These are games or competitions where the winner is determined by individual performance. It involves tactics and skills but does not require players to interact as a team. Examples include running, swimming and martial arts disciplines, such as Judo or Karate.

- indoors and outdoors, some just make sense when confined within large spaces. Tennis, badminton, and volleyball are often performed indoors in a specially designed sports hall or gym arena.
- **Outdoor Sports.** While indoor disciplines generally involve smaller movements and fewer players, their outdoor counterparts are usually quite the opposite. Football, rugby, or cricket often require vast fields with large chunks of land, along with any available grass or pitch. Of course, we can point to many other categories like extreme or water sports, but this brief overview should be enough to get you started with the basics of the terminology in English. The next step would be to dive in deep and explore the names of sports within each category, assessing how to discuss them confidently.

Individual sport names:

Although it's possible to participate in many disciplines for fitness or purely recreational purposes, athletes often aim to compete. This is true in various individual sports, which require physical and mental strength and intense training over the years. Below, we will provide a list of sports popular in competitive fields

Running: One of the more popular individual sports is a track running – sprinting or marathon. Professional runners often refer to it simply as 'running,' while each type has its own unique definition.

Sprint – races between 100 and 400 meters.

Marathon – a distance that covers 42 kilometers (ca. 26 miles).

These can be classified again into further categories, such as sprints, middle-distance races, and varying lengths. The most famous example of a running competition would be the Olympic Games, with athletes from all over the world aiming to cross the finish line

Swimming: Like running, swimming is an endurance sport focused on efficient movements in a pool. One of the main distinguishing features is the use of varied strokes, a combination of breathing and arm movements requirements for speed. Furthermore, swimmers tend to be classified according to distance – from short, like 30-50 meters, up to long races, like 800 meter

Cycling: Whether on a stationary bike or on the dangerous roads of mountain trails, cycling is one of those sports involving individual competition. This represents much more than just pedaling – you need to manage your energy efficiency and use proper techniques for increased



speed. Moreover, athletes require intense training, energy-boosting diets, and smart strategizing.

Tennis: Tennis is an excellent sport for both physical fitness and competition. It involves two opponents (or four when playing doubles) throwing or hitting a bright yellow ball across the court. A player must 'return' it over an elevated net, focusing on precision and agility.

Competitions are held indoors and outdoors, with surfaces ranging from clay to hard and grass. Notable examples include the Wimbledon tournament, considered one of the world's oldest, providing a truly remarkable sporting experience for professional athletes! [2; 90]

Golf: Another example of a major individual sport is golf. This involves a set of clubs and balls with professional players aiming to hit the ball in fewer shots across an expansive field or course. The scorecard shows how many strokes each player had taken between all 18 holes; finally, their total sum is evaluated against the scores other competitors earned.

Team sports: As mentioned before, team sports involve two sides competing against each other with designated and specific roles. Rules, strategies, and tactics all come into play when determining victors, particularly at the highest level of competitiveness. We will provide sport name examples below

American football: American football is a team sport with two sides competing in an intense effort to progress an oval ball downfield toward each other's goal line. The game's main attractions are its strategic aspects and physical endurance tests, involving men of acute speed, skillful agility, and great individual performances

Soccer: Also often referred to as football, soccer is the world's most popular team sport, with millions of players. Essentially, two sides compete in an intense match, whereby the team scoring more goals emerges victorious. The major governing body is FIFA, currently present in over 200 countries worldwide with international competitions, including the famous World Cup and UEFA Champions League. [3; 112]

Basketball: Next to football, basketball is a globally renowned sport with many competitive universities, professional leagues, and amateur teams. The game is generally played by two five-player sides that pass the ball around to score baskets within predetermined hoops.

Volleyball: This physically demanding sport requires two sides of six players to hit a larger ball across the net suspended within an indoor court. Its complex and fast-paced nature permits volleys to be sent back and forth with a strength requirement for successful teams. The game has great appeal, with rising popularity over the centuries. It is also an Olympic sport, and governing bodies like FIVB host several international competitions

Ice hockey: Ice hockey is particularly popular in Canada and the USA. It is played on an ice-skating rink and contains two teams of six players each; five outfielders and a goalkeeper. Teams battle it out with the help of a stick and puck, essentially trying to hit the latter into their opponent's goal net

Rugby: This is one of the more physical outdoor sports, which has been an ancient tradition for many countries in Europe and Oceania. Similar to American Football, Rugby features two groups fighting intensely over a ball, but the rules are far less complicated while it is mainly a contact sport. With two teams of 15 members each, the aim is to move an oval-shaped ball up and across the pitch – ultimately ending in one team's 'try zone.'



Baseball: Popular in the US and Japan, baseball is a team sport involving batting or pitching from one side. It generally consists of two teams with nine players competing within four innings. Here, the nine batters have to hit a small leather ball their opponent's pitcher throws, trying to score points or 'runs' to break each inning

Discuss how sports terminology evolves, with new terms emerging for newer techniques, technology, or changes in rules. Highlight the role of media and commentary in spreading and popularizing certain terms.

Ball games: football, tennis, badminton, table tennis, volleyball, faustball, golf, handball, hockey, rugby (rugby football), American football, basketball, baseball, cricket, croquet.[4; 88]

Free exercise: gymnastics

Weightlifting and combat: weighting, wrestling, judo, karate, boxing

Cycling: cycle racing, motorsports

Fencing

Horse racing

Winter games: figure skating, skiing, ice-skating, hockey

Summarize the importance of mastering sports terminology for enhancing comprehension and communication in the sporting world. The above article mentions important sports terms which help in boosting general knowledge. These are a must – know and also make one prepare well for competitive exams. This also increases public interest in sports and further supports the field by encouraging them to join such sports.

At this stage of studying terminology, linguists have not yet developed certain norms for the classification of terms used in different areas of life, therefore for the time being we can judge the presented classifications in terms of their detail and how effective they are when considering sports terminology.

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