

## پودمان ۳

### توسعه ارتباطات کلامی در محیط‌های ورزشی بین‌المللی

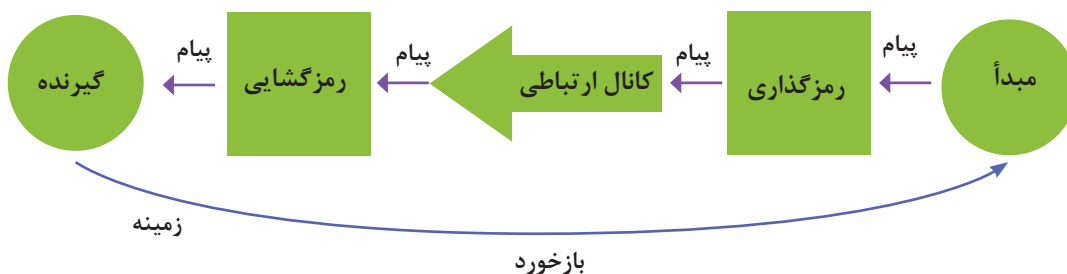


شایستگی‌ها:

- ۱ شناخت و توسعه ارتباطات کلاسی در محیط‌های ورزشی بین‌المللی فرایند ارتباطات در حوزه ورزش
- ۲ نقش زبان در ارتباط مؤثر و به‌کارگیری مفاهیم لاتین در حیطه‌های مختلف.

## ارتباطات

در پودمان «ارتباط مؤثر» در سال دهم با فرایند ارتباط آشنا شدید. در آنجا آموختید که «افراد از طریق ارسال و دریافت پیام با یکدیگر ارتباط برقرار می‌کنند». در پودمان «ارتباط مؤثر» آموختید که برای برقراری ارتباط ارکان اساسی لازم است، که به آنها «عناصر ارتباط» گفته می‌شود.



جهت یادآوری، با یک مثال ورزشی، این عناصر را مرور کنید.

فعالیت  
کلاسی



همان‌گونه که به خاطر دارید، در هر ارتباطی، پیام به اطلاعاتی گفته می‌شود که فرستنده به گیرنده منتقل می‌کند و شامل داده‌ها، اخبار، افکار، عقاید، نظرها و احساسات است که به صورت علائم، گفتار، تصویر و نوشته منتقل می‌شود.

حال سؤال این است که دامنه ارتباطات شما چه اندازه است؟

- آیا دایره ارتباطات شما به افراد خانواده و دوستانتان محدود می‌شود؟

- آیا ارتباطات شما در یک دایره بزرگ‌تر قرار دارد و علاوه بر خانواده و دوستان، شامل همکلاسی‌ها، هم‌تیمی‌ها، هواداران یک تیم ورزشی بزرگ و... نیز می‌شود؟

دایره ارتباطات خود را ترسیم و به کلاس معرفی کنید. دلایل و انگیزه ارتباطات خود را با گروه‌های مختلف توصیف کنید.

فعالیت  
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به این شکل توجه و نظرتان را در مورد آن بیان کنید.

با یک نگاه متوجه می‌شوید که این شکل همان شکل فرایند ارتباطات است. اما آیا اطمینان دارید که کلمات نوشته شده درون مربع‌ها، معادل همان کلمات فارسی است. علائم و صورتک‌های شکل چه مفهومی دارند؟

تلاش کنید تا معانی و معادل‌های فارسی کلمات و علائم شکل را ترجمه کنید.

فعالیت  
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حال که در یک نمونه، در رابطه با فرایند ارتباطات، متوجه تشابهات و تفاوت‌های محتوایی و شکلی در کشور خود با سایر کشورها شدید، بدانید که از طریق آشنایی با زبان‌ها و علائم بین‌المللی می‌توانید گستره ارتباطات و به تبع آن دانش خود را افزایش دهید.



- آیا هیچ‌گاه به ارتباطات فراتر از کشور خودتان فکر کرده‌اید؟ برای مثال ارتباط با سایت فدراسیون فوتبال، برای اطلاع از برنامه‌های جام جهانی.
- آیا تاکنون یک بروشور با متن خارجی دیده‌اید تا ببینید آیا ورزش و علوم ورزشی در سایر کشورها نیز دارای همین مضامینی است که شما در ایران می‌شناسید؟

آشنایی با یک زبان جدید، یعنی آشنایی با یک دنیای جدید ارتباطات جدید، علوم جدید و موفقیت‌های جدید

نکته



چگونه می‌توانیم برای گسترش ارتباطات خود در حوزه ورزش، سریع‌ترین و ساده‌ترین راه را انتخاب کنیم؟ به عبارت دیگر اگر یکی از راه‌های گسترش ارتباطات، یادگیری یک زبان دیگر باشد، مناسب‌ترین روش یادگیری چه روشی باید باشد.

## رویکرد آموزش زبان خارجی در هنرستان‌های تربیت بدنی چیست؟

در پاسخ به این سؤال، پاسخ‌ها و پیشنهادات بسیاری وجود دارد. اما در انتخاب رویکرد مناسب توجه به چند عامل حائز اهمیت است:

- ✓ چه کسانی قرار است زبان بیاموزند؟ هنرجویان هنرستان‌های تربیت بدنی
  - ✓ حیطة آموزشی یادگیرندگان چیست؟ ورزش و علوم ورزشی
  - ✓ یادگیرندگان دارای پیشینه و زمینه در خصوص زبان جدید هستند؟ در سطح مبتدی
  - ✓ انگیزه یادگیرندگان از یادگیری زبان جدید چیست؟ درک متون تخصصی ورزشی
  - ✓ مدت زمان آموزش چقدر است؟ حداکثر ۸ جلسه / ۱۶ ساعت
- براساس این داده‌ها،

بهترین رویکرد، رویکردی مبتنی بر رفع مهم‌ترین نیازهای یادگیرندگان و برانگیزاننده افراد برای ادامه یادگیری زبان

بنابراین در ادامه بحث، چند متن نمونه با رویکرد پیشنهادی ارائه می‌دهیم، تا عاملی باشد برای ایجاد انگیزه در شما، برای مطالعات بیشتر و رفع نیازهای مرتبط با ورزش و علوم ورزشی.

## ۱- حیطه ورزش تربیتی با رویکرد آشنایی با مفاهیم و حیطه‌ها

### Concepts and Key Words in Physical Education

**Definition of physical education.** : instruction in the development and care of the body ranging from simple exercises to a course of study providing training in hygiene, gymnastics, and the performance and management of athletic games.

- The physical education course encompasses subjects like biomechanics, which is Kinesiology, measurement - evaluation, physical therapy, research, sport psychology, sociology in sports, administration, medicine, fitness, injury and training.
- A physical education course helps one to have a career in coaching and teaching and preparing students for sports and fitness programs.
- The study relates to general exercise, recreation, games, nutrition, hygiene, fitness etc.



**Definition of physical fitness:** Physical fitness is your ability to carry out tasks without fatigue.

- The components of physical fitness: cardiorespiratory endurance, muscle strength, muscle endurance, flexibility and body composition and why they are important is an important component to leading a healthy lifestyle.
- The inclusion of regular fitness activity helps students maintain fitness, develop muscular strength and improve cardiovascular health.



The main purpose of health and wellbeing within Curriculum for Excellence is to develop the knowledge and understanding, skills, capabilities and attributes necessary for mental, emotional, social and physical wellbeing now and in the future.

Some benefits children receive from a quality PE program:

- Improved physical fitness.
- Skill and motor skills development.
- Provides regular, healthful physical activity.
- Teaches self-discipline.
- Facilitates development of student responsibility for health and fitness

درک خود را از واژه Physical education در یک جمله انگلیسی بیان کنید.  
با استفاده از منابع معتبر انگلیسی، یک جمله جامع تعریف دیگری برای Physical fitness، جست و جو  
به کلاس ارائه دهید.

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## ۲- حیطه ورزش تربیتی در سایر کشورها

### Physical Education

P.E. is very important to students health and overall well-being. Over the past three years obesity in children (ages 2–5) and adolescents (ages 12–19) has doubled because of lack of activity and diet. Since the 1970s the number of children who are obese has tripled. If you are at or above the 95th percentile for your BMI you are considered to be obese and if you're between the 85th and 95th percentile you're considered overweight. Quality Physical Education programs will benefit the lifestyle of young people. Good Physical Education programs Provide Structure for students to improve students fitness, positive choices, and setting and reaching goals.



**Physical Education**, also known as **Ph.Ed. (PE)** or **Gym Class**, **physical Training (PT)** is an educational course related to maintaining the human body through physical exercises. It

is taken during primary and secondary education and encourages psychomotor learning in a play or movement exploration setting to promote health.



### Asia

In **Singapore**, pupils from primary school through secondary schools are required to have ۷ hours of PE every week, except during examination periods. Pupils are able to play games like football, badminton, and basketball during most sessions. In more private secondary schools, sports such as golf, tennis, shooting, and squash are played. Pupils are given a series of fitness tests (Pull - ups/Inclined pull - ups for girls, standing broad jump, sit - ups, sit - and - reach and 1.6 km for primary [10 - to 12-year - olds]/2.4 km for secondary levels [13 - to 18 - year - olds]). Students are graded by gold, silver, bronze or as fail.

In **Malaysia**, pupils from primary schools to secondary schools are expected to do 2/2 periods or 1/1 hour of PE throughout the year except a week before examination. In most secondary schools, games like badminton, sepak takraw, football, netball, basketball and tennis are available. Pupils are allowed to bring their own sports equipment to the school with the authorization of the teacher.

In the Philippines, PE is mandatory for all years. In the Philippines, some schools have integrated martial arts training into their physical education curriculum.



## **Australia**

In Australia, physical education was first made an important part of the curriculum in Government primary and secondary schools in 1981. The policy was outlined in Minister for Educational Services.

## **Canada**

In Canada in the grade one curriculum, students must participate in physical activity daily five times a week. Also the teacher is responsible for planning Daily Physical Activity (DPA) which is thirty minutes of mild to moderate physical activity a day not including curriculum physical education classes. The curriculum also requires students in grade one to be knowledgeable about healthy living. For example, students must be able to describe benefits of regular exercise, identify healthy choices that require them to be more physically active, and describe importance of choosing healthy food.



## **Europe**

In Portugal, students from primary school can optionally join PE as an extra-curricular activity. From middle school to secondary school, pupils must participate in PE classes for two hours per week.

In England and Scotland, P.E. is a government supported requirement of a minimum of two hours of quality P.E. in primary and two periods (50 minutes each) in secondary school.

In Poland, students are expected to do at least three hours of PE a week during primary and secondary education. Universities must also organise at least 60 hours of physical education classes at undergraduate courses.



پودمان ۳: توسعه ارتباطات کلامی در محیط‌های ورزشی بین‌المللی



درک خود را از واژه Physical Education به انگلیسی بیان کنید.  
با استفاده از منابع معتبر انگلیسی، نمونه‌هایی از تربیت بدنی سایر کشورها را جست‌وجو و به کلاس ارائه دهید.

فعالیت  
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### ۳- حیطه ورزش تربیتی با رویکرد نقش مؤثر تربیت بدنی در زندگی مدرن

#### Reasons Why Physical Education is Important in this Modern Era:

- 1 A teacher considers the child as a storehouse of various mental, social and physical qualities.
- 2 Various kinds of physical activities help in developing the organic system and functioning of the body. They also improve the abilities of human being to resist fatigue, to remain active.



- 3 Physical education help in developing various kinds of intellectual qualities inherent in a child.

4 By participating in various kinds of physical education , children becomes emotionally mature.

5 Generally, more than one player participate in physical activity they come into contact with each - other, they learn to work in groups, with maximum co -operation and co- ordination.

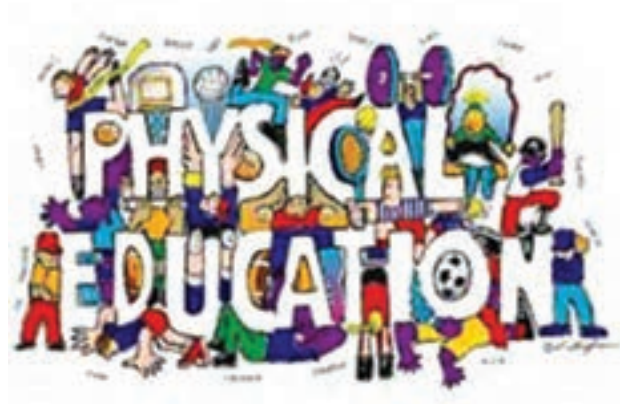
6 By participating in physical activities, qualities of group efforts, loyalty to the team and strong ties can be developed in participants. These qualities help in building a good moral character of the individuals.

7 To participate in any event, all the players are required to learn the fundamental skills and rules of the games as well. If they do not work according to the rules, they can be disqualified even from the game.

8 Human body is a composition of muscular and nervous systems, and to keep the body in proper condition, it is necessary to keep these systems fit and in good working conditions.

9 When children or any individual participate in any sport or physical education, the first thing that he is taught is that they are playing or participating in the game not to win but to perform well.

■ **Conclusion: On the basis of above discussion it can be said that” physical education plays a very important role in the modern world and everyone must participate in any kind of physical activity”.**



دو نمونه از دلایل (Reasons) ۹ گانه را به انگلیسی و فارسی بیان کنید؟  
با استفاده از منابع معتبر انگلیسی، دلایل بیشتری علاوه بر دلایل ۹ گانه، جست و جو و به کلاس ارائه دهید.

فعالیت  
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## ۴- حیطه ورزش همگانی با رویکرد تناسب اندام

### What can I do to get more fit?

Any type of regular, physical activity can improve your fitness and your health. The most important thing is that you keep moving!

Exercise should be a regular part of your day, like brushing your teeth, eating, and sleeping. It can be in gym class, joining a sports team, or working out on your own. Keep the following tips in mind:

- Stay positive and have fun. A good mental attitude is important. Find an activity that you think is fun. You are more likely to keep with it if you choose something you like. A lot of people find it's more fun to exercise with someone else, so see if you can find a friend or family member to be active with you.
- Take it one step at a time. Small changes can add up to better fitness. For example, walk or ride your bike to a friend's house instead of getting a ride. Get on or off the bus several blocks away and walk the rest of the way. Use the stairs instead of taking the elevator.



- Get your heart pumping. Whatever you choose, make sure it includes aerobic activity that makes you breathe harder and increases your heart rate. This is the best type of exercise because it increases your fitness level and makes your heart and lungs work better. It also burns off body fat. Examples of aerobic activities are basketball, running, or swimming.
- Don't forget to warm up with some easy exercises or mild stretching before you do any physical activity. This warms your muscles up and may help protect against injury. Stretching makes your muscles and joints more flexible too. It is also important to stretch out after you exercise to cool down your muscles.

Your goal should be to do some type of exercise every day. It is best to do some kind of aerobic activity without stopping for at least 20 to 30 minutes each time. Do the activity as often as possible, but don't exercise to the point of pain.



دو مورد از نکاتی را که در انجام تمرینات (Exercises) باید مدنظر قرار دهید، بیان کنید. با استفاده از متون معتبر انگلیسی، نکات دیگری را به ۴ مورد بالا اضافه کنید.

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## ۵- حیطه ورزش همگانی با سبک زندگی سالم

### A healthy lifestyle

In addition to exercise, making just a few other changes in your life can help keep you healthy, such as

- Watch less TV or spend less time playing computer or video games. (Use this time to exercise instead!) Or exercise while watching TV (for example, sit on the floor and do sit-ups and stretches; use hand weights; or use a stationary bike, treadmill, or stair climber).
- Eat 3 healthy meals a day, including at least 4 servings of fruits, 5 servings of vegetables, and 4 servings of dairy products.
- Make sure you drink plenty of fluids before, during, and after any exercise (water is best but flavored sports drinks can be used if they do not contain a lot of sugar). This will help replace what you lose when you sweat.
- drink fewer regular soft drinks.
- Eat less junk food and fast food. (They're often full of fat, cholesterol, salt, and sugar.)

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- Get 9 to 10 hours of sleep every night.



با مطالعه متن فوق و جست‌وجو در منابع معتبر انگلیسی، چه موارد دیگری را برای زندگی سالم پیشنهاد می‌کنید؟

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## ۶- حیطة ورزش قهرمانى با رویکرد تغذیه

### Nutrition for sport and exercise

The timing of eating and exercising can be important for how you feel and perform during your chosen activity. The body needs the correct fuel in the tank to perform well, however you want to avoid feeling too full or too empty during exercise.

Individuals vary in their preferred timing of food intake and amount that can be eaten before exercise. Some may find two hours is plenty of time to digest their meal, whereas others may feel uncomfortable when taking part in activity and need a bit longer.

Experimenting with what, how much and when will help decide what suits you best!

Before:

- Ideally, your pre-exercise meal should be low in fat and contain a portion of starchy foods, such as porridge, pasta or potatoes, and should be around 2-3 hours before exercising. For example, if you have an exercise class at 5pm, have your pre-exercise meal at around 2pm.
- However, if you leave eating before exercise any longer or don't eat anything at all, you may lack energy and risk feeling light headed during exercise.
- You could eat a small snack between your pre-exercise meal and exercise to top up energy

levels. If you do, it is best to wait 30-60 minutes before taking part in any vigorous sports or exercise.

- Making sure you are well hydrated before you start an exercise session is important, so try to drink regularly throughout the day and with your pre-exercise meal.



**During:**

- Consuming some carbohydrates during exercise can enhance performance but this generally only applies to individuals participating in endurance or high intensity sports that last over 60 minutes, as this is when carbohydrate stores may substantially decrease (e.g. marathon/long distance running, football games or competitive swimming events).

- It is important to consume plenty of fluids during exercise, especially if you are sweating heavily (also to replace electrolytes lost from sweating) and/or the environmental temperature is high.

- Try to sip small amounts of fluids whenever possible during exercise to stay hydrated. Don't wait until you feel thirsty, as this is a sign that you are already partly dehydrated. Keep sipping water before and during the activity, if possible, to keep hydration levels topped up.



### After:

Food and fluid intake is also important for optimum recovery after exercise.

- After a long run or exercise class, your carbohydrate stores will be lower, so it is important to replenish them, especially if you are doing more exercise later on that day or the following day.
- The post-exercise meal should be based on starchy foods (preferably wholegrain) and include some high quality, lean protein. Consuming this as soon as possible after exercise will be most beneficial for recovery, restoring glycogen levels and muscle protein.
- If you are unable to have a meal soon after exercise, try to have a small snack that contains carbohydrate and protein, such as a banana and a glass of low fat milk, within the first 30-60 minutes following exercise to begin the recovery process, especially if you have exercise within the next eight hours.
- Don't forget your meals should always be balanced so make sure you include fruit and vegetables to provide other important nutrients.
- To replace the fluid lost from sweating, it is vital to restore hydration levels as part of recovery, so remember to drink plenty of fluids after exercising.

### Tips to plan your meals and snacks:

- Preparation - your pre-exercise meal, whether it is breakfast or lunch, should be around 2-3 hours before and include a good amount of starchy foods to ensure you have enough fuel in the tank. A small snack 30-60 minutes before exercise can help to top up energy levels.
- Recovery – base your post-exercise meal on starchy foods and include some high quality, lean protein to help restore glycogen levels and muscle protein.
- Both meals should also include some fruit and vegetables.
- Good snacks for immediately after exercise should contain some protein, such as unsalted nuts or a glass of milk.
- Try to opt for wholegrain carbohydrates and high quality protein foods, as well as nutrient-rich snacks.

با جست‌وجو در منابع معتبر انگلیسی، به جز تغذیه، مطالب مناسب دیگری در حیطه ورزش قهرمانی تهیه و جهت افزایش دانش هم‌کلاسی‌ها، در یک پاراگراف به کلاس ارائه دهید.

فعالیت  
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### Youth Olympic Games

The Youth Olympic Games (YOG) is an international multi-sport event organized by the International Olympic Committee (IOC). The games are held every four years in staggered summer and winter events consistent with the current Olympic Games format, though in reverse order with Winter Games held in leap years instead of Summer Games.

The first summer version was held in Singapore from 14 to 26 August 2010 while the first winter version was held in Innsbruck, Austria from 13 to 22 January 2012. The age limitation of the athletes is 14 to 18. The idea of such an event was introduced by Johann Rosenzopf from Austria in 1998. On 6 July 2007, International Olympic Committee (IOC) members approved the creation of a youth version of the Olympic Games, with the intention of sharing the costs of hosting the event between the IOC and the host city, whereas the traveling costs of athletes and coaches were to be paid by the IOC. These Games will also feature cultural exchange programs and opportunities for participants to meet Olympic athletes.

Several other Olympic events for youth, like the European Youth Olympic Festival (AUOF) held every other year with summer and winter versions, and the Australian Youth Olympic Festival (AUOF), have proven successful. The Youth Games are modelled after these sporting events. The YOG are also a successor to the discontinued World youth Games.

The Summer Games of Singapore in 2010 and Nanjing in 2014 each played host to 3600 athletes and lasted 13 days, whereas the Winter YOG of Innsbruck in 2012 had 1059 athletes and Lillehammer in 2016 had 1100 athletes and lasted 10 days. Even though this exceeded initial estimates, the YOG are still both smaller in size as well as shorter than their senior equivalents. The next Summer YOG to take place will be the 2018 Summer Youth Olympic Games of Buenos Aires. The next Winter YOG to take place will be the 2020 Winter Youth Olympic Games of Lausanne.

YOG به عنوان یک NGO معرفی شده است. با جست‌وجو در منابع معتبر انگلیسی اطلاعاتی در مورد سایر NGOها به کلاس ارائه دهید.

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## Sports of YOG



### What are the career options?

There are various career options in sports academy, health clubs, sports goods manufacturing companies, and in the areas of marketing.

Also, there are opportunities as a commentator, sports journalist, sports trainer, school/college teacher (physical training), and many more.

What are the job roles for Physical Education? Search and discuss in class in persian.

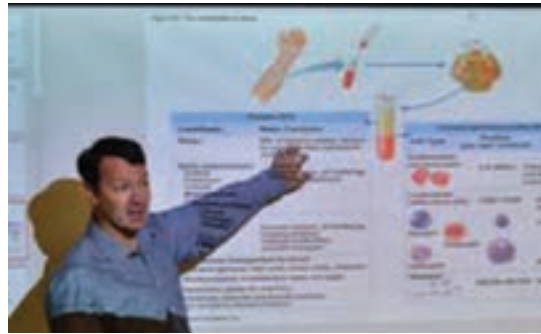
- Teacher
- Assistant Professor
- Sports Manager
- Physical Therapist
- Physical Education Trainer
- Health Educator
- Coach
- Fitness Instructor
- Sports Journalist

Industries / Companies / who hire these professionals:

- Schools
- Colleges
- Universities
- Sports Academy
- Fitness Centres



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Do you have any idea for more jobs in physical education and sport? Suggest to class.

با جست‌وجو در منابع معتبر انگلیسی، مطالبی برای ورزش حرفه‌ای (Sport Professional) به کلاس ارائه دهید و در مقابل واژه (Sport Career) در کلاس به بحث بگذارید.

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## جمع بندی کلاس زبان خارجی هنرستان تربیت بدنی برای هنرجویان



### براساس هرم آموزش

- وقتی در آموزش فقط از روش خواندن استفاده شود، فقط ۱۰٪ یادگیری صورت می گیرد،
  - وقتی علاوه بر خواندن، از روش سمعی - بصری استفاده شود، فقط ۲۰٪ یادگیری صورت می گیرد،
  - وقتی علاوه بر دو روش فوق، از روش نمایش کار استفاده شود، فقط ۳۰٪ یادگیری صورت می گیرد،
  - وقتی علاوه بر سه روش قبلی، از روش مباحثه هم استفاده شود، فقط ۵۰٪ یادگیری صورت می گیرد،
  - وقتی علاوه بر روش های قبلی، از روش تمرین هم استفاده شود، فقط ۷۵٪ یادگیری صورت می گیرد،
  - و بالاخره وقتی علاوه بر اینها، مطالب را به دیگران هم آموزش دهید، ۹۰٪ یادگیری صورت می گیرد.
- به نظر شما در کلاستان از کدام یک از روش ها استفاده شد و چند درصد یادگیری برای شما تحقق یافته است؟

### ارزشیابی نهایی

- معانی واژه های لاتین داده شده را به فارسی بنویسید.
- معادل واژه های فارسی داده شده را به لاتین بنویسید.
- متن داده شده را بخوانید و درک خود را از مطلب، به فارسی بنویسید.
- از هر یک از ۸ نمونه متن داده شده، یک جمله کلیدی را به لاتین بنویسید. دلیل انتخاب جمله را به فارسی بیان کنید.
- یک جمله لاتین که در هیچ یک از متون نباشد، به دلخواه از هر یک از حیطه ها ارائه دهید.

### ارزشیابی شایستگی توسعه ارتباطات کلامی در محیط‌های ورزشی بین‌المللی

<p><b>شرح کار:</b> ارتباطات، حیطه ورزش تربیتی در ایران و سایر کشورها، حیطه ورزش و نقش مؤثر تربیت بدنی در زندگی مدرن، حیطه ورزش همگانی با رویکرد تناسب اندام و زندگی سالم، حیطه ورزش همگانی با رویکرد تغذیه و مسابقات، حیطه ورزش حرفه‌ای</p>			
<p><b>استاندارد عملکرد:</b> - ترجمه حداقل یک متن عمومی تربیت بدنی براساس درک مطلب.</p>			
<p><b>شاخص‌ها:</b> درک مطلب، واژه‌شناسی تخصصی در ورزش</p>			
<p><b>شرایط انجام کار و ابزار و تجهیزات:</b></p>			
<p><b>ابزار و تجهیزات:</b> کلاس درس و ملحقات آن</p>			
<p><b>معیار شایستگی:</b></p>			
ردیف	مرحله کار	حداقل نمره قبولی از ۳	نمره هنرجو
۱	فرایند ارتباطات در حوزه ورزش	۱	
۲	به‌کارگیری مفاهیم لاتین در حیطه تربیتی در ایران و سایر کشورها	۱	
۳	حیطه ورزش و نقش مؤثر تربیت بدنی در زندگی مدرن	۱	
۴	حیطه ورزش همگانی با رویکرد سبک زندگی سالم	۲	
۵	حیطه ورزش قهرمانی با رویکرد تغذیه، مسابقات	۱	
۶	حیطه ورزش حرفه‌ای با رویکرد حرفه‌های ورزشی	۱	
<p>شایستگی‌های غیرفنی، ایمنی، بهداشت، توجهات زیست‌محیطی و نگرش:</p>			
<p>میانگین نمرات</p>			<p>*</p>

\* حداقل میانگین نمرات هنرجو برای قبولی و کسب شایستگی، ۲ می‌باشد.

- ۱ ارتباط مؤثر - رشته‌های تربیت بدنی - تربیت کودک ..... پایه دهم - دوره دوم متوسطه شاخه‌های فنی و حرفه‌ای و کاردانش
- ۲ متون انگلیسی کتاب‌های مختلف ورزشی و تربیت بدنی و اینترنت و .....