Федеральное государственное бюджетное образовательное учреждение

высшего образования

**«Национальный государственный Университет**

**физической культуры, спорта и здоровья имени П.Ф.Лесгафта,**

**Санкт-Петербург»**

**Кафедра иностранных языков**

**Контрольная работа**

 по дисциплине

 **«Иностранный язык» (английский язык)**

**1 курс 2 семестр**

Работу выполнил (а):

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Курс\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Форма обучения \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Факультет\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Баллы \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Санкт-Петербург

2020

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| ***Блок 1*** | ***Грамматические упражнения*** |

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| **Времена (Simple, Continuous, Perfect, Perfect Continuous Tenses)** |

***Задание 1. Раскройте скобки, употребляя глаголы в подходящем по смыслу времени. Подпишите название выбранного времени.***

1. With whom you (to discuss) this question last week?
2. I (to see) this film this week. I like it very much.
3. When I (to enter) the room, I (to see) that my father (to look) through some papers. He (to look) tired.
4. My friend andhis wife (to live and work) in Moscow since 2008.
5. The Greens usually (spend) their holidays at the seaside but last summer they (decide) to visit the Alps.
6. Listen! Somebody (to play) the guitar.
7. He (not/laugh) at the joke last night because he (hear) it before.
8. Where your brother (to work)? — He (to work) at an institute.
9. They (to go) to Moscow last week.
10. They (to be) to this exhibition twice this month.
11. What your brother (to do) tomorrow?
12. I (not to go) to the shop yesterday. I (to go) to the shop tomorrow.
13. Where Kate (to go) when you (to meet) her yesterday?
14. After training session yesterday he (to come) home, (to have) dinner, (to do) the washing-up and (to begin) doing his homework.
15. When your brother (to return) from the north? — He (to come) a few days ago.
16. You (to be) to London? When you (to be) there? — I (to be) there in 2012.
17. Where (to be) your cousin? — He just (to come) home. He (to take) a shower in the bathroom at the moment.
18. As soon as I (to see) him, I (to understand) that he (to work) hard. He (to write) something and (not to notice) anything.
19. You (to work) right now? — Yes, I (to prepare) for my exams.
20. Have a look! That (to be) the Saint Isaac's Cathedral on your left. — Oh, it (to be) beautiful. I just (to take) a picture of it.
21. Paul (to wait) for Jessica for an hour when she came.
22. I (to sprain) my ankle again.
23. Michael (to do) his project by 3 p.m.yesterday.
24. The film already (to start) by the time we arrived at the cinema.
25. What you (to do) from 8 till 10 tomorrow?

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| **Страдательный залог (Passive Voice)** |

***Задание 2.Передайте следующие предложения в Passive Voice.***

1. Anthony and John are repairing a car now.
2. By six o'clock Mark had finished the work.
3. They sell books in this shop.
4. I have translated the whole text.
5. My grandfather built this house in 1943.
6. When I came home, they had eaten the sweets.
7. Has anybody explained the rules of the game to you?
8. They will show this film on TV.
9. We had cleaned all the windows before the storm.
10. They were playing football from four till five yesterday.
11. They have forgotten the story.
12. At twelve o'clock the workers were painting the walls.
13. Everybody loves Mr. Brown.
14. Samantha won't bring the books tomorrow.
15. Somebody has drunk all the milk.

***Задание 3. Передайте следующие предложения в Active Voice. Введите любые подходящие подлежащие (где это требуется).***

1. Invitations have been sent to all the conference participants.
2. The child is taken care of.
3. He wasn’t seen by anybody.
4. This book must be read by every student.
5. The letter will be mailed tomorrow.
6. The work wasn’t finished in time.
7. By the 1st of July the last exam will have been passed by them.
8. Which article was translated by your brother?
9. They were being taught drawing at that lesson.
10. This name was seldom mentioned in his novels.
11. His first book had been published by October.
12. Saint Petersburg was founded by Peter I in 1703.
13. When were the letters brought by a postman?
14. The newspapers are delivered every morning.
15. The research is being conducted by the outstanding scientists.

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| **Модальные глаголы (Modal Verbs)** |

***Задание 4. Выберите правильный модальный глагол.***

1. Jack has got a headache. He … sleep well last night.

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| --- | --- | --- |
| a) can’t  | b) couldn’t  | c) hasn’t been able to  |

2. Michael… play football well but he … play yesterday because he was ill.

|  |  |  |
| --- | --- | --- |
| a) couldn’t, could  | b) can, was able to | c) can, couldn’t  |

3. I didn’t want to be late for the meeting. We … meet at 5 sharp.

|  |  |  |
| --- | --- | --- |
| a) were to  | b) had to  | c) could  |

4. You \_\_\_\_\_\_\_\_\_ eat more vegetables.

|  |  |  |
| --- | --- | --- |
| a) might | b) should | c) could |

5.\_\_\_\_\_\_\_\_\_ I have a coffee, please?

|  |  |  |
| --- | --- | --- |
| a) can | b) must | c) should |

6. You … take an umbrella. It is warm and sunny outside today.

|  |  |  |
| --- | --- | --- |
| a) can’t  | b) mustn’t  | c) needn’t  |

7. Well, it’s 10 o’clock. I … go now.

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| --- | --- | --- |
| a) can  | b) have to  | c) mustn’t  |

8. You … smoke so much.

|  |  |  |
| --- | --- | --- |
| a) would  | c) shouldn’t  | b) can’t  |

9. We have got plenty of time. We … hurry.

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| --- | --- | --- |
| a) must  | b) needn’t  | c) shouldn’t  |

10. The passengers \_\_\_\_\_\_\_\_\_wear their seatbelts at all times.

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| --- | --- | --- |
| a) could | b) may | c) must |

***Задание 5. Выберите правильный модальный глагол (во 2-ом предложении), который позволяет передать смысл первого предложения.***

1. We are forbidden to leave our car here.

We **don’t have to / mustn’t** leave our car here.

1. I recommend this book to you. It’sfantastic.

You **have to / should** read this book. It’s great!

1. I was very good at art when I was younger.

I **could / had to** paint very well when I was little.

1. Diving isn’t possible in the pool. It’stooshallow.

You **mustn’t / aren’t able to** dive in the pool.

1. It’s not necessary to come to work tomorrow but you can come for overtime if you want.

You **don’t have to / mustn’t** come to work tomorrow but we’ll pay you overtime if you want.

1. Is it OK if I turn on the television?

**May / Must** I turn on the television?

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| **Неличные формы глагола: причастие, герундий, инфинитив (Verbals)** |

***Задание 6. Выделите и определите причастие и причастные обороты, герундий и герундиальные обороты, инфинитив и инфинитивные конструкции (определите их формы). Переведите предложения на русский язык.***

1. Playing the game requires knowing what to do while the game is taking place.

2. Here is the book to be read by you.

3. This match is worth watching.

4. The easiest form of physical exercise is walking.

5. You should work harder to improve your results.

6. In order to get the ball into shooting position, the attacking player with the ball should look to pass to a team-mate closer to the basket.

7. Have you ever had your running shoes repaired?

8. Soccer is thought to have originated in England.

9. Most colleges and universities require their students to participate in physical education programmers.

10. Handball is a game making use of the most natural skills of running, jumping, throwing and catching.

11. The doctor insisted on the athlete’s being taken to hospital.

12. Having suffered several defeats early in the season, the team can hardly hope to hold the crown.

13. Everybody discussed our having won the competition.

14. The injured athlete should be taken to hospital.

15. People do physical exercises to keep fit.

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| ***Блок 2*** | ***Лексические упражнения «Academic English»*** |

***Задание 7. Сопоставьте понятия с их определениями.***

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| **aspect** | 1. a way of dealing with somebody/something; a way of doing or thinking about something such as a problem or a task
 |
| **hypothesis** | 1. an opinion or a judgement about somebody/something that has been thought about very carefully
 |
|  **approach** | 1. a set of facts or arguments that support one side in a trial, a discussion, etc.
 |
| **case (for/against something)**  | 1. the facts, signs or objects that make you believe that something is true
 |
| **principle** | 1. an idea or explanation of something that is based on a few known facts but that has not yet been proved to be true or correct
 |
| **assessment** | 1. a law, a rule or a theory that something is based on
 |
| **evidence** | 1. a particular part or feature of a situation, an idea, a problem, etc.; a way in which it may be considered
 |

***Задание 8. Сопоставьте начало и конец предложения. Переведите получившиеся предложения на русский язык.***

|  |  |
| --- | --- |
| 1. I like your essay, but I want you to illustrate… | a. …theories, from which they have to select the most convincing. |
| 2. What will the result be if in the future we assume…  | b. …happiness in many different ways.  |
| 3. Students may be asked to compare many alternative… | c. …that nearly everyone has access to a motor car?  |
| 4. The Channel Tunnel between France and England was constructed… | d. …the programs they use are becoming much easier to operate.  |
| 5. Everyone wants to be happy, but we probably all define… | e. …a sun tan with health and youthfulness. |
| 6. Now many universities have language centres to facilitate… | f. …the man they had seen commit the robbery.  |
| 7. Numbers and results are not particularly useful in themselves; we need to interpret… | g. …language learning for international students.  |
| 8. In spite of warnings about cancer, many Westerners equate…  | h. …at a cost of over £8 billion. |
| 9. Advertisers use a variety of techniques… | i. …of this problem. |
| 10. At first, the police viewed the crimes as random… | j. …them to understand what they actually mean.  |
| 11. It may be the case that no solution is possible, given the magnitude… | k. …events, but realized later that there was a pattern linking them. |
| 12. Although computers are becoming increasingly complex…  | l. …to persuade consumers to buy products and services. |
| 13. The investigation was stopped because the witnesses could not identify… | m. …your points by providing some supporting examples. |

***Задание 9. Выберите правильный ответ. Переведите предложение на русский язык.***

1. In this first assignment, we will \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ your work and then give you detailed feedback on how to improve your writing.

 a) assess b) judge c) measure

2. In a seminar or tutorial, everyone should take part rather than allow one person to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the discussion.

a) overwhelm b) dominate c) oppress

 3. Although it is impossible to give a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ age, we believe that the woman was between 25 and 30 when she died.

a) definite b) certain c) absolute

4. Rather than try to treat it, the best \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to the problem of poor public health may be to attempt to prevent it.

a) way b) method c) approach

5. Surprisingly perhaps, the biggest \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ health risk for tourists travelling abroad is actually road traffic accidents.

 a) potential b) possible c) theoretical

6. Water is made up of two \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, namely oxygen and hydrogen.

a) sections b) aspects c) elements

7. Computers can be difficult to repair because there may be hundreds of different \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ inside.

a) components b) pieces c) parts

8. Because Paris is expensive, many organizations pay higher salaries to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for the high cost of living there.

a) compensate b) adjust c) redress

 9. Many people were killed instantly at Hiroshima and Nagasaki, but thousands more died from \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ radiation sickness.

a) succeeding b) following c) subsequent

 10. The clothing of men and women used to be quite \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, whereas today women often wear trousers as well as men.

a) distinct b) diverse c) distinguished

11. Research \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ that customers want free car-parking when they go shopping.

 a) claims b) indicates c) points out

12. In political terms, the Middle East is one of the most unstable \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of the world.

a) locations b) places c) regions

13. The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ cause of death today in Britain is heart disease, with cancer in second place.

a) first b) prime c) initial

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| ***Блок 3*** |  ***Письменный перевод текста общеспортивной тематики*** |

#### *Задание10. Выполните письменный перевод текста, обращая внимание на выделенные слова и словосочетания.*

***Sport performance***

Sport performance is the manner in which sport participation is measured. ***Sport performance*** is ***a complex mixture*** of ***biomechanical function***, ***mental control*** and ***psychological factors***, ***environmental conditions***, ***coaching*** and ***external support for the athlete***. Biomechanical function includes the following concepts:

* **muscular strength** both in terms of ***muscle mass*** and ***muscle power***;
* **endurance**, which is ***the ability of the body to perform over time***;
* **flexibility** is ***the ability of a joint to move through its full range of motion***, ***the ability to move dynamically***;
* **reaction time** is ***the ability of the body to respond to external stimuli in sport***, such as ***the movement of an opponent*** or ***the starter's gun***;
* **agility, balance, and coordination** are three interrelated concepts;
* **speed** is built by training that is focused on ***the development of the fast-twitch fibers of the skeletal muscles***.

***Mental control*** and the related ***psychological factors*** in sport performance are intangibles that are reflected in ***the final result of an athlete's effort***. In many respects, the mental elements of sport are the most difficult to master, as they usually ***require a high level of athletic experience and maturity***. ***Logic and analytical power*** assists an athlete in any sport to dispassionately review where they must improve. ***The ability of an athlete to self-motivate*** is ***essential to success, both in competition and training***.

***Environmental factors*** are rarely within the ***athlete's personal control***; ***the ability of the athlete to adapt to unexpected environmental factors (weather, equipment, the condition of a playing surface etc.)*** is often ***determinative of performance success.***

***Coaching*** and ***external support*** for the athlete is as important as any factor in sport performance. ***Providing direction and assistance to the aspiring competitor*** is necessary, especially for young athletes. Coaching will ***impact sport performance***, ***either positively or negatively, in two separate ways***. Coaches ***provide the primary direction to an athlete in terms of training, tactics, nutrition, and sport technique***. ***A lack of appropriate coaching direction*** in any of these aspects will ***prevent the athlete from achieving the best result***. As importantly, a coach is one of ***the athlete's primary emotional support***.