

## Team sport training best for all-round fitness

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Researchers from a university in Manchester in the UK have said that training as part of a sports team is the best way to improve all-round fitness. The researchers said team sport players are as good at endurance and have as much stamina as long-distance runners, and are as strong as bodybuilders. This is because of the different types of exercise team players do. The researchers said the key to all-round fitness is to combine building your strength with combining your endurance and stamina. The research team said cycling, running or swimming was best for all-round fitness. It also said energetically doing housework and climbing stairs was a good alternative to going to the gym.

The study looked at 228 athletes aged 17 to 37 who studied at the Lithuanian Sports University. There were 87 endurance athletes, such as cyclists, skiers and long-distance runners, 77 power athletes, such as sprinters and bodybuilders, and 64 team athletes who played basketball, football and volleyball. The researchers tested athletes on their muscle power and their ability to jump from a standing position. Researchers also tested the athletes' oxygen use during hard exercise to measure aerobic endurance. Professor Hans Degens said his study showed that "endurance training for power athletes and power training for endurance athletes" was beneficial. He said team players have the best of both worlds.

Sources: [bbc.com](http://bbc.com) / [road.cc](http://road.cc) / [themaynepress.com](http://themaynepress.com)

## Writing

Team sports are better than individual sports. Discuss.

## Chat

Talk about these words from the article.

researchers / university / training / sports team / fitness / bodybuilder / strength / endurance / athletes / muscle power / ability / measure / aerobic / beneficial / worlds

## True / False

- A university said individual sports are best for all-round fitness. T / F
- Researchers said team sport players have stamina and strength. T / F
- Researchers say cycling is very good for all-round fitness. T / F
- A researcher said doing the housework is a good form of exercise. T / F
- Researchers looked at over 200 different athletes. T / F
- Researchers checked how well athletes could jump from a great height. T / F
- Researchers tested the oxygen in the air athletes trained in. T / F
- A researcher said team players live in two different worlds. T / F

## Synonym Match

(The words in **bold** are from the news article.)

- |                       |               |
|-----------------------|---------------|
| 1. <b>improve</b>     | a. mix        |
| 2. <b>strong</b>      | b. exercise   |
| 3. <b>key</b>         | c. research   |
| 4. <b>combine</b>     | d. powerful   |
| 5. <b>alternative</b> | e. calculate  |
| 6. <b>study</b>       | f. helpful    |
| 7. <b>tested</b>      | g. better     |
| 8. <b>measure</b>     | h. examined   |
| 9. <b>training</b>    | i. answer     |
| 10. <b>beneficial</b> | j. substitute |

## Discussion – Student A

- What team sports do you like to play?
- What team sports do you like to watch?
- How good is your all-round fitness?
- What do you do to improve your fitness?
- Do you prefer individual or team sports?
- Why might team players do more types of exercises?
- How good is doing housework for all-round fitness?
- What activities are a good alternative to the gym?

## Phrase Match

- |                                     |                              |
|-------------------------------------|------------------------------|
| 1. the best way to                  | a. to all-round fitness      |
| 2. have as much stamina             | b. endurance                 |
| 3. the key                          | c. doing housework           |
| 4. energetically                    | d. aged 17 to 37             |
| 5. a good alternative to            | e. a standing position       |
| 6. The study looked at 228 athletes | f. improve all-round fitness |
| 7. muscle                           | g. best of both worlds       |
| 8. their ability to jump from       | h. as long-distance runners  |
| 9. measure aerobic                  | i. going to the gym          |
| 10. team players have the           | j. power                     |

## Discussion – Student B

- What do you think about what you read?
- What team sports do you dislike?
- How much stamina do you have?
- Would you prefer long-distance cycling, swimming or running?
- How much do you like exercise?
- Who is your favourite sports star?
- What is your favourite sports team?
- What questions would you like to ask the researchers?

## Spelling

- the best way to ipemrvo all-round fitness
- sport players are as good at audcerenn
- have as much anaismt
- long-nitacsed runners
- lneigeyrtaelc doing housework
- a good eitlvnaarte to going to the gym
- athletes such as citysscl
- their mesucl power
- jump from a standing tsioiopn
- tested the athletes' xygeno use
- during hard exercise to usmraee
- was lefcabeiin

### Answers – Synonym Match

1. g	2. d	3. i	4. a	5. j
6. c	7. h	8. e	9. b	10. f

## Role Play

### Role A – Football

You think football is the best sport. Tell the others three reasons why. Tell them what is wrong with their sport. Also, tell the others which is the most boring of these (and why): cycling, golf or Formula 1.

### Role B – Cycling

You think cycling is the best sport. Tell the others three reasons why. Tell them what is wrong with their sport. Also, tell the others which is the most boring of these (and why): football, golf or Formula 1.

### Role C – Golf

You think golf is the best sport. Tell the others three reasons why. Tell them what is wrong with their sport. Also, tell the others which is the most boring of these (and why): cycling, football or Formula 1.

### Role D – Formula 1

You think Formula 1 is the best sport. Tell the others three reasons why. Tell them what is wrong with their sport. Also, tell the others which is the most boring of these (and why): cycling, golf or football.

## Speaking – Sports

Rank these with your partner. Put the best sports at the top. Change partners often and share your rankings.

- |              |             |
|--------------|-------------|
| • basketball | • football  |
| • Formula 1  | • cycling   |
| • golf       | • tennis    |
| • skiing     | • athletics |

### Answers – True False

a	F	b	T	c	T	d	T	e	T	f	F	g	F	h	F
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Answers to Phrase Match and Spelling are in the text.