

SPS

Specialized Physiology Studies

33 TEXTS

FOR STUDENTS OF PHYSICAL EDUCATION AND SPORTS SCIENCES

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SPS (Specialized physiology Studies)

زبان تخصصی
مجموعه

Author: Reyhaneh Shekari Marghi, Hamidreza Akbarzadeh Zarei

Graphic Director: Razieh Amiri

Art Director and Cover Designer: Mahmoudreza Latifi

Printing Date: 1st 1404

Number of copies : 50

ISBN: 978-622-427-277-5

قیمت : ۲۹۹۰۰۰۰ ریال

سرشناسه: اکبرزاده زارعی، حمیدرضا، ۱۳۵۸- / Akbarzadeh Zarei, Hamidreza, ۱۹۸۰-
 عنوان و نام پدیدآور : author Hamidreza / SPS (specialized physiology studies)[Book]
 AkbarzadehZarei, Reyhaneh Shekari Morgghi.
 مشخصات نشر : تهران: انتشارات حتمی، ۱۴۰۴ = ۲۰۲۵م.
 مشخصات ظاهری : ۱۷۸ص. / شابک : ۹۷۸-۶۲۲-۴۲۷-۲۷۷-۵
 وضعیت فهرست نویسی : فیپا/ یادداشت : زبان: انگلیسی.
 آوانویسی عنوان : اس پی اس
 موضوع : زبان انگلیسی -- کتاب‌های قرائت -- ورزش موضوع : English language -- Readers -- Sports
 موضوع : زبان انگلیسی -- کتاب‌های قرائت -- تربیت بدنی
 موضوع : English language -- Readers -- Physical education and training
 موضوع : زبان انگلیسی -- راهنمای آموزشی (عالی)
 موضوع : English language -- Study and teaching (Higher)
 شناسه افزوده : شکاری مرقی، ریحانه، ۱۳۷۹- / شناسه افزوده : Shekari Morgghi, Reyhaneh, ۲۰۰۰-
 رده بندی کنگره : ۴ / PE۱۱۲۷
 رده بندی دیویی : ۴۲۸/۶۴۰۲۴۶۱۳۷۱
 شماره کتابشناسی ملی : ۱۰۲۲۷۷۲۷
 تاریخ درخواست : ۱۴۰۴/۰۶/۲۹ / کد پیگیری : ۱۰۲۲۴۱۷۷



مرکز پخش: تهران، خیابان انقلاب، بین خیابان ۱۲ فروردین و اردیبهشت، ساختمان ۱۳۶۰، طبقه پنجم، واحد ۲۳

۶۶۴۰۳۱۶۲ | ۶۶۴۰۳۱۷۰

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توجه:
به موجب ماده ۵ قانون حمایت، از حقوق مؤلفان، مصنفان و هنرمندان مصوب ۱۳۴۸/۱۰/۱۱ کلیه حقوق این کتاب برای انتشارات حتمی محفوظ می‌باشد و هیچ شخص حقیقی یا حقوقی حق استفاده از آن را ندارد و متخلفین به موجب این قانون تحت پیگرد قانونی قرار می‌گیرند.

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Chapter 1

General Texts

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TEXT 1

History of sport

The development of sport throughout history teaches us a great deal about social changes, and about the nature of sport itself.

There are many modern discoveries in France, Africa, and Australia of cave art (see, for example, Lascaux) from prehistory which provide evidence of ritual ceremonial behaviour. Some of these sources date from over 30,000 years ago, as established by carbon dating. Although there is scant direct evidence of sport from these sources, it is reasonable to extrapolate that there was some activity at these times resembling sport.

There are artifacts and structures which suggest that Chinese people engaged in activities which meet our definition of sport as early as 4000 BC. Gymnastics appears to have been a popular sport in China's past. Monuments to the Pharaohs indicate that a range of sports were well developed and regulated several thousands of years ago, including swimming and fishing. Other sports included javelin throwing, high jump, and wrestling. Ancient Persian sports such as the traditional Iranian martial art of Zourkhaneh had a close connection to the warfare skills. Among other sports which originate in Persia are polo and jousting.

A wide range of sports were already established at the time of the Ancient Greece. Wrestling, running, boxing, javelin, discus throwing, and chariot racing were prevalent. This suggests that the military culture of Greece was an influence on the development of its sports and vice versa. The Olympic Games were held every four years in Ancient Greece, at a small village in Pelopponisos called Olympia.



Sport has been increasingly organized and regulated from the time of the Ancient Olympics up to the present century. Activities necessary for food and survival became regulated activities done for pleasure or competition on an increasing scale, for example hunting, fishing, horticulture. The Industrial Revolution and mass production brought increased leisure Which allowed increases in spectator sports, less elitism in sports, and greater accessibility. These trends continued with the advent of mass media and global communication. Professionalism became prevalent, further adding to the increase in sport's popularity. Not only has professionalism helped increase the popularity of sports, but additionally the need to have fun and take a break from a hectic workday or to relieve unwanted stress, as with any profession.



Practice 1-1

Below are sentences that include some specialized terms and keyword from the text. Based on these, students should write an applied/example sentence that reflects the meaning of the concept and connects it to the goals or practical applications discussed in the text.

1) History of sport:

The documented history of sports goes back at least 3,000 years. Sports originated in ancient Greece.

Students?.....

2) Development of sport:

Sports development is the promotion of sporting opportunities throughout a community or region.

Students?.....

3) Structures in sports:

Structure" can refer to the organizational framework of a sports club or association, or the physical design and materials used to support a sports facility.

Students?.....



4) Olympia:

Olympia officially Archaia Olympia is a small town in Elis on the Peloponnese peninsula in Greece.

Students?.....

5) Ancient Olympic:

The Ancient Olympic Games, held in Olympia, Greece, were a quadrennial athletic and religious festival dedicated to the god Zeus, celebrated for over a millennium, from 776 BC to 393 AD.

Students?.....

6) Prevalent:

Something prevalent is common in a particular place at a particular time.

Students?.....

7) Elitism:

Elitism refers to the belief that a select group of individuals, often characterized by wealth, intelligence, or social status, should be privileged and have disproportionate power or influence over others.

Students?.....

**8) Professionalism:**

Professionalism refers to the qualities and characteristics expected of someone in a professional setting, encompassing things like competence, good judgment, polite behavior, and adherence to workplace standards.

Students?.....

9) Popularity in sport:

The popularity of a sport can be measured in several ways, including participation rates, fan interest, and media coverage.

Students?.....



Practice 2-1

Fill in the blanks with the best word given below.....

Professionalism, Development, Already, Sources, Organised, Originate, Gymnastics

- 1) the of sport is seen in Europe countries.
- 2) Some of these date from over 30000 years ago, as established by carbon dating.
- 3) appears to have been a popular sport field in China's past.
- 4) Among other sports which in Persia are polo and jousting.
- 5) A wide range of sports were established at the time of the Ancient Greece.
- 6) Sport has been increasingly and regulated from the time of the Ancient Olympics up to the present century.
- 7) became prevalent, further adding to the increase in sport's popularity.



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TEXT 2

Benefits of Exercise



Exercise is planned, structured, and repetitive bodily movement that improves or maintains one or more components of physical fitness. (Physical Activity and Health: A Report of the Surgeon General, 19996) . All individuals respond differently to exercise even when participating in the same program. Benefits that may occur with regular, consistent aerobic, resistance, and flexibility exercise are listed below.



EXERCISE IMPROVES:

- . Flexibility
- . Cardiovascular & cardiorespiratory function
- . Functioning of your immune system
- . Strength of muscles and tendons
- . Skin tone, making your skin look more elastic
- . Sleep patterns
- . Self-esteem and a greater sense of self-reliance and self-confidence
- . Ability to relax
- . Personal satisfaction and self-image
- . Perceptions of acceptance by others
- . Productivity
- . Overall quality of life

EXERCISE REDUCES:

- . Risk for heart disease and premature death
- . Risk for stroke
- . Risk of developing diabetes
- . Body weight or body fat, lowering your BMI. BMI stands for body Mass Index. It is a numerical value used in most clinical settings to determine if a person is underweight, normal weight, overweight, or obese. BMI provides a more accurate measure of total body fat than the assessment of body weight alone. Increased BMI is associated with an increase in morbidity and mortality
- . Risk for osteoporosis in females and males
- . Depression and anxiety
- . Frustration with daily problems; allows for a more constructive response to disappointments and failures



EXERCISE ALSO:

- . Prevents/helps control high blood pressure
- . Prevents/helps control high cholesterol
- . Builds and maintains healthy bones, muscles, and joints
- . Promotes a younger stress more effectively

Practice 1-2

Below are sentences that include some specialized terms and keyword from the text. Based on these, students should write an applied/example sentence that reflects the meaning of the concert and connects it to the goals or practical applications discussed in the text.

1)Flexibility:

Flexibility is the ability of a joint or series of joints to move through an unrestricted, pain free range of motion

Students?.....

2)Cardiovascular system:

Cardiovascular system, known as the circulatory system, is the body's transport network for blood, oxygen, and nutrients.

Students?.....



3)Strength training:

Strength training, known as resistance training or weight training, is exercise designed to build and strengthen muscles.

Students?.....

4)Cardiorespiratory:

Cardiorespiratory refers to the heart, lungs, and blood vessel, and their ability to work together to provide oxygen to the body, particularly during physical activity.

Students?.....

5)Self-esteem:

It's your personal opinion of yourself, not necessarily what others think.

Students?.....

6)Resistance training:

Resistance training, known as strength training or weight training, involves using resistance to muscular contraction, aiming to increase strength, endurance, and power.

Students?.....

**7)Endurance training:**

Endurance training is any activity that increases your body's ability to sustain physical activity for an extended period of time, focusing on improving cardiovascular and muscular endurance.

Students?.....

8)Aerobic training:

Aerobic training is a type of physical activity that increases your heart rate and breathing rate, utilizing oxygen to fuel your muscles.

Students?.....

9)Self-confidence:

Self-confidence is the trust in one's own abilities, capacities, and judgment, essentially believing in your own skills and making good decisions.

Students?.....



Practice 2-2

Fill in the blanks with the best word given below.....

BMI, Weight, Attack, Exercise, Fat, Stress, Stroke, Blood pressure, Osteoporosis

1)..... is planned, structured, and repetitive bodily movement.

2)Exercise reduces risk for heart

3)Exercise reduces risk for brain

4)Exercise reduces body and body

5)Exercise prevent/helps control high

6)BMI means

7)Exercise also helps you manage

8)Exercise reduces risk for in females and males.



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TEXT 3

Olympic symbols





The Olympic movement uses symbols to represent ideals embodied in the Olympic charter. The Olympic Rings are the most widely recognized symbol. These five intertwined rings represent the unity of the five inhabited continents (with the Americas regarded as one continent). The five colored rings on a white field from the Olympic flag. The colors, white, red, blue, green, yellow, and black, were chosen because each nation has at least one of these colors in its national flag. The flag was adopted in 1914, but the first flown at 1920 summer Olympics in Antwerp. It is hoisted at each celebration of the Games.

The Olympic Motto is “Citius, Altius, Fortius,” a Latin phrase meaning “Swifter, Higher, Stronger.” Coubertin’s ideals are illustrated by the Olympic Creed:

“The most important thing in the Olympic Games is not win but to take part, just as the most important thing in life is not the triumph but the struggle. The essential thing is not to have conquered but to have fought well.”

Prior to each Games, the Olympic Flame is lit in Olympia, Greece and brought to the host city by runners carrying the torch in relay. There it plays an important role in the Opening Ceremonies. Though the flame has an Olympic symbol since 1928, the relay was introduced in 1936 as part of the German government’s attempt its National Socialist ideology.

The Olympic mascot, an animal or human figure representing the cultural heritage of the host country, was introduced in 1968. It has played an important part Games since 1980 with the debut of Misha, a Russian bear. The mascots of the most recent Olympic Games in Beijing were the Fuwa. They are five creatures that represent the five fengshui elements important in Chinese culture.

French and English are the official languages of the Olympic movement. The other official language used at each respective Olympic Games is the language of the host country. Consequently, every proclamation (such as the announcement of each country during the parade of nations in the Opening Ceremonies) is spoken in French, English and the host country’s native language.



Practice 1-3

Below are sentences that include some specialized terms and keyword from the text. Based on these, students should write an applied/example sentence that reflects the meaning of the concept and connects it to the goals or practical applications discussed in the text.

1)Olympic Symbols:

International Olympic Committee (IOC) uses icons, flags, and symbols to represent and enhance the Olympic Games.

Students?.....

2)Olympic Flag colors:

The Olympic rings consist of five interlocking ring, colored blue, yellow, black, green, and red on a white field.

Students?.....

3)Five Continents:

The five rings represent the union of the five inhabited continents – Africa, the Americas, Asia, Europe and Oceania.

Students?.....