



МИНОБРНАУКИ РОССИИ

Федеральное государственное бюджетное образовательное учреждение
высшего образования
«Владивостокский государственный университет экономики и сервиса»

**РАБОЧАЯ ПРОГРАММА
УЧЕБНОЙ ДИСЦИПЛИНЫ
ОГСЭ.04 ИНОСТРАННЫЙ ЯЗЫК
49.02.01 Физическая культура**

Углубленная подготовка

Форма обучения заочная

Владивосток 2022

Рабочая программа учебной дисциплины разработана на основе Федерального государственного образовательного стандарта по специальности среднего профессионального образования программы подготовки специалистов среднего звена (49.02.01 Физическая культура), 11.08. 2014 № 976).

Разработана:

Израелян Т.И. – преподаватель, колледж сервиса и дизайна
Марфина И.В. – преподаватель, колледж сервиса и дизайна

Рассмотрено и одобрено на заседании цикловой методической комиссии

Протокол № 9 от «04» 05 20 22 г.

Председатель ЦМК



Трушкина И.А.

1 ОБЩИЕ СВЕДЕНИЯ ОГСЭ.04 ИНОСТРАННЫЙ ЯЗЫК

1.1 Место дисциплины в структуре основной образовательной программы

Учебная дисциплина ОГСЭ.04 Иностранный язык является частью общего гуманитарного и социально-экономического цикла основной образовательной программы (далее ООП) в соответствии с ФГОС СПО по специальности 49.02.01 Физическая культура.

1.2 Требования к результатам освоения учебной дисциплины

В результате освоения дисциплины обучающийся должен уметь:

общаться (устно и письменно) на иностранном языке на профессиональные и повседневные темы;
переводить (со словарем) иностранные тексты профессиональной направленности;
самостоятельно совершенствовать устную и письменную речь, пополнять словарный запас.

В результате изучения учебной дисциплины «Иностранный язык» обучающийся должен знать:

– лексический (1200-1400 лексических единиц) и грамматический минимум, необходимый для чтения и перевода (со словарем) иностранных текстов профессиональной направленности.

В процессе освоения дисциплины у студентов должны быть сформированы общие компетенции:

ОК 1. Понимать сущность и социальную значимость своей будущей профессии, проявлять к ней устойчивый интерес.

ОК 2. Организовывать собственную деятельность, определять методы решения профессиональных задач, оценивать их эффективность и качество.

ОК 3. Оценивать риски и принимать решения в нестандартных ситуациях.

ОК 4. Осуществлять поиск, анализ и оценку информации, необходимой для постановки и решения профессиональных задач, профессионального и личностного развития.

ОК 5. Использовать информационно-коммуникационные технологии для совершенствования профессиональной деятельности.

ОК 6. Работать в коллективе и команде, взаимодействовать с коллегами и социальными партнерами.

ОК 7. Ставить цели, мотивировать деятельность занимающихся физической культурой и спортом, организовывать и контролировать их работу с принятием на себя ответственности за качество учебно-тренировочного процесса и организации физкультурно-спортивных мероприятий и занятий.

ОК 8. Самостоятельно определять задачи профессионального и личностного развития, заниматься самообразованием, осознанно планировать повышение квалификации.

ОК 9. Осуществлять профессиональную деятельность в условиях обновления ее целей, содержания и смены технологий.

ОК 11. Строить профессиональную деятельность с соблюдением правовых норм, ее регулирующих.

ПК 1.1. Определять цели и задачи, планировать учебно-тренировочные занятия.

ПК 1.3. Руководить соревновательной деятельностью спортсменов.

ПК 2.1. Определять цели, задачи и планировать физкультурно-спортивные мероприятия и занятия с различными возрастными группами населения.

ПК 2.3. Организовывать и проводить физкультурно-спортивные мероприятия и занятия.

ПК 3.3. Систематизировать педагогический опыт в области физической культуры и спорта на основе изучения профессиональной литературы, самоанализа и анализа деятельности других педагогов.

ПК 3.4. Оформлять методические разработки в виде отчетов, рефератов, выступлений.

ПК 3.5. Участвовать в исследовательской и проектной деятельности в области образования, физической культуры и спорта.

2. СТРУКТУРА И СОДЕРЖАНИЕ УЧЕБНОЙ ДИСЦИПЛИНЫ

2.1. Объем учебной дисциплины и виды учебной работы

Вид учебной работы	Объем часов
Максимальная учебная нагрузка (всего)	214
Обязательная аудиторная учебная нагрузка (всего)	42
в том числе: лекции	8
практические занятия	34
самостоятельная работа студента (всего)	172
Итоговая аттестация в форме дифференцированного зачета	

2.2 Тематический план и содержание учебной дисциплины «Иностранный язык»

Наименование разделов и тем	Содержание учебного материала, лабораторные и практические работы, самостоятельная работа обучающихся	Объем часов	Уровень освоения
<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>
Раздел 1	Вводно-коррективный курс	20	
Тема 1.1. Описание людей: друзей, родных и близких и т.д.(внешность, характер, личностные качества)	Содержание учебного материала Практические занятия	8	
	1. Введение. Входной контроль, тест		2
	2. Фонетический материал - основные звуки и интонации английского языка; - основные способы написания слов на основе знания правил правописания; - совершенствование орфографических навыков.		2
	3. Лексический материал по теме.		2
	4. Грамматический материал: - простые нераспространенные предложения с глагольным, составным именным и составным глагольным сказуемым (с инфинитивом); - простые предложения, распространенные за счет однородных членов предложения и/или второстепенных членов предложения; - предложения утвердительные, вопросительные, отрицательные, побудительные и порядок слов в них; - безличные предложения; - понятие глагола-связки .		2
Тема 1.2. Межличностные отношения дома, в учебном заведении, на работе. Повседневная жизнь, условия жизни, учебный день, выходной день	Содержание учебного материала Практические занятия	12	
	5. Лексический материал по теме: - расширение потенциального словаря за счет овладения интернациональной лексикой, новыми значениями известных слов и новых слов, образованных на основе продуктивных способов словообразования		2
	6. Грамматический материал: - модальные глаголы, их эквиваленты;		2

	<ul style="list-style-type: none"> - предложения с оборотом there is/are; - сложносочиненные предложения: бессоюзные и с союзами and, but. - образование и употребление глаголов в Present, Past, Future Simple/Indefinite 		
	7. Лексический материал по теме, расширение потенциального словаря		2
	8. Грамматический материал: <ul style="list-style-type: none"> - имя существительное: его основные функции в предложении; имена существительные во множественном числе, образованные по правилу, а также исключения. - артикль: определенный, неопределенный, нулевой. Основные случаи употребления определенного и неопределенного артикля. Употребление существительных без артикля. 		2
	9. Грамматический материал: <ul style="list-style-type: none"> - числительные; - система модальности.; - образование и употребление глаголов в Past, Future Simple/Indefinite. 		2
	10. Контрольная работа по грамматическому материалу		3
Раздел 2.	Развивающий курс	152	
Тема 2.1 Sport in My Life	Содержание учебного материала Практические занятия	12	
	11. Sport in My Life		2
	12. Sport in My Life		2
	13. Grammar Lesson		2
	14. Speech Practice		2
	15. Speech Practice		2
	16. Revision		2
Тема 2.2 Sports and Games	Содержание учебного материала Практические занятия	46	
	17. General Vocabulary: –Sport ; –Sporting ,–Sports ; –Games		2
	18. General Vocabulary: –Sport ; –Sporting ,–Sports ; –Games		2
	19. General Vocabulary: –Sport ; –Sporting ,–Sports ; –Games		2

	20. Grammar Lesson		2
	21. General Vocabulary:—Sportsmen and Teams , -Scores ; —Supporters Translating: -Мастер спорта		2
	22. General Vocabulary:—Sportsmen and Teams , -Scores ; —Supporters Translating: -Мастер спорта		2
	23. General Vocabulary:—Sportsmen and Teams , -Scores ; —Supporters Translating: -Мастер спорта		2
	24. Grammar Lesson		2
	25. General Vocabulary: —Summer and Winter Sports , -Heavy Athletics , -Aero Sports , -Gymnastics , -Water Sports , -Games ,-Table Games		2
	26. General Vocabulary: —Summer and Winter Sports , -Heavy Athletics , -Aero Sports , -Gymnastics , -Water Sports , -Games ,-Table Games		2
	27. General Vocabulary: —Summer and Winter Sports , -Heavy Athletics , -Aero Sports , -Gymnastics , -Water Sports , -Games ,-Table Games		2
	28. General Vocabulary: —Summer and Winter Sports , -Heavy Athletics , -Aero Sports , -Gymnastics , -Water Sports , -Games ,-Table Games		2
	29. General Vocabulary: —Summer and Winter Sports , -Heavy Athletics , -Aero Sports , -Gymnastics , -Water Sports , -Games ,-Table Games		2
	30. Grammar Lesson		2
	31. Focus on Reading. Text -Sports and Games		2
	32. Focus on Reading. Text -Sports and Games		2
	33. Focus on Reading. Text -Sports and Games		2
	34. Grammar Lesson		2
	35. Summary Focus on Writing The Composition -My Favorite Sport (Game)		2
	36. Grammar Lesson		2
	37. Revision		2

	38. Revision		2
	39. Final Control. Progress Test		2
	Аудиторная учебная нагрузка: подготовка презентаций по видам спорта	14	
Тема 2.3 Practice in Communication.	Содержание учебного материала Практические занятия	12	
	40. Climate. Weather: разговорные формулы; стихи, пословицы и поговорки на тему «Погода».		2
	41. Grammar Target. The Continuous Tenses: способы образования англ. глагола группы Continuous		2
	42. Focus on Reading -Still Ranking the Leaders .		2
	43. Summary: Focus on Speaking Повторить пройденный лексико-грамматический материал, проанализировать допущенные ошибки.		2
	44. Summary: Focus on Speaking Повторить пройденный лексико-грамматический материал, проанализировать допущенные ошибки.		2
	45. Final Control		2
Тема 2.4 From the History of the Olympic Games	Содержание учебного материала Практические занятия	14	
	46. -From the History of the Olympic Games		2
	47. Practice in Communication. Congratulations and Wishes		2
	48. -Modern Olympic Games		2
	49. Grammar Target. The Perfect Continuous Tenses		2
	50. -The Olympic Symbols		2
	51. Summary		3
	52. Final control		3
	Аудиторная учебная нагрузка «Олимпийские виды спорта»	14	
Тема 2.5 Sports in Britain and Other countries	Содержание учебного материала Практические занятия	34	

	53. Practice in Communication. Invitations, arrangements, offers		2
	54. Grammar Target. The Perfect Tenses		2
	55. -Sports in Britain and Other countries		2
	56. Text A -Football in England		2
	57. Text B -Football in USA		2
	58. Text C -Rugby Union Football		2
	59. Grammar Target. The Perfect Tenses		2
	60. Text D -Four-Ball Soccer		2
	61. Text E -Baseball		2
	62. Text F -Netball		2
	63. Grammar Target. The Perfect Tenses		2
	64. Text G -Hurling		2
	65. Text H -The Cricket Season		2
	66. Summary		2
	67. Vocabulary Practice		2
	68. Focus on Speaking		2
	69. Revision		2
	Аудиторная учебная нагрузка «Мой любимый вид спорта» (презентации)	14	
Тема 2.6 The Village Sports	Содержание учебного материала Практические занятия	8	
	70. Vocabulary Practice		2
	71. Text —The Village Sports		2
	72. Grammar Target		2
	73. Revision		
Тема 2.7 Sports	Содержание учебного материала Практические занятия	20	
	74. Skiing		2
	75. Ski-jump		2
	76. Skating and Figure Skating		

	77. Gymnastics		
	78. Boxing		
	79. Cycling		
	80. Swimming		
	81. Weight-lifting		2
	82. Track-and-field		3
	83. Revision		
Тема 2.8 Grammar in Sports	Содержание учебного материала	6	
	Практические занятия		
	84. Grammar in Sports		2
	85. Grammar in Sports		2
	86. Revision. ¹		2

Для характеристики уровня освоения учебного материала используются следующие обозначения:

1. – ознакомительный (узнавание ранее изученных объектов, свойств);
2. – репродуктивный (выполнение деятельности по образцу, инструкции или под руководством)
3. – продуктивный (планирование и самостоятельное выполнение деятельности, решение проблемных задач)

3 УСЛОВИЯ РЕАЛИЗАЦИИ ПРОГРАММЫ ДИСЦИПЛИНЫ

3.1. Требования к минимальному материально-техническому обеспечению

Реализация учебной дисциплины требует наличия учебного кабинета «Иностранного языка».

Оборудование учебного кабинета:

- посадочные места по количеству обучающихся;
- рабочее место преподавателя;
- комплект учебно-наглядных пособий «Страноведение»;
- грамматические таблицы;
- дидактические материалы;
- пособия для мультимедийного оборудования.
- методические рекомендации по созданию презентаций
- методические рекомендации по грамматике английского языка

Технические средства обучения:

Мультимедийный комплект (проектор CASIO XJ-V2, экран LUMIEN Eco Picture) – 1 шт., персональный компьютер Lenovo ThinkCentre – 21 шт., наушники Sanako SLHO7 – 21 шт., колонки Microlab 2.0 SOLO4C – 1 шт., стол – 21 шт., стул – 21 шт.

Лицензионное программное обеспечение:

ОС Windows 10, Microsoft Office 10, Nibelung 3.8, Toefl, словари – Multitran, АBBYY Lingvo

3.2. Информационное обеспечение обучения

Перечень рекомендуемых учебных изданий, Интернет-ресурсов, дополнительной литературы

Основные источники:

1. Английский язык для юристов (А2–В2) : учебник для среднего профессионального образования / М. А. Югова, Е. В. Тросклер, С. В. Павлова, Н. В. Садыкова ; под редакцией М. А. Юговой. — 2-е изд., перераб. и доп. — Москва : Издательство Юрайт, 2016. — 522 с. — (Профессиональное образование). — ISBN 978-5-534-13844-3. — Текст : электронный // ЭБС Юрайт [сайт]. — URL: <https://urait.ru/bcode/467023>
2. Английский язык для изучающих биотехнологии и общественное питание (А2-В2) : учебное пособие для среднего профессионального образования / Л. В. Антипова [и др.] ; под редакцией Л. В. Антиповой. — 2-е изд., перераб. и доп. — Москва : Издательство Юрайт, 2017. — 217 с. — (Профессиональное образование). — ISBN 978-5-534-12263-3. — Текст : электронный // ЭБС Юрайт [сайт]. — URL: <https://urait.ru/bcode/455142>
3. Карпова, Т.А. English for Colleges = Английский язык для колледжей. Практикум + eПриложение : тесты : практикум / Карпова Т.А., Восковская А.С., Мельничук М.В. — Москва : КноРус, 2017. — 286 с. — ISBN 978-5-406-06280-7. — URL: <https://book.ru/book/927088>

Дополнительные источники:

1. Куряева, Р. И. Английский язык. Лексико-грамматическое пособие в 2 ч. Часть 1 : учебное пособие для среднего профессионального образования / Р. И. Куряева. — 8-е изд., испр. и доп. — Москва : Издательство Юрайт, 2017. — 264 с. — (Профессиональное образование). — ISBN 978-5-534-09890-7. — Текст : электронный // ЭБС Юрайт [сайт]. — URL: <https://urait.ru/bcode/452245>
2. Куряева, Р. И. Английский язык. Лексико-грамматическое пособие в 2 ч. Часть 2 : учебное пособие для среднего профессионального образования / Р. И. Куряева. — 8-е изд., испр. и доп. — Москва : Издательство Юрайт, 2016. — 254 с. — (Профессиональное обра-

зование). — ISBN 978-5-534-09927-0. — Текст : электронный // ЭБС Юрайт [сайт]. — URL: <https://urait.ru/bcode/452246>

3. Нужнова, Е. Е. Английский язык. Professional Reading: Law, Economics, Management : учебное пособие для среднего профессионального образования / Е. Е. Нужнова. — 2-е изд., испр. и доп. — Москва : Издательство Юрайт, 2017. — 149 с. — (Профессиональное образование). — ISBN 978-5-534-12993-9. — Текст : электронный // ЭБС Юрайт [сайт]. — URL: <https://urait.ru/bcode/448712>

Интернет-ресурсы

1. www.lingvo-online.ru (более 30 англо-русских, русско-английских и толковых словарей общей и отраслевой лексики).
2. www.macmillandictionary.com/dictionary/british/enjoy (Macmillan Dictionary с возможностью прослушать произношение слов).
3. www.britannica.com (энциклопедия «Британника»).
4. www.ldoceonline.com (Longman Dictionary of Contemporary English).

4 КОНТРОЛЬ И ОЦЕНКА РЕЗУЛЬТАТОВ ОСВОЕНИЯ УЧЕБНОЙ ДИСЦИПЛИНЫ

Контроль и оценка результатов освоения учебной дисциплины осуществляется преподавателем в процессе проведения практических занятий и тестирования, а также выполнения обучающимися индивидуальных заданий, презентаций.

Результаты обучения (освоенные умения, усвоенные знания)	Формы и методы контроля и оценки результатов обучения
1	2
Умения:	
<u>говoreние:</u> – вести диалог (диалог–расспрос, диалог–обмен мнениями/суждениями, диалог–побуждение к действию, этикетный диалог и их комбинации) в ситуациях официального и неофициального общения в бытовой, социокультурной и учебно-трудовой сферах, используя аргументацию, эмоционально-оценочные средства;	практические занятия, беседа\дискуссия
– рассказывать, рассуждать в связи с изученной тематикой, проблематикой прочитанных/прослушанных текстов; описывать события, излагать факты, делать сообщения;	практические занятия, реферат, презентация
–создавать словесный социокультурный портрет своей страны и страны/стран изучаемого языка на основе разнообразной страноведческой и культуроведческой информации;	практические занятия, реферат, презентация
<u>аудирование:</u> – понимать относительно полно (общий смысл) высказывания на изучаемом иностранном языке в различных ситуациях общения;	практические занятия, просмотр учебных фильмов
– понимать основное содержание аутентичных аудио- или видеотекстов познавательного характера на темы, предлагаемые в рамках курса, выборочно извлекать из них необходимую информацию;	практические занятия, просмотр видеофильмов
– оценивать важность/новизну информации, определять свое отношение к ней;	практические занятия ситуативная беседа
<u>чтение</u> – читать аутентичные тексты разных стилей (публицистические, художественные, научно-популярные и технические), используя основные виды чтения (ознакомительное, изучающее, просмотровое/поисковое) в зависимости от коммуникативной задачи;	практические занятия, просмотровое и поисковое чтение газетных, журнальных статей (со словарём, без словаря)
<u>письменная речь</u> – описывать явления, события, излагать факты в письме личного и делового характера;	практические занятия реферат, презентация

– заполнять различные виды анкет, сообщать сведения о себе в форме, принятой в стране/странах изучаемого языка;	практические занятия
Знания:	
– значения новых лексических единиц, связанных с тематикой данного этапа и с соответствующими ситуациями общения;	практические занятия, монологическая речь, диалогическая речь
– языковой материал: идиоматические выражения, оценочную лексику, единицы речевого этикета и обслуживающие ситуации общения в рамках изучаемых тем;	практические занятия, диалогическая речь, полилог
– новые значения изученных глагольных форм (видо-временных, неличных), средства и способы выражения модальности; условия, предположения, причины, следствия, побуждения к действию;	практические занятия, тестирование
– лингвострановедческую, страноведческую и социокультурную информацию, расширенную за счет новой тематики и проблематики речевого общения;	практические занятия, монологическая речь, диалогическая речь, полилог
– тексты, построенные на языковом материале повседневного и профессионального общения, в том числе инструкции и нормативные документы по профессиям и специальностям СПО	практические занятия, письмо
	По всем темам программы осуществляется текущий контроль, рубежный и итоговый. Оценка результатов обучения производится при помощи бально-рейтинговой системы


ТЕХНОЛОГИИ ФОРМИРОВАНИЯ ОК

Код ОК	Результаты обучения (освоенные умения, усвоенные знания)		Формы и методы контроля и оценки результатов обучения
1	2		3
	Умения:	Знания:	
ОК 1. Понимать сущность и социальную значимость своей будущей профессии, проявлять к ней устойчивый интерес.	<u>говорение:</u> – вести диалог (диалог–расспрос, диалог–обмен мнениями/суждениями, диалог–побуждение к действию, этикетный диалог и их комбинации) в ситуациях официального и неофициального общения в бытовой, социокультурной и учебно-трудовой сферах, используя аргументацию, эмоционально-оценочные средства;	– значения новых лексических единиц, связанных с тематикой данного этапа и с соответствующими ситуациями общения;	практические занятия, беседа\дискуссия
ОК 2. Организовывать собственную деятельность, определять методы решения профессиональных задач, оценивать их эффективность и качество.	– рассказывать, рассуждать в связи с изученной тематикой, проблематикой прочитанных/прослушанных текстов; описывать события, излагать факты, делать сообщения; выполнение заданий по решению проблемы в группе, подготовка проектов по изучаемым темам, перевод документации, проведение оценки выполнения заданий одноклассников и самооценки	– языковой материал: идиоматические выражения, оценочную лексику, единицы речевого этикета и обслуживающие ситуации общения в рамках изучаемых тем;	практические занятия, реферат, презентация, проект, портфолио
ОК 3. Оценивать риски и принимать решения в нестандартных ситуациях.	- выполнение проектного задания, руководство проектом заданием, решение кейс-задач	– лингвострановедческую, страноведческую и социокультурную информацию, расширенную за счет новой тематики и проблематики речевого общения;	практические занятия, реферат, презентация, проект, решение кейс-задач
ОК 4. Осуществлять поиск, анализ и оценку информации, необходимой для постановки и решения профессиональных задач, профессионального и личностного развития.	- выполнение проектов по темам, поиск информации по проблеме, работа с профессиональными текстами	- лексические единицы профессиональной лексики	проекты, презентации, портфолио, критический анализ информации
ОК 5. Использовать	- выполнение проектов по	– языковой материал:	практические

<p>информационно-коммуникационные технологии для совершенствования профессиональной деятельности.</p>	<p>темам, поиск информации по проблеме, работа с профессиональными текстами</p> <ul style="list-style-type: none"> - оценивать важность/новизну информации, определять свое отношение к ней; - рассказывать, рассуждать в связи с изученной тематикой, проблематикой прочитанных/прослушанных текстов; описывать события, излагать факты, делать сообщения; 	<p>идиоматические выражения, оценочную лексику, тексты, построенные на языковом материале повседневного и профессионального общения, в том числе инструкции и нормативные документы по специальности</p>	<p>занятия, реферат, презентация, проект, портфолио, критический анализ информации</p>
<p>ОК 6. Работать в коллективе и команде, взаимодействовать с коллегами и социальными партнерами.</p>	<p>– понимать относительно полно (общий смысл) высказывания на изучаемом иностранном языке в различных ситуациях общения; работать в группе по решению проблемы, выполнение проектов, составление ситуативных диалогов, проведение оценки выполнения заданий одноклассников и самооценки</p>	<p>– значения новых лексических единиц, связанных с тематикой данного этапа и с соответствующими ситуациями общения;</p>	<p>практические занятия, просмотр учебных фильмов, выполнение проектов</p>
<p>ОК 7. Ставить цели, мотивировать деятельность занимающихся физической культурой и спортом, организовывать и контролировать их работу с принятием на себя ответственности за качество учебно-тренировочного процесса и организации физкультурно-спортивных мероприятий и занятий.</p>	<p>руководить работой в группе, вносить предложения по решению ситуаций, проблем.</p>	<p>– языковой материал: идиоматические выражения, оценочную лексику, единицы речевого этикета и обслуживающие ситуации общения в рамках изучаемых тем;</p>	<p>практические занятия, работа над проектами, портфолио</p>
<p>ОК 8. Самостоятельно определять задачи профессионального и личностного развития, заниматься самообразованием, осознанно планиро-</p>	<p>- оценивать важность/новизну информации, определять свое отношение к ней;</p>	<p>- тексты, построенные на языковом материале повседневного и профессионального общения, в том числе инструкции и нормативные документы по специальности</p>	<p>проекты, презентации, портфолио, критический анализ информации, составление карты личного роста</p>

вать повышение квалификации.			
ОК 9. Осуществлять профессиональную деятельность в условиях обновления ее целей, содержания и смены технологий .	– читать аутентичные тексты разных стилей (публицистические, художественные, научно-популярные и технические), используя основные виды чтения (ознакомительное, изучающее, просмотровое/поисковое) в зависимости от коммуникативной задачи;	– тексты, построенные на языковом материале повседневного и профессионального общения, в том числе инструкции и нормативные документы по специальности	практические занятия, просмотровое и поисковое чтение газетных, журнальных статей (со словарём, без словаря),
ОК 11. Строить профессиональную деятельность с соблюдением правовых норм, ее регулирующих.	выполнение проектного задания, руководство проектным заданием, решение кейс-задач	значения новых лексических единиц, связанных с тематикой данного этапа и с соответствующими ситуациями общения;	наблюдение и оценка на практических занятиях, организация самостоятельной работы, устный опрос, подготовка презентаций
ПК 1.1. Определять цели и задачи, планировать учебно-тренировочные занятия.	оценивать важность/новизну информации, определять свое отношение к ней;		
ПК 1.3. Руководить соревновательной деятельностью спортсменов.	– понимать относительно полно (общий смысл) высказывания на изучаемом иностранном языке в различных ситуациях общения; работать в группе по решению проблемы, выполнение проектов, составление ситуативных диалогов, проведение оценки выполнения заданий одноклассников и самооценки	– значения новых лексических единиц, связанных с тематикой данного этапа и с соответствующими ситуациями общения;	практические занятия, просмотр учебных фильмов, выполнение проектов
ПК 2.1. Определять цели, задачи и планировать физкультурно-спортивные мероприятия и занятия с различными возрастными группами населения.	выполнение проектного задания, руководство проектным заданием, решение кейс-задач	- лексические единицы профессиональной лексики	проекты, презентации, портфолио, критический анализ информации
ПК 2.3. Организовывать и проводить физкультурно-спортивные мероприятия и занятия.	выполнение проектного задания, руководство проектным заданием, решение кейс-задач	- лексические единицы профессиональной лексики	проекты, презентации, портфолио, критический анализ информации

<p>ПК 3.3. Систематизировать педагогический опыт в области физической культуры и спорта на основе изучения профессиональной литературы, самоанализа и анализа деятельности других педагогов.</p>	<p>- оценивать важность/новизну информации, определять свое отношение к ней;</p>	<p>- тексты, построенные на языковом материале повседневного и профессионального общения, в том числе инструкции и нормативные документы по специальности</p>	<p>проекты, презентации, портфолио, критический анализ информации, составление карты личного роста</p>
<p>ПК 3.4. Оформлять методические разработки в виде отчетов, рефератов, выступлений.</p>	<p>- выполнение проектов по темам, поиск информации по проблеме, работа с профессиональными текстами - оценивать важность/новизну информации, определять свое отношение к ней; - рассказывать, рассуждать в связи с изученной тематикой, проблематикой прочитанных/прослушанных текстов; описывать события, излагать факты, делать сообщения;</p>	<p>- языковой материал: идиоматические выражения, оценочную лексику, тексты, построенные на языковом материале повседневного и профессионального общения, в том числе инструкции и нормативные документы по специальности</p>	<p>практические занятия, реферат, презентация, проект, портфолио, критический анализ информации</p>
<p>ПК 3.5. Участвовать в исследовательской и проектной деятельности в области образования, физической культуры и спорта.</p>	<p>- оценивать важность/новизну информации, определять свое отношение к ней;</p>	<p>- тексты, построенные на языковом материале повседневного и профессионального общения, в том числе инструкции и нормативные документы по специальности</p>	<p>проекты, презентации, портфолио, критический анализ информации, составление карты личного роста</p>

	МИНОБРНАУКИ РОССИИ
	Федеральное государственное бюджетное образовательное учреждение высшего образования «Владивостокский государственный университет экономики и сервиса»
	<i>Колледж сервиса и дизайна</i>

КОМПЛЕКТ
КОНТРОЛЬНО-ОЦЕНОЧНЫХ СРЕДСТВ
ОГСЭ.04 Иностраный язык

49.02.01 Физическая культура

Форма обучения заочная

Владивосток 2022

Комплект контрольно-оценочных средств разработан на основе Федерального государственного образовательного стандарта по специальности среднего профессионального образования программы подготовки специалистов среднего звена 49.02.01 Физическая культура, 11.08. 2014 № 976.

Разработана:

Израелян Т.И. – преподаватель Колледжа сервиса и дизайна
Марфина И.В. – преподаватель Колледжа сервиса и дизайна

Рассмотрено и одобрено на заседании цикловой методической комиссии

Протокол № 9 от « 04 » 05 20 22 г.

Председатель ЦМК



Трушкина И.А.

1 Общие сведения

Контрольно-оценочные средства (далее – КОС) предназначен для контроля и оценки образовательных достижений обучающихся, освоивших программу учебной дисциплины ОГСЭ.03 Иностранный язык.

КОС разработаны на основании:

– основной образовательной программы СПО по специальности 49.02.01 Физическая культура, 11.08. 2014 № 976;

– рабочей программы учебной дисциплины ОГСЭ.03 Иностранный язык.

Формой промежуточной аттестации является дифференцированный зачет.

Код ОК	Код результата обучения	Наименование
ОК 1-9,11 ПК 1.1, 1.3; ПК 2.1, 2.3; ПК 3.3, 3.4, 3.5	У1	общаться (устно и письменно) на иностранном языке на профессиональные и повседневные темы
	У2	переводить (со словарем) иностранные тексты профессиональной направленности
	У3	самостоятельно совершенствовать устную и письменную речь, пополнять словарный запас
	З1	лексический (1200 - 1400 лексических единиц) и грамматический минимум, необходимый для чтения и перевода (со словарем) иностранных текстов профессиональной направленности

2 Распределение типов контрольных заданий по элементам знаний и умений, контролируемых в процессе изучения

Код результата обучения	Содержание учебного материала (темы)	Тип оценочного средства	
		Текущий контроль	Промежуточная аттестация

31	Тема 2.1 Sport in My Life Тема 2.2 Sports and Games Тема 2.5 Sports in Britain and Other countries Тема 2.7 Sports Тема 2.8 Grammar in Sports	практические занятия, беседа\дискуссия; реферат, презентация; просмотровое и поисковое чтение газетных, журнальных статей (со словарём, без словаря); монологическая речь, тестирование; диалогическая речь; полилог.	Дифференцированный зачет
У1	Тема 1.1.Описание людей: друзей, родных и близких и т.д.(внешность, характер, личностные качества) Тема 1.2. Межличностные отношения дома, в учебном заведении, на работе. Повседневная жизнь, условия жизни, учебный день, выходной день		дифференцированный зачет
У2	Тема 2.3 Practice in Communication. Тема 2.6 The Village Sports		дифференцированный зачет
У3	Тема 2.4 From the History of the Olympic Games		дифференцированный зачет

Структура банка контрольных заданий для текущего контроля и промежуточной аттестации

Тип контрольного задания	Количество контрольных заданий (вариантов)	Общее время выполнения обучающимся контрольных заданий
Текущий контроль		
Тестовое задание №1, Choose the right variant.	20 заданий	20 минут
Тестовое задание №2, Choose the right variant.	20 заданий	20 минут
Тестовое задание №3, Choose the right variant.	20 заданий	20 минут
Тестовое задание №4, Choose the right variant.	20 заданий	20 минут
Тестовое задание №5, Choose the right variant.	20 заданий	20 минут
Тестовое задание №6, Choose the right variant.	20 заданий	20 минут

Тестовое задание №7, Choose the right variant.	20 заданий	20 минут
Тестовое задание №8, Choose the right variant.	20 заданий	20 минут
Тестовое задание №9, Choose the right variant.	20 заданий	20 минут
Тестовое задание №10, Choose the right variant.	20 заданий	20 минут
Тестовое задание №11, Choose the right variant.	20 заданий	30 минут
Тестовое задание №12, Choose the right variant.	20 заданий	30 минут
Устный ответ		
Theme 1		20 минут
Theme 2		20 минут
Theme 3		20 минут
Theme 4		20 минут
Theme 5		20 минут
Theme 6		20 минут
Theme 7		20 минут
Theme 8		20 минут
Theme 9		20 минут
Task 1 Render the text	1 задание	30 минут
Task 2 Render the text	1 задание	30 минут
Task 3 Render the text	1 задание	30 минут
Task 4 Render the text	1 задание	30 минут
Комплексные тесты для промежуточной аттестации		
COMPLEX GRAMMAR TEST 1	100 заданий	90 минут
COMPLEX GRAMMAR TEST 2	100 заданий	90 минут

4 Структура контрольных заданий

4.1 Тестовое задание

Test 1

Choose the right variant.

1. Have you ever visited other countries? - Yes, I... to Italy and France.

a) was c) had been

-
- b) have been d) would be
2. I feel really tired. We ... to the party last night and have just returned home.
a) went c) had seen
b) has gone d) was going
3. At the beginning of the film I realized that I ... it before.
a) see c) had seen
b) saw d) have seen
4. When the bus stopped in the small square, Helen ... her magazine and didn't realized at first that she had arrived at her destination.
a) read c) was reading
b) reads d) had read
5. My sister's son ... in tomorrow's race, because he is too young. They do not allow riders under sixteen.
a) won't ride c) wouldn't ride
b) shan't ride d) doesn't ride
6. A beautiful bridge ... in our city. It will be finished next year.
a) builds c) is being built
b) is built d) has been built
7. It has been raining for two hours. I hope it ... raining soon.
a) stops c) would stop
b) shall stop d) stop
8. Television has many advantages. It keeps us informed about the latest news, and also ... entertainment at home.
a) provide c) is provided
b) provides d) provided
9. On the other hand television ... for the violent behavior of some young people, and for encouraging children to sit indoors, instead of doing sports.
a) blames c) is blamed
b) blamed d) would blame
10. Some millionaires have lots of money and ... what to do with it.
a) don't know c) won't know
b) didn't d) knows
11. How ... at college? You didn't say much about it in your last letter.
a) do you get on c) will you get on
b) are you get on d) are you getting on
12. When you ... in this city again? - In a month.
a) arrive c) have you arrived
b) arrived d) will you arrive
13. Every time that I miss the bus, it means that I ... walk to work.
a) has to c) had to
b) have to d) could
14. Every time when I missed the bus, I ... to return home late.
a) must c) can
b) had d) may
15. That was great! It was ... meal you have ever cooked.
a) good c) best
b) better d) the best
16. This exhibition is ... interesting than the previous one.
a) little c) least
b) less d) the least
17. We saw ... good film last night. The film was about the love of a girl to her cat and dog.

-
- a) a c) -
 b) the d) an
18. Everybody agrees that ... happiness is very important in the life of people.
 a) - c) a
 b) the d) many
19. In the past people lived in ... harmony with the environment.
 a) a c) the
 b) an d) -
20. When they arrived ... the station, they rushed to the platform not to miss the train.
 a) to c) in
 b) at d) for

Test 2

Choose the right variant.

1. When you ... older, you'll change your mind about this.
 a) will grow c) have grown
 b) grow d) grew
2. By the time the police get there, the burglars
 a) vanish c) will have vanished
 b) will vanish d) vanished
3. As soon as the taxi arrives, I.... you know.
 a) let c) had let
 b) have let d) will let
4. My friend has been writing to me for years already, but he nevera photo.
 a) sends c) will send
 b) has sent d) sent
5. Why are you busy packing? - My train in two hours, so we'll leave the house in an hour.
 a) is leaving c) leaves
 b) will be leaving d) left
6. When was this building finished? - They say it by the end of last year.
 a) had been finished c) will be finished
 b) was finished d) finishes
7. I thought that I.... my key and was very glad when I found it.
 a) lose c) had lost
 b) lost d) was losing
8. What's the matter? You look upset. Last week I lost my scarf and now I just.... my gloves.
 a) lost c) had lost
 b) have lost d) lose
- 9.1 ... for this bank for five years already but I have decided to change my job.
 a) am working c) have been working
 b) has worked d) worked
10. Martin said that he.... the tickets the next day.
 a) bought c) will buy
 b) had bought d) would buy
11. The house opposite our college .., that's why we are using the back entrance at present.
 a) pulls down c) is being pulled down
 b) is pulled down d) pulled down
12. You.... an umbrella when you left the house, didn't you?
 a) have c) had had

-
- b) was having d) had
13. By the time we got to the cinema the film
a) will begin c) had begun
b) would begin d) began
14. Is there anything I ... do to help you?
a) can c) am to
b) may d) as to
15. The last film I saw was.... frightening than this one.
a) little c) least
b) less d) the least
16. Someone is calling you. Will you answerphone?
a) a c) -
b) the d) these
17. To tell the truth I don't likepair of trousers that I bought last month.
a) those c) that
b) this d) a
18. Whose house is it? - It's
a) my c) her
b) mine d) our
19. Today iscold than yesterday. So, I'm wearing my shorts.
a) little c) least
b) less d) the least
20. "Come homeChristmas Day, we'll be waiting for you", my mother always says to me.
a) in c) -
b) on d) at

Test 3

Choose the right variant.

1. Excuse me, do you speak English? I ... for a hotel.
a) look c) was looking
b) am looking d) have been looking
2. Last summer we wanted a relaxing holiday, so we ... to stay on a small island.
a) choose c) had chosen
b) have chosen d) chose
3. Mathematics ... hard. I don't understand it.
a) are c) was
b) is d) were
4. While we ... for the train, it started to rain.
a) waited c) was waiting
b) are waiting d) were waiting
5. The police officer said that every house in that street ... already by the police.
a) search c) had been searched
b) were searched d) searched
6. There is going to be a big art exhibition. It... a lot of visitors.
a) attracts c) has attracted
b) will attract d) attracted
7. The result of his investigation ... in the newspaper soon.
a) publish c) will be published

-
- b) be published d) is published
8. When they arrived home, their children ... outside the door waiting for them.
a) sit c) was sitting
b) are sitting d) were sitting
9. We ... a new computer not long ago. Now the job will be done much more quickly.
a) had bought c) bought
b) was bought d) have bought
10. He was sorry that he ... to me for so long.
a) didn't write c) hadn't been writing
b) haven't been writing d) hasn't been writing
11. The ring you found ... be returned to an old lady who had lost it.
a) can c) have to
b) must d) are to
12. Everybody in our team played ... except the captain.
a) bad c) worst
b) badly d) the worst
13. You know much, but you know ... than your teacher.
a) little c) least
b) less d) much
14. Small shops are not as ... as supermarkets.
a) more convenient c) most convenient
b) convenient d) the most convenient
15. Sarah is a very good pianist. She plays ... piano very well.
a) a c) the
b) an d) -
16. We had five phone calls, but there were ... for you.
a) no c) either
b) none d) neither
17. I didn't have much time, but I ... visit a lot of places of interest in London.
a) can c) must
b) was able to d) had to
18. That's an easy question! ... knows the answer!
a) All c) Each
b) Everybody d) Every
19. The comic told silly jokes, but nobody laughed ... him.
a) on c) at
b) under d) about
20. We feel sorry ... Sam because he hasn't got any friends.
a) for c) with
b) about d) by

Test 4

Choose the right variant.

1. If I ... some fish, will you cook it for me?
a) will catch c) caught
b) catch d) am catching
2. She said that she ... her present flat. She tried to find another one.

-
- a) doesn't like c) didn't like
b) won't like d) likes
- 3.1 saw you yesterday from the bus. Where ... you ... at that time?
- a) was hurrying c) had hurried
b) were hurrying d) did hurry
- 4.1 found that everything I said on the phone ... to the police.
- a) report c) was reported
b) is reported d) had been reported
5. When I speak Italian, all the others in the class ... at me as I don't know the language well.
- a) laughed c) will laugh
b) was laughing d) laugh
6. He ... in the Army for eighteen months. This is his last month.
- a) serves c) has been serving
b) is serving d) have served
7. Don't make noise: the children ... to sleep.
- a) try c) will try
b) is trying d) are trying
8. A new museum ... in the city. What a beautiful building it will be!
- a) was being built c) is built
b) is being built d) builds
9. Two terrorists ... in New York some days ago.
- a) are arrested c) were arrested
b) have been arrested d) will be arrested
- 10.1 ... understand this letter. Will you translate it for me?
- a) mustn't c) may not
b) can't d) shouldn't
11. Diana's parents don't let her go to late-night disco. She ... be at home at 9 o'clock in the evening.
- a) must c) may
b) can d) have to
12. Henry ... apologize for his bad behaviour yesterday.
- a) have to c) had to
b) may d) is to
13. The children studied hard, and as a result they passed the exams ... of all.
- a) good c) best
b) better d) the best
14. This is ... film I've ever seen.
- a) more interesting c) most interesting
b) the most interesting d) not interesting
15. ... old, ... sick, ... unemployed need our special care.
- a) - c) the
b) an d)everybody
16. Someone who saw ... robbery called the-police.
- a) - c)the
b) a d)those
17. According to this song ... we need is love.
- a) all c) each
b) every d) some
18. We wished the bride and groom happiness in ... new life together.
- a) there c) theirs

-
- b) their d) these
19. Excuse me, but does this umbrella belong ... you?
a) to c) at
b) for d) with
20. I listened to the radio every day to know the weather forecast but I can never rely ... it.
a) at c) in
b) to d) on

Test 5

Choose the right variant.

1. I knew that I ... her somewhere before.
a) saw c) would see
b) had seen d) has seen
2. When I finally found the house, I knocked at the door but ... the answer.
a) don't hear c) didn't hear
b) hasn't heard d) heard
3. I went out into the garden to fetch my bike, but found that someone ... it.
a) stole it c) has stolen
b) would steal d) had stolen
4. When I... for the keys, I remembered that I had left them at home.
a) looked c) had been looking
b) was looking d) look
5. I have been working for the bank for a year already, but I ... to change my job.
a) decided c) has decided
b) have decided d) decide
6. They spoke so quickly that I ... what they were speaking about.
a) not understand c) didn't understand
b) don't understand d) hadn't understood
7. Yesterday our flight ... because of the fog.
a) cancelled c) had been cancelled
b) was cancelled d) has been cancelled
8. I couldn't open the office door because someone ... it.
a) lock c) had locked
b)locked d)would lock
9. As soon as you ... me, I will contact you.
a) calls c) called
b) will call d) call
10.1 ... him since he started working here.
a) have never trusted c) trusted
b) had never trusted d) trust
11. Mary will be ready soon. She ... coffee at the moment.
a) has c) was having
b) have d) is having
12. If we ... late for the class, our teacher will be angry with us.
a) is c) will be
b) were d) are
13. We ... in the sunshine for about half an hour when I suddenly felt sick.
a) have been sitting c) sat

-
- b) were sitting d) had been sitting
14. We were disappointed as the film was ... than we expected.
a) entertaining c) most entertaining
b) less entertaining d) entertaining
15. We usually ask our teacher to explain ... difficult problems to us.
a) the c) a
b) - d) this
16. Playing ... guitar is an interesting hobby.
a) - c) the
b) a d) mine
17. Our city is famous for ... beautiful ancient buildings.
a) its c) it's
b) it d) his
18. Her hair is long and fair. Everybody admires
a) them c) they
b) it d) its
19. You are very good.... dealing with people.
a) in c) on
b) at d) about
20. Last summer our neighbours decided to drive to Scotlanda short holiday.
a) at c) on
b) to d) for

Test 6

Choose the right variant.

1. When the light ... I was sitting in the armchair reading a book.
a) goes out c) go out
b) had gone out d) went out
2. I thought I ... this film before, but I hadn't.
a) saw c) had seen
b) seen d) have seen
3. Why haven't you brought me the letters for signature? ... them yet?
a) Don't you type c) Haven't you typed
b) Didn't you type d) Will you type
4. She wasn't sure whether she ... the door of her flat.
a) locked c) had locked
b) has locked d) didn't lock
5. I... my homework all morning and haven't finished it yet.
a) am doing c) have been doing
b) do d) did
6. The inspector suspected that the thief ... a special key for opening this door.
a) uses c) had used
b) has used d) will use
7. I was very tired. When I ... to bed, I fell asleep immediately.
a) got c) had got
b) has got d) will get
8. The Vikings ... to North America a thousand years ago.
a) sail c) had sailed

-
- b) sailed d) have sailed
9. Thank you for your offer, but I ... not to accept it.
a) decide c) have decided
b) has decided d) decided
10. You ... through your old photograph album for half an hour already.
a) look c) have looked
b) are looking d) have been looking
11. Nobody knows where his picture is. Perhaps, it
a) was stolen c) has been stolen
b) will be stolen d) stolen
12. I agree. You ... apologize for not inviting him to your birthday party.
a) can't c) shouldn't
b) mustn't d) may not
13. Actually, today I feel than I did yesterday.
a) bad c) worst
b) worse d) the worst
14. people who are unemployed often feel depressed.
a) The c) A
b) - d) That
15. Who was the first astronaut who landed on.... Moon?
a) the c) a
b) - d) those
16. What happened at the end of the film? - I'm sorry to say, but I haven't seen film.
a) a c) -
b) the d) those
17. This isinteresting exhibition I've ever visited.
a) more c) less
b) most d) the most
18. Would you mind waiting minutes?
a) few c) little
b) a few d) a little
19. I'm ... interested in languages than in mathematics,
a) much c) little
b) many d) less
20. The students often translate English textsRussian.
a) to c) into
b) in d) on

Test 7

Choose the right variant.

1. My mother ... strawberries for years but she has never had such a good crop before.
a) grow c) has been growing
b) grew d) had grown
2. Helen got off the bus and walked into the bank when she realized that she ... her handbag on the bus.
a) left c) has left
b) had left d) leaves

-
3. You are a great cook! This cake ... wonderful as usual.
a) taste c) will taste
b) tasted d) tastes
4. I cut my finger when I ... the potatoes.
a) am peeling c) was peeling
b) have peeled d) will peel
5. The students ... not to be late for their classes.
a) ask c) are asked
b) asked d) are asking
6. Yesterday, while Jane ... she broke two cups.
a) wash up c) was washing up
b) washes up d) has washed up
7. Be attentive and more serious. You always ... something!
a) lose c) have lost
b) are losing d) have been losing
8. What ... you ... when I phoned you last night?
a) did do c) had done
b) were doing d) had been doing
9. Our flat ... at the moment, so it doesn't look its best.
a) paints c) is being painted
b) is painted d) has been painted
10. My brother will be absent. He ... for his exam at this time tomorrow.
a) will prepare c) will have prepared
b) will be preparing d) will have been preparing
11. you give me some advice about the language courses?
a) Have c) Should
b) May d) Could
12. Why didn't you give me a call yesterday? We.... discuss everything together.
a) can c) may
b) must d) could
13. At college the work is harder than the work we did at school, but it is much.... interesting.
a) more c) many
b) most d) a few
14. A person with a good education usually getsbetter job.
a) - c) the
b) a d) an
15. poor people need help from the government.
a)- c)A
b) The d) This
16. The government should helppoor.
a) - c) a
b) the d)that
17. You can do.... you want, but don't bother me now.
a) anything c) some
b) something d) any
18. The government is going to providehouses for homeless people.
a) much c) most
b) more d) least
19. I think of coming to Moscow.... a few days to visit my sister.
a) of c) for
b) on d) over

20. I think we should ask ... some information about this case.

- a) about
- b) -
- c) for
- d) on

Test 8

Choose the right variant.1

1. The train stopped at all the stations, and long before we got to London every seat ... and people were standing in the corridors.

- a) has been taken
- b) was taken
- c) had been taken
- d) is taken

2. Most of the young people left this village a long time ago and nobody ... yet.

- a) returned
- b) has returned
- c) had returned
- d) was returned

3. The police suspected that Bill himself had broken the window at his house because he wanted to make them think that a burglar ... his valuable stamp collection.

- a) stole
- b) had stolen
- c) was stealing
- d) has stolen

4. The police thought that he ... it because he needed money.

- a) did
- b) had done
- c) was doing
- d) has done

5. If you work a bit harder, I'm sure you ... the exam.

- a) pass
- b) will pass
- c) have passed
- d) would pass

6. Where are you going? I ... speaking with you yet.

- a) not finished
- b) didn't finish
- c) haven't finished
- d) don't finish

7. I didn't see where the bus stop was, so I ... the bus yesterday.

- a) miss
- b) missed
- c) has missed
- d) had missed

8. Last week a burglar broke into the house while we ... television.

- a) watch
- b) have watched
- c) watched
- d) were watching

9. When are you going to finish this translation? - I ... this translation today.

- a) finish
- b) finished
- c) have finished
- d) had finished

10. I felt really tired. We ... for two hours before we reached the nearest hotel.

- a) walked
- b) were walking
- c) have been walking
- d) had been walking

11. My father is sure that most people ... bicycles to work in twenty years' time.

- a) shall ride
- b) will be riding
- c) ride
- d) are riding

12. The plane ... take off after the fog had lifted.

- a) must
- b) was able to
- c) can
- d) may

13. Finally we ... stop: we were tired and it was dark.

- a) can
- b) may
- c) must
- d) had to

14. In the past most of the population lived in ... country.

-
- a) the c) -
b) a d) this
15. The judge sent our neighbor to ... prison for a month.
a) the c) -
b) a d) an
16. English are proud of their country and that the English language is spoken all over the world.
a) the c) an
b) - d) few
17. Why have you done it? Oh, there are reasons for it.
a) much c) a little
b) little d) many
18. Sorry, but I can't hearof you properly.
a) neither c) nobody
b) either d) none
19. We were looking forward a quiet rest near the forest.
a) for c) on
b) to d) at
20. Our city is famousits beautiful ancient buildings.
a) of c) by
b) for d) with

Test 9

Choose the right variant.

1. My passport ... last month, and nobody has found it yet .
a) lost c) has been lost
b) was lost d) had been lost
2. There's going to be an interesting art exhibition. It ... a lot of visitors.
a) attracts c) will attract
b) attract d) would attract
3. Have you head the news? He ... all his exams this week.
a) passed c) had passed
b) has passed d) pass
4. By the time we get to the cinema the film
a) will begin c) will have begun
b)begins d)began
5. He says his trainat 8 a.m. He's packing his things at the moment.
a) leave c) has left
b) leaves d) would leave
6. I was quite.... to see Ben behaving like that.
a)shocked c) being shocked
b)shocking d)shock
7. Ion the phone when the postman knocked on the door and entered the room.
a) speak c) was speaking
b) am speaking d) have spoken
8. We first came to this town more than twenty years ago. Everythingin the town since that time.
a)change c) has changed

-
- b)changed d)is changed
9. We didn't know that Bill ... to Brazil the week before, and he was abroad when the burglary took place.
- a) flew c) has flown
b) had flown d) would flow
10. I arrived in Prague in September last year. So I ... here for six months.
- a) live c) have lived
b) lived d) will live
11. While I was wondering whether to buy the shoes or not, they ... by someone else.
- a) buy c) were bought
b) bought d) had been bought
12. He was happy. He ... pass his driving test at the first attempt.
- a) should c) had to
b) must d) was able to
13. At present I ... afford to go to the cinema twice a week.
- a) can't c) must not
b) couldn't d) might not
14. We didn't think you were ... in ancient history.
- a) interested c) not interesting
b) interesting d) less interesting
15. Every morning I listen to ... radio, but I don't like to watch TV so early.
- a) the c) -
b) a d) these
- 16.English is the world language and the English language spoken in the USA or Australia differs from the English language spoken in Britain.
- a)the c) an
b) - d)a
17. You are always quarreling! Stop it,.... of you!
- a)everybody c) both
b) some d) every
18. Mr. Smith was accused of spying and putprison.
- a) in c) at
b) of d) to
19. Our city succeededcollecting a large sum of money for charity.
- a) on c) with
b) in d) at
20. I'm sorry.... your difficulties. Can I help?
- a)for c) about
b) at d)on

Test 10

Choose the right variant.

1. It's 11 o'clock so I ... to bed now.
- a) go c) will go
b) am going d) have gone
2. The tickets to the football match usually ... and checked at the entrance.
- a) sell c) are sold
b) was sold d) won't be sold

-
3. We ... to the party today.
a) have been invited c) have invited
b) are invited d) had been invited
4. The baby ... because it is hungry now.
a) crying c) cries
b) is crying d) cried
5. There ... a lot of people waiting in the station yesterday evening.
a) is c) was
b) are d) were
6. Some people ... on the benches waiting for their trains.
a) was sleeping c) have slept
b) were sleeping d) had slept
7. By the time the train arrived, Susan ... to push her way to the front of the crowd.
a) managed c) had managed
b) has managed d) would manage
8. ... you ... my English book anywhere? I can find it nowhere.
a) Did ... see c) Will ... see
b) Have ... seen d) Had ... seen
9. He ... the text before I decided to help him.
a) translated c) has translated
b) had translated d) will translate
10. It ... in London this morning that the British Oil Corporation had discovered oil under the sea near the Welsh coast.
a) announced c) had been announced
b) would be announced d) was announced
11. If he ... when I come, I won't wake him up.
a) sleep c) will sleep
b) will be sleeping d) is sleeping
12. they leave before supper or have they time to stay until my friends come?
a) must c) might
b) may d) should
13. Mybrother studies at college.
a) old c) older
b) elder d) the eldest
14. This is ...film I have ever seen.
a) good c) worse
b) the best d) better
15. Hyde Park is a very large park in central London.
a) - c) a
b) the d) an
16. My friends tell me that professors are people who think a lot, but say
a) little c) a few
b) few d) some
17. These books costthan my friend wants to pay.
a) more c) most
b) much d) the most
18. He has earned somoney that he has decided to help the poor.
a) much c) little
b) many d) few
19. They go to work by car and come homefoot.
a) by c) with

- b) on d) in
20. The bus from Glasgow arrives ... the Central bus station.
a) at c) in
b) to d) for

Ключи к заданиям:

Test 1

- 1) b; 2) a; 3) c; 4) c; 5) a; 6) c; 7) a; 8) b; 9) c; 10) a; 11) d; 12) d; 13) b; 14) b; 15) d; 16) b; 17) a; 18) a; 19) d; 20) b.

Test 2

- 1) b; 2) c; 3) d; 4) b; 5) c; 6) a; 7) c; 8) b; 9) c; 10) d; 11) c; 12) d; 13) c; 14) a; 15) b; 16) b; 17) c; 18) b; 19) b; 20) b.

Test 3

- 1) b; 2) d; 3) b; 4) d; 5) c; 6) b; 7) c; 8) d; 9) c; 10) c; 11) b; 12) b; 13) b; 14) b; 15) c; 16) b; 17) b; 18) b; 19) c; 20) a.

Test 4

- 1) b; 2) c; 3) b; 4) c; 5) d; 6) c; 7) d; 8) b; 9) c; 10) b; 11) a; 12) c; 13) c; 14) b; 15) c; 16) c; 17) a; 18) b; 19) a; 20) d.

Test 5

- 1) b; 2) c; 3) d; 4) b; 5) b; 6) c; 7) b; 8) c; 9) d; 10) a; 11) d; 12) d; 13) d; 14) b; 15) b; 16) c; 17) a; 18) b; 19) b; 20) d.

Test 6

- 1) d; 2) c; 3) c; 4) c; 5) c; 6) c; 7) a; 8) B; 9) c; 10) d; 11) c; 12) c; 13) B; 14) B; 15) a; 16) B; 17) d; 18) b; 19) d; 20) c.

Test 7

- 1) c; 2) b; 3) d; 4) c; 5) c; 6) c; 7) b; 8) b; 9) c; 10) b; 11) d; 12) d; 13) a; 14) b; 15) a; 16) b; 17) a; 18) b; 19) c; 20) c.

Test 8

- 1) c; 2) b; 3) b; 4) b; 5) b; 6) c; 7) b; 8) d; 9) c; 10) d; 11) b; 12) b; 13) d; 14) a; 15) c; 16) a; 17) d; 18) b; 19) b; 20) b.

Test 9

- 1) b; 2) c; 3) b; 4) c; 5) b; 6) a; 7) c; 8) c; 9) b; 10) c; 11) c; 12) d; 13) a; 14) a; 15) a; 16) b; 17) c; 18) d; 19) b; 20) c

- Test 10 1) b; 2) c; 3) a; 4) b; 5) d; 6) b; 7) c; 8) b; 9) b; 10) d; 11) d; 12) a; 13) b; 14) b; 15) a; 16) a; 17) a; 18) a; 19) b; 20) a;

Test 11

1) Прочитайте приведённый ниже текст. Преобразуйте, если необходимо, слова, напечатанные заглавными буквами, чтобы они грамматически соответствовали содержанию текста. Заполните пропуски полученными словами.

Cricket

One of the most popular sports in England is cricket. It is sometimes called the national sport and many adults and (1)_____ (CHILD) play it in their spare time or at school. It (2)_____ (PLAY) by two teams of eleven and has some similarities to baseball. To put it simply, the aim is to score runs and the side (3)_____ (SCORE) most runs wins. The game is quite old, and the (4)_____ (EARLY) references to it date from the 1500s. Spectators (5)_____ (WATCH) cricket matches for hundreds of years in many parts of England. The

list of famous cricket grounds includes Lord's in London and Old Trafford in Manchester. 'Test cricket' is the name given to five-day matches between different countries.

2) Выберите правильный вариант.

1. We saw a lot of pictures at the art shop, but _____ was good enough to buy for our museum.
a) none of them c) not some of them
b) no of them d) only any of them
2. If there are _____ calls for me, can you ask to leave a message?
a) some c) any
b) none d) no
3. While peeling potatoes my small brother cut _____ with a sharp knife.
a) oneself c) his
b) him d) himself
4. There are many good hotels in the town. You can stay at _____ of them.
a) no c) any
b) some d) all
5. _____ the house when it started to rain.
a) Scarcely he had entered
b) Scarcely had he entered
c) He scarcely had entered
6. _____ at everyone who got off the plane.
a) Suspiciously he looked
b) He suspiciously looked
c) He looked suspiciously
7. _____ injured in the last match.
a) He badly was
b) Badly he was
c) He was badly
8. _____ than he fell ill.
a) No sooner he had arrived
b) No he had sooner arrived
c) No sooner had he arrived
9. There is _____ sand in my shoes.
a) — c) the
b) a d) an
10. The news was _____ very depressing.
a) a c) —
b) the d) an
11. _____ man and _____ woman were sitting opposite me.
a) a, the c) a, a
b) the, a d) -, -
12. Paris is _____ capital of France.
a) the c) an
b) a d) -
13. The exam was quite easy — _____ we expected.
a) more easy that c) easier than
b) more easy than d) easier as

-
14. The more electricity you use,_____.
- a) your bill will be higher
b) will be higher your bill
c) the higher your bill will be
d) higher will be your bill
15. He's a fast runner. I can't run as _____ as he.
- a) fast c) faster
b) fastly d) fastest
16. The film was really boring. It was _____ I've ever seen.
- a) most boring film c) the film more boring
b) the more boring film d) the most boring film
17. She was jealous _____ her friend because she had a better dress.
- a) at c) of
b) on d) to
18. The waste paper bin is full _____ crumpled sheets of paper.
- a) with c) to
b) for d) of
19. The computer is capable _____ producing graphics.
- a) to c) for
b) of d) in
20. Moscow is especially famous _____ its elegant architecture.
- a) for c) with
b) of d) at

3) Рассказать на выбор: о своей команде, о будущей профессии, о своем профессиональном виде спорта.

Test 12

1) Прочитайте приведённый ниже текст. Преобразуйте, если необходимо, слова, напечатанные заглавными буквами так, чтобы они грамматически и лексически соответствовали содержанию текста. Заполните пропуски полученными словами.

In Britain, the AA (or Automobile Association) has been providing assistance to drivers for over 100 years. In that time, the (1) _____ (MEMBER) has grown from 100 drivers to 15 million. The AA is involved in many different (2) _____ (ACTIVE), including publishing books and maps. However, it is best known for helping (3) _____ (FORTUNE) drivers who have had an accident or whose cars have broken down. It also tries to persuade the (4) _____ (GOVERN) to introduce new laws which will help drivers and improve road (5) _____ (SAFE). For example, the AA was in favour of the 1983 law which made it illegal to drive without a seatbelt.

2) Выберите правильный вариант.

1. I've been trying to phone her all day but _____ I phone her the line is engaged.
- a) every time c) the every time
b) all the time d) the whole time
2. He is invited to lots of parties and he goes to _____.
- a) everyone c) every one
b) everything d) each

-
3. These are _____ organizations operating in our market and even _____ we would consider real competitors.
- a) a few, many b) little, some
c) some, fewer d) few, fewer
4. You are not the only one who failed to hear the news. I didn't _____.
- a) neither c) either
b) both d) also
5. Not only _____ you, they smash everything too.
- a) they do rob
b) do they rob
c) they rob
6. How _____ if I fall right through the earth and come out among the antipodes.
- a) funny it will seem
b) it will seem funny
c) it funny will seem
7. He was born _____.
- a) at two o'clock on April 12th in the morning in 1947
b) in the morning at two o'clock on April 12th in 1947
c) at two o'clock in the morning on April 12th in 1947
8. _____ all the exercises he had to do.
- a) He carefully wrote
b) He wrote carefully
c) Carefully he wrote
9. Chinese eat _____ rice every day.
- a) the c) a
b) - d) an
10. There were _____ very few people in the shops today.
- a) an c) —
b) a d) the
11. What is _____ longest river in _____ world?
- a) a, a c) the, a
b) the, the d) a, the
12. Did you hear _____ noise just now?
- a) the c) a
b) - d) an
13. My book is _____ interesting _____ yours.
- a) as, as c) as, like
b) like, like d) like, as
14. My house is _____ height _____ his.
- a) as, as c) as, the same
b) the same, as d) the same, the same
15. John's grades are _____ his sister's.
- a) the higher than c) higher than
b) the highest as d) more high than
16. His drawings are as perfect as his _____.
- a) instructor b) instructor's
c) instructors d) instructor drawings
17. I felt very ashamed _____ making such a stupid mistake.
- a) of c) at
b) for d) to

18. Could you add this up for me? I'm not very quick_____ calculating.

- a) with c) at
b) in d) on

19. After days of preparation the hall is ready_____the grand opening.

- a) on c) at
b) to d) for

20. Who is responsible_____making such a mess?

- a) for c) with
b) of d) at

Критерии оценки

- оценка «отлично» выставляется обучающемуся, если студент выполнил задание от 91% до 100%

- оценка «хорошо», если студент выполнил задание от 70% до 90%

-оценка «удовлетворительно», если студент выполнил задание от 50% до 69%

-оценка «неудовлетворительно», если студент выполнил задание менее 50%

4.2 Темы для устной беседы

Theme 1 Мой рабочий день.

1. How and when does your working day begin? 2. How many training sessions have you every day? 3. When do your lessons begin at school? 4. How many lessons do you have every day? 5. When and where have you breakfast, lunch and dinner? 6. What do you usually have for breakfast, lunch and dinner? 7. How do you rest? 8. What is your typical working day like? 9. Tell me about your working day.

Theme 2 Спорт и здоровый образ.

1. Is it easy or difficult for you to get up early? 2. Do you skip breakfast? 3. Is your lifestyle regular or chaotic? 4. Do you do morning exercising? 5. How long do you practice sports every day? 6. Do you give special attention to meals? 7. What good and bad health habits can people have? 8. What is your attitude to smoking, drinking alcohol, physical inactivity? 9. Tell me about your healthy lifestyle.

Theme 3 Моя будущая профессия.

1. Why is it important to be professional? 2. What kind of knowledge do professionals have? 3. Do professionals know everything? 4. What qualities do people respect and value in professions? 5. What professions do you know? 6. What are you going to be? 7. Why are you going to be a coach? 8. What should coach do? 9. What should know about a sportsman?

Theme 4 Зимние виды спорта.

1. What sports do you know? 2. Name me winter sports. 3. Do you like hockey? 4. How many players are in hockey team? 5. When and where was the game born? 6. What is your attitude to snowboarding, snowrafting? 7. What is your attitude to skiing, figure-skating? 8. Do winter sports have an element of danger? 9. Do you recommend practicing winter sports to your friends? Why?

Theme 5 Летние виды спорта.

1. What sports do you know?
2. Name me summer sports.
3. Do you like football?
4. How many players are in football team?
5. When and where was the game born?
6. What football teams do you know?
7. Who is your favourite hockey-player?
8. What is your attitude to cycling, swimming?
9. What is your attitude to diving, rowing?
10. Do you recommend practicing winter sports to your friends? Why?

Theme 6 История олимпийских игр.

1. What do you know about the history of the first Olympic Games?
2. What sports were popular in first Olympic Games?
3. When and where did modern Olympic Games take place?
4. How often do Olympic Games take place?
5. Where were the 22nd Winter Olympic Games?
6. Whose sportsmen were the best?
7. How many gold medals did they win?

Theme 7 Лондон – столица олимпийских игр 2012

1. What city is the capital of the UK?
2. What is its population?
3. When was London founded?
4. Where is it situated?
5. What are its main parts?
6. Why is the City called the financial centre of the UK?
7. How many people work and live in the City?
8. What is the West End associated with?
9. Why is the East End considered important to the country's commerce?
10. Why is Westminster called the political centre?
11. How many countries took part in the summer Olympic Games in London?
12. How did our sportsmen show themselves?

Theme 8 Олимпийский Сочи 2014

1. When and where were the 22nd Winter Games?
2. How many countries took part in it?
3. What events did these games include?
4. What was the motto of winter Olympic Games?
5. Whose sportsmen were the best?
6. How many medals did they win?
7. How many gold medals did they win?
8. Were you proud of results of Olympic Games?
9. Tell me about winter Olympic Games in Sochi.

Theme 9 Как оставаться здоровым

1. Do you give special attention to meals?
2. What good and bad health habits can people have?
3. What is your attitude to smoking, drinking alcohol, physical inactivity?
4. How sport help to be healthy and fit?
5. What can you recommend people to be healthy?
6. What is your attitude to fat and fast food?
7. Tell me how to be healthy for ages.

Task 1 Render the text

PYOTR LESGAFT

The figure who made the most important impression on Russian and Soviet physical education was Pyotr Frantsevich Lesgaft (1837-1909), biologist, anatomist, educationalist and social reformer-the founder of the new discipline of physical education in tsarist Russia.

Lesgaft started his career in 1861 as a teacher of anatomy at the St Petersburg Academy of Medicine; he was subsequently invited to take up a professorship at the University of Kazan and went there in 1868, but was soon dismissed for his outspoken criticism of the unscientific methods used. For a while, from 1872, he worked as consultant on therapeutic gymnastics in the private surgery of Dr Berlindt but, after the publication of several articles and books, he was in

charge of the physical training of military cadets. The next year, 1875, he was commissioned by the War Ministry to spend two summers in Western Europe studying the systems of physical education current there. Altogether, he visited 26 cities in 13 Western European states. The British system was evidently most to his liking, although he abhorred the –strict orders, fagging and lording of senior pupils over juniors that he witnessed in some public schools. He also visited the Central Army Gymnastics School at Aldershot, the Royal Military Academy at Woolwich and Oxford University. What especially took his fancy was –English predilection for strict rules of hygiene, competitive games in the open air, long walks and boat trips, swimming and other regular exercises. On his return, in 1877, he published his *Relationship of Anatomy to Physical Education and the Major Purpose of Physical Education in Schools*, in which he outlined a physical education programme for military colleges. He was, in fact, able to supervise its progress in twelve academies. At the same time, he took a keen interest in organizing courses for physical education instructors for the military academies- provision for which, until then, had been non-existent.

Task 2 Render the text

PIERRE DE COUBERTIN (FRANCE)

He was born on January 1, 1863 in the old aristocratic family. After graduating cum laude from the college 17-year-old Pierre, to the amazement of his relatives, refused to take up the military career intended for him and entered The Higher School of Politology. He was convinced the everyone must make his choice independently and have an opportunity to form his moral principles himself. Coubertin went to Britain in search of his true vocation. In the small town of Rugby he familiarized himself with the pedagogical heritage of Thomas Arnold who headed the local college for 14 years and showed in practice that the team sports and competitions were beneficial for the educational process and conducive to the opening up of the individual and to the creation of informal relations within the college.

Coubertin began his reformative activity in one of the Paris schools. He was also engaged in enlightenment work. Lectures and articles, calling to give up the militarized upbringing of the youth based on the German drill exercises, are known. In 1887 the Union of French Running Societies (subsequently renamed the Union of French Athletic Sports Assotiations) and the Committee for the Propagation of Physical Education were set up on his initiative. On October 25, 1892 during celebration of the fifth anniversary of the Union of Athletic Sports Assotiations of France. In the big amphitheatre of the Sarbonne in Paris Pierre de Coubertin, Secretary General of the Union, formally announced that he was getting down to the immediate implementation of his long-cherished project--to the revival of the Olympic Games on the principles corresponding to the needs of the present day. Then, he managed to convince the leadership of the Union in the need to convene an international forum for the elaboration of uniform approaches to the organization of the Olympic Games as well as common requirements for the participants. International Athletic Congress was opened on June 16, 1894. A week later, after voting for the revival of the Olympic Games, the delegates adopted a decision to set up a standing committee authorized to supervise the organization and conduct of these competitions. As it is known, Demetrius Vikelas (Greece) was elected the first IOC President, while Pierre de Coubertin occupied the post of the Secretary General. However, on April 10, 1896 Coubertin became the second IOC President.

Task 3 Render the text

DRUGS IN SPORT

Many kinds of drugs are used by athletes competing in sports all over the world. Some are used to build muscles or give the athlete extra energy. Others kill the pain of injuries or calm nerves, but many are illegal. Taking substances to improve sports performance is not new. Athletes in ancient Egypt drank a mixture of boiled donkey hoof, rose petals and rose-hips, believing it would make them winners. The winner of the 200 metres at the Olympic Games of 668 BC in ancient Greece used a special diet of figs. **What kinds of drugs are used by some people in sport?**

The *anabolic steroids* which are used in sport resemble male hormones. –Anabolic means to build up—in this case to build up muscles. Bodybuilders use anabolic steroids in order to look good in competitions but big muscles do not necessarily mean extra strength!

Stimulants make you feel full of energy and confidence, but they can also make you feel more aggressive. They are officially banned in sport, but amphetamines have been abused by cyclists, who need lots of stamina, and cocaine has been used by basketballers and footballers to make them more competitive.

Beta-blockers are drugs which are normally prescribed by doctors for people with high blood pressure or heart problems. They help calm you down and relieve stress. Snooker players, archers and those who shoot in competition all need steady hands and cool nerves. It is rumoured that some athletes have taken beta-blockers for this reason

All of these drugs can cause health problems if taken in large doses. For example, steroids can cause liver cancer in men and infertility in women. There is also evidence that people who take steroids can become very aggressive.

Stimulants are also very dangerous. They do not create energy—they take it from the body. Eventually, users feel exhausted and washed out. When doing hard exercise, there is a danger of having a heart attack. The problem is that people who take stimulants think they can keep going and they push their bodies too far. A British cyclist, Tommy Simpson, and Len Bias, an American basketball player, both died in this way.

Task 4 Render the text

TAI CHI

Have you noticed that quite a few Chinese words have recently entered the English language and the Russian language as well? In spite of the famous saying –East is East and West is West, western people are becoming more and more interested in eastern philosophies, religions, culture... One of the new words that appeared in Europe is Tai Chi.

Tai Chi is a system of slow, graceful and rhythmic exercise. The word is translated as ‘supreme fist,’ but specialists prefer to describe the system as –strength within softness, –poetry in motion and –moving harmony.

Some people say that Tai Chi is 6,000 years old, some say it began only a few centuries ago. Everybody agrees however that it originated in China and it is still extremely popular there. A lot of Chinese people practice it together in parks in the morning. It is said that the founder of Tai Chi was a Taoist monk. Once he saw a fight between a crane and a snake and was inspired by the soft and gentle movements of the snake which eventually outmaneuvered the crane and its hard beak.

Tai Chi can be described as a system of health, medicine, relaxation and self-defense. It teaches patience and helps to understand the coordination of body and mind. In Chinese medicine the interdependence of body, mind and spirit is considered integral to well-being. The

movements of Tai Chi tone and strengthen the organs and muscles, improve circulation and posture and relax both mind and body. They help to increase alertness, to develop concentration and to improve balance and posture.

Tai Chi can be used in self-defense but it is usually practiced for its health-giving benefits. Martial arts rely mostly on force and speed, Tai Chi is –soft,|| but its gentleness does not prevent it from being a very effective form of self-defense.

One of the advantages of Tai Chi is that it can be practiced by people of all ages and abilities and it does not need any special equipment or clothing – just a small well-ventilated area, some loose and comfortable clothes and flat-soled shoes. Or you can practice it bare feet. But you cannot learn Tai Chi from a book or a video alone, you should find a class, because only a teacher can correct your postures. Once learned it is with you for the rest of your life. It does not require much time – just a few minutes, but it should be practiced regularly, preferably every day. It is considered to be a perfect antidote to stresses and strains of modern life