

8 Sport up your life

Sports vocabulary

popular sport	Football is a very popular sport.	Volkssport
team sport	Volleyball is my favourite team sport.	Mannschaftssport, Teamsport
dangerous sport	Mountain biking can be a dangerous sport.	ein gefährlicher Sport
contact sport	American football is a contact sport.	Kontaktsport(art)
indoor sport	Ping pong is normally an indoor sport.	Hallensport
spectator sport	Basketball is a popular spectator sport.	Publikumssport
sport facilities	The sport facilities at the school were state-of-the-art.	Sportanlagen
sports events	Sports events happen almost daily.	Sportveranstaltungen
to take part in sports	My friends and I love to take part in sports.	Sport treiben, Sport machen
to play any sports	Do you play any sports besides soccer and tennis?	irgendeine Art von Sport ausüben
to take up a sport	I want to take up a sport in college.	eine Sportart anfangen, beginnen
to have a natural talent for sport	Jimmy has a natural talent for sport.	ein natürliches Talent für Sport haben
to be introduced to sports early	Maria was introduced to sports early.	früh an den Sport herangeführt werden
to have a passion for something	Christian has a passion for tennis.	eine Leidenschaft für etwas haben
to be a natural talent	Erica is a natural talent at cross-country skiing.	ein Naturtalent sein
to encourage someone to participate in organised athletics	My coach encouraged me to participate in organised athletics at university.	jemanden zur Mitgliedschaft in einem Leichtathletikverein ermutigen
to put in lots of work	If he joins the team, he will have to put in lots of work.	viel Arbeit in etwas stecken
to engage in sports	It's healthy to regularly engage in sports.	Sport betreiben

Different types of sports, equipment needed and places

aerobics	My grandmother does aerobics at the local gym.	Aerobic
athletics	I really enjoy the running events at athletics competitions.	Leichtathletik
badminton	Lauren plays badminton every Sunday afternoon.	Badminton
baseball	Baseball is known as America's pastime.	Baseball
basketball	Basketball has the tallest players.	Basketball
boxing	Boxing is a great way to let out extra energy.	Boxen
cross-country skiing	If you're going to try cross-country skiing, make sure to dress warmly.	Schilanglauf
fishing	Everyone says fishing requires a lot of patience.	Angeln

football	Football is the most popular spectator sport in the world.	Fußball
golf	A game of golf has 18 'holes'.	Golf
gymnastics	Gymnastics competitions are so impressive.	Gymnastik
hiking	Hiking is a sport that many students participate in.	Wandern
hockey	Hockey can be played by women or men.	Hockey
ice hockey	Ice hockey is often associated with Canada.	Eishockey
karate	Karate is a type of martial art.	Karate
rowing	Rowing gets difficult when you can't see where you're going.	Rudern
sailing	The feeling of sailing is indescribably wonderful.	Segeln
skiing	Skiing is my favourite winter sport.	Schifahren
squash	It's really fun to play squash because you can play either alone or with a partner.	Squash
swimming	Chad finds swimming quite difficult.	Schwimmen
tennis	Teresa used to play tennis, but she stopped when she was 12.	Tennis
volleyball	People who play volleyball are so fast on their feet.	Volleyball
ball	The ball is always in motion.	Ball
basket	He made another basket in the game today.	Korb
bicycle	Her bicycle is her preferred mode of transportation.	Fahrrad
elbow pads	Some sports require elbow pads.	Ellbogenschützer
football	It's difficult to throw a football correctly.	Fußball
football boots	To prepare for the upcoming season, he bought new football boots.	Fußballschuhe
football shirt	My football shirt smells awful after last night's match.	Fußballtrikot
gloves	It's helpful to wear gloves while skiing.	Handschuhe
goggles	I wear goggles when I go swimming.	Taucherbrille, Schibrille, Schutzbrille
golf bag	You need a large golf bag to play golf.	Golftasche
golf cart	Golf carts are fun to drive.	Golfwagen
golf club	Don't swing too hard with that golf club, you'll hurt someone.	Golfschläger
gum shield / mouth guard	Ute always wears a gum shield / mouth guard to protect her teeth during contact sports.	Zahnschutz / Mundschutz
helmet	One should always wear a helmet when riding a bicycle.	Helm

ice skates	There are two different types of ice skates; figure skates and hockey skates.	Schlittschuhe
net	He just missed the net with his shot.	Netz
poles	Using poles when you ski gives you better control.	Stöcke
punchbag	It's really fun to use the punchbag at the fitness studio.	Boxsack
racket	You need a racket to play tennis.	Schläger
shin pads	Shin pads are required for football games.	Schienbeinschützer
ski boots	Ski boots often pinch your feet when you first put them on.	Schischuhe
skis	My skis are over 10 years old.	Schier
tennis skirt / shorts	My tennis skirt is / My tennis shorts are really uncomfortable.	Tennisrock / -hose
trainers	Zane wears trainers almost every day.	Turnschuhe
training suit	Alicia has a special training suit.	Trainingsanzug
water bottle	If you're doing sports, it's essential to keep a water bottle with you.	Trinkflasche

course	The cross-country course was 5 kilometres long.	Parcours, Kurs
court	She feels at home on the tennis court.	Platz
mountain bike trail / bike path	Where are the best mountain bike trails / bike paths in your area?	Mountainbikestrecke / Fahrradweg
pitch	He left the pitch disappointed after the match.	Spielfeld
ring	The boxing ring terrified Jonas at first.	Ring
rink	The ice rink was a beautiful place to practice.	Eisbahn
slope	My favourite ski slope is the one through the trees.	Piste
track	Allyson ran 800m on the track.	Bahn, Laufbahn

The advantages and disadvantages of doing sports

physical exercise is good for one's health	Karen goes running every day because she knows physical exercise is extremely good for her health.	körperliche Bewegung ist gut für die Gesundheit
to build skills	Kirk wants to build skills in the gym.	Fertigkeiten entwickeln, aufbauen
to develop different motor skills	Doing different types of sports allowed Ginny to develop different motor skills.	verschiedene motorische Fertigkeiten entwickeln
to prepare people for broader roles in life	Organised team sports helped prepare members of our class for broader roles in life.	Menschen für eine größere Rolle im Leben vorbereiten
to learn to fight one's fear and work through it	Learning to rock climb helped Patrick learn to fight his fear and work through it.	lernen, die Ängste zu bekämpfen und sie zu überwinden
to be part of a team	Chelsea is part of a badminton team.	Teil eines Teams sein

exercise stimulates one's body	Deanna knows that exercise stimulates her body in positive ways.	Bewegung stimuliert den Körper
the bones get tougher	As you lift more weights, the bones in your body get tougher.	die Knochen werden härter
the muscles get stronger	After injuring her elbow, Katie started doing arm exercises to help the muscles get stronger.	die Muskeln werden stärker
red blood cells carry oxygen around one's body	Red blood cells carry oxygen around the human body, keeping it supplied with energy.	rote Blutkörperchen transportieren den Sauerstoff durch den Körper
the lungs become more efficient	Through regular exercise, the lungs become more efficient.	die Lunge wird leistungsfähiger
one's heart pumps more powerfully	Marianne's heart pumps more powerfully when she rides up hills on her bike.	das Herz pumpt kräftiger
the mind gets sharper	Even your mind gets sharper when you exercise.	den Geist schärfen
exercise improves creativity and problem-solving	High levels of exercise improve creativity and problem-solving.	Bewegung verbessert die Kreativität und die Problemlösungsfähigkeit
exercise relates to one's emotions and mood	Exercise relates to your emotions and mood far more than you might have thought!	Bewegung wirkt sich auf die Emotionen und die Stimmung aus
to have a positive effect upon anxiety	Moving your body has a positive effect upon anxiety.	sich positiv auf Angstzustände auswirken
to be injured playing sports	It is possible to be injured playing sports.	sich beim Sport verletzen
to have high / low injury rates	Some sports, like baseball, have low injury rates.	eine hohe / geringe Verletzungsrate haben
to decide for one sport	Professional athletes decide for one sport.	sich für eine Sportart entscheiden
to play a certain sport exclusively	This means professionals often play a certain sport exclusively.	ausschließlich eine bestimmte Sportart ausüben
to prevent children from building skills outside of one sport	Focusing on only one activity early on prevents children from building skills outside of one sport.	Kinder daran hindern, Fähigkeiten außerhalb einer Sportart zu entwickeln
to begin to lose enjoyment	The children may even begin to lose enjoyment of the sport.	den Spaß am Sport verlieren
to experience burnout from youth sports	It's possible to experience burnout from youth sports.	durch Jugendsport ins Burnout schlittern
to quit the sport before reaching the peak of physical abilities	It's a shame when teens quit the sport before reaching the peak of physical abilities.	den Sport aufgeben, bevor man den Höhepunkt seiner körperlichen Fähigkeiten erreicht hat
to (not) have equal access to sporting opportunities	Children from poorer families often do not have equal access to sporting opportunities.	(nicht) den gleichen Zugang zu Sportmöglichkeiten haben
to be denied the opportunity to play	Teens who aren't as skilled are also sometimes denied the opportunity to play.	um die Möglichkeit zum Spielen gebracht werden
to place too much emphasis on winning	This philosophy places too much emphasis on winning.	zu viel Wert auf das Gewinnen / die Leistung legen
to focus on competition hurts children wanting to just play	To only focus on competition hurts children wanting to just play and might prevent them from playing in the future.	die Konzentration auf den Wettbewerb schadet Kindern, die einfach nur spielen wollen

E-sports		
to grow in popularity	These games have been growing in popularity lately.	an Popularität gewinnen
to sell online viewing subscriptions	The event organisers sell online viewing subscriptions.	Online-Abonnements verkaufen
to officiate the game	An external judge officiates the game.	das Spiel leiten
e-sports games are often played before live audiences	Jamie knew that e-sports games are often played before live audiences.	E-Sport-Spiele werden oft vor einem Live-Publikum gespielt
commentators give insights into an e-sports game	Multiple commentators give insights into an e-sports game.	Kommentatoren/Kommentatorinnen geben Einblicke in ein E-Sport-Spiel
console gaming has become popular	In recent years, console gaming has become popular.	Konsole-Spiele sind populär geworden
to take part in video game competitions	Servin takes part in video game competitions regularly.	an Videospielewettbewerb teilnehmen
gaming tournaments take place in / at ...	The biggest gaming tournaments take place at the weekend in big arenas where participants play on stage.	Gaming-Turniere finden in / an ... statt
to be performed much like an athletic sporting event	Gaming tournaments are performed much like an athletic sporting event.	ähnlich wie ein Sportereignis durchgeführt werden
to compete in tournaments	My cousin often competes in horseback-riding tournaments during the summer.	sich in einem Wettkampf / Turnier messen
everybody can become an e-sports player	Everybody can become an e-sports player – it doesn't matter who you are.	jede/r kann ein E-Sport-Spieler/eine E-Sport-Spielerin werden
to be part of a team	It's a great feeling to be part of a team.	Teil eines Teams sein
membership is incredibly diverse	The membership of an e-sport league is incredibly diverse.	die Mitgliedergemeinschaft ist unglaublich vielfältig
there is no discrimination	There is no discrimination between players.	es gibt keine Diskriminierung
tournaments award cash prizes	Most tournaments award large cash prizes.	bei Turnieren werden Geldpreise vergeben
to require certain skills	Playing requires certain special skills.	bestimmte Fähigkeiten erfordern
professional athletes are sponsored by companies affiliated with video games	Many professional athletes are sponsored by various companies affiliated with video games.	professionelle Sportler/innen werden von Unternehmen gesponsert, die mit Videospielen verbunden sind
no travel expenses for competitions	A huge advantage of e-sports is that there are no travel expenses for competitions.	keine Reisekosten für Wettbewerbe
gaming equipment might be costly	In some cases, gaming equipment might be costly.	Spielausrüstung kann kostspielig sein
extended screen time causes eye strain	Another risk of e-sports is that extended screen time causes eye strain.	eine lange Zeit vor dem Bildschirm führt zu einer Überanstrengung der Augen
playing carries risks for the body	Constantly playing also carries risks for the body.	Spielen birgt Risiken für den Körper
to lead to an increase in computer-related injuries	The rise of e-sports has led to an increase in computer-related injuries.	zu einem Anstieg von computer-bezogenen Verletzungen führen
to suffer from back pain	Many competitors suffer from back pain.	unter Rückenschmerzen leiden
overexposure to violent media can lead to aggressive behaviour	Additionally, overexposure to violent media can lead to aggressive behaviour among players.	übermäßiger Kontakt mit gewalttätigen Medien kann zu aggressivem Verhalten führen