Lecture 1 الأسبوع الأول

Unit One
Sports are recreational or competitive activities that involve a degree of

physical strength or skill.

The person who practices sports is called athlete or sportsman. An Athlete practices sports as profession while sportsman practices sports as a hobby. Every athlete is rated according to his level of skill:

1. In the first level the athlete is called Novice.
2. In the second level he is called Amateur
3. In the third level he is called Professional.
4. The highest level is the fourth level and he is called Elite.

Usually an athlete wears sportswear and practices his sport in a place specially

made for that sport either indoors or outdoors. Footballers play football in a field, swimmers in a pool, basketball players in a court etc.

Mainly sports are divided into:

1. Team Sports

Volleyball

Basketball

Handball

Soccer

 2. Individual sport

Swimming

Wrestling

Boxing

Weightlifting Soccer

Athletics

Fencing

Gymnastics

Tennis

Antonyms:

An antonym is a word that means the opposite of another word. For e.g., old : new, tall: short, interesting: boring, etc.

Have you read the text of Sports?

Read it again and try to focus on the following antonyms: Novice : Elite,
Professional: Amateur,
Indoors : Outdoors,

Individual Sports: Team Sports, Hobby: Profession ,
Athlete : Sportsman.

• Complete the following definitions:

1. Sports are recreational or.................................................

.........................................................................................................

2. An Athlete is the person who............................................. ....................................................................................

3. Amateur is the person who ............................................... ..............................................................................................

• Match each word with its opposite in the boxes.

1. Novice
2. Amateur

3. Profession

4. Indoors
5. Individual

a. Outdoors b. Hobby c.Team d. Elite e. Professional

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