

CHAPTER
3

Working Out:

Sports and Fitness in the United States



Match each team name with the correct description based on the history or background of the team.

History/Description	Team Name
1. _____ baseball team named after the two neighboring cities in Minnesota	a. Houston Astros
2. _____ football team originally named the Pirates (same as the baseball team) and then renamed to reflect the steel industry of this city	b. San Francisco 49ers
3. _____ baseball team renamed in 1965 after the new NASA Space Center in this city	c. Indiana Pacers
4. _____ basketball team named after the front car at the most famous auto race, Indianapolis 500	d. Minneapolis Twins
5. _____ baseball team named in 1970 after the beer breweries famous in this urban area	e. Seattle Supersonics
6. _____ basketball team that joined the NBA in 1967; the team was named after a jet that Boeing was working on to compete with the Concorde	f. Milwaukee Brewers
7. _____ football team named after the pioneers of the gold rush of 1849 that took place east of this California city	g. Colorado Rockies
8. _____ football team, originally located in Boston, named to honor this area's history as the birthplace of the American Revolution	h. New Orleans Saints
9. _____ football team whose name is based on the date it joined the NFL (November 1, 1966, All Saints' Day) and is located in a city famous for jazz and the song "When the Saints Go Marching In"	i. New England Patriots
10. _____ baseball team named after the large mountain range found in this U.S. state	j. Pittsburgh Steelers

Although sports are played all over the world, culture affects the influence of some sports leisure activities of people in different cultures. This chapter explores aspects of sports and leisure in the United States that may or may not be similar to what you find in your own culture. You will also practice language skills, including:

- recognizing word forms by using prefixes and suffixes
- activating background knowledge prior to reading
- categorizing ideas from a reading
- understanding literal and figurative meanings of sports idioms
- using *play* and *go* appropriately
- participating in small group discussions by interrupting politely
- interviewing English speakers
- listening for organization clues of time in a lecture
- researching basic information online
- understanding expressions of cause and effect

Vocabulary Development

Vocabulary Guessing Strategies: Word Morphology

When you read something in English, there may be words that you do not understand. Because it takes time to look up these words in the dictionary, it will help you to learn some strategies for guessing the meaning of these words. One way to do this is to look at the **morphology** of the word, or parts of the word.

A word can consist of a **prefix**, a **base**, and a **suffix**. Not every word, however, will have a prefix and/or a suffix. A **prefix** is one or more syllables that can be added to the front of a word or base, while a **suffix** can be added to the end. Their function is to change the meaning of the word. Many prefixes and suffixes come from Latin or Greek.

Look at this word you used in Chapter 2:

COOPERATION
prefix base suffix

The meanings of the prefix, base, and suffix are:

co = with, together
operat(e) = to work, to be in action (verb base)
tion = noun suffix

Therefore, we can guess that the word *cooperation* is a noun that means the act of working together.

A. The chart lists some common prefixes, their meanings, and an example of a word with that prefix. Blank spaces appear in the Example column. Fill in the blanks with a word that you have learned in this text.

Prefix	Meaning	Example
<i>a-</i>	without, not	atypical
<i>anti-</i>	against	antisocial
<i>auto-</i>	self	autonomous
<i>con-, com-, col-, co-</i>	together, with	_____
<i>de-</i>	reverse, opposite	devalue
<i>ethn-</i>	race or people	_____
<i>e-, ex-</i>	out from	_____
<i>inter-</i>	between, among	_____
<i>mis-</i>	wrong	misunderstand
<i>pre-</i>	before	_____
<i>re-</i>	back, again	_____
<i>self-</i>	independent, by oneself	self-help
<i>un-</i>	not	_____

B. Underline the suffixes in these words. One has been done for you as an example.

superficial	anthropologist	behavior	awareness	cultural
favorably	generalize	institution	unacceptable	integrate
acquaintance	distinctive	collectively	ethnocentrism	chronology
relationship	judgment	directness	memorize	truthful

Now, write the suffixes that indicate if a word is a noun, verb, adjective, or adverb into their appropriate place in the chart. One has been done for you as an example.

Noun Suffixes	Verb Suffixes
Adjective Suffixes	Adverb Suffixes
-ial	

Using your charts on prefixes and suffixes, make a list of some words that you have learned so far in this textbook. Add to this list as you go through this chapter.

- | | |
|----------|----------|
| 1. _____ | 5. _____ |
| 2. _____ | 6. _____ |
| 3. _____ | 7. _____ |
| 4. _____ | 8. _____ |

I. Popular Sports in the United States

A. These words appear in the first reading on pages 59–60. Based on what you have learned about suffixes and the context of the words, decide whether each is a **noun**, **verb**, **adjective**, or **adverb**.

	Noun	Verb	Adjective	Adverb
incredible				
1. <i>incredible</i> athlete				
2. <i>incredibly</i> popular				
annual				
3. <i>annual</i> salary				
4. published <i>annually</i>				
protect				
5. police <i>protection</i>				
6. <i>protective</i> uniform				
nation				
7. <i>national</i> organization				
8. <i>nationally</i> recognized				
contribution				
9. <i>contribute</i> to charity				
10. major <i>contributor</i>				
require				
11. certain <i>required</i> courses				
12. a daily <i>requirement</i>				
professional				
13. <i>professional</i> career				
14. played soccer <i>professionally</i>				

B. Before you read Leisure Time, write what you already know about the three most popular sports in the United States, and write questions about what you would like to know. Share your questions with a few classmates to see if you have similar questions and/or if they know any of the answers to your questions.

Activating Background Knowledge before Reading

As you skim a text for the general idea, you should think about what you already know about the topic, and then ask yourself a few questions about what you would like to know. By doing this, you are moving toward a better understanding of the topic.

	What You Already Know?	What You Would Like to Know?
Baseball		
American football		
Basketball		

Leisure Time

The United States is such a large and diverse country that there are pastimes and leisure activities to suit everyone. Sports—for both spectators and participants—are a major part of most people's lives. Among the most popular of spectator sports are three that originated in the United States—baseball, American football, and basketball.

Baseball

Baseball, often called the national game by Americans, is not only very popular, but it has contributed many words and phrases that have become a part of the English language. For example, someone might say that a person who has attempted something and failed has **struck out**. A **ballpark figure** is an approximate number. A **pinch hitter** is someone who steps in for another person, often in an emergency. Doing something very well is hitting a **home run**.

A baseball field has three bases and **home**, called home plate. Each team fields nine players: three outfielders, a pitcher, a catcher, a first baseman, second baseman, third baseman, and shortstop. Many children play baseball either at school or in Little League, a national organization of baseball teams for children. Baseball is also played in colleges and universities. The best college players usually go on to play baseball professionally. There are several levels of professional baseball, but only the major leagues are nationally discussed and attended. Adults also play baseball or softball for fun, sometimes with colleagues from work, or against a team from other companies.

The major leagues include the American (features a designated hitter) and the National Leagues (the pitcher hits). The season lasts from April to October. The best teams in each league play against each other in playoffs and then the winners of each meet in the championship, or World Series.

Football

American football is not the game known as football in most other parts of the world. Originally, this game was similar to rugby football, which is where the

name came from. It's played by two teams of eleven players; because one team stops the other by **tackling**, the players wear protective equipment that prevents injury. The field has two **endzones**, 100 yards apart. A team scores **touchdown** by getting in the other team's endzone.

Football is played by organized teams in schools, usually starting in junior high school and high school. College football is a popular spectator sport and a major source of **income** for colleges and universities, due to revenues from sponsorship deals with corporations and TV broadcasting. The college football season is active September through November, and it officially ends around New Year's Day with bowl games played by the best teams from around the country.

Professional football is played by the teams of the National Football League (NFL) in a season that runs from late summer to January. The championship game is called the Super Bowl. The Super Bowl is always one of the top—if not the top—rated TV shows every year.

Basketball

Basketball is perhaps the most exciting of all spectator sports. It is also a favorite leisure game for many people since it requires little equipment other than a ball and a net, called a **basket**. Five players from each team play against each other using different types of shots. The game is very fast-paced. Basketball courts are found in many parks and public spaces. Basketball has become one of the biggest professional sports, with top players earning huge amounts of money both for playing and for promoting products such as sports shoes. (Other professional athletes earn large salaries too.)

The professional basketball organization is the National Basketball Association (NBA), which holds its annual championship, the World Championship (or NBA Finals), early each summer. College basketball is just as popular and gets just as much television coverage as professional games. The NCAA college basketball tournament (March Madness, or the Final Four) is played each spring.

C. Categorize the items from the reading by writing each one in the appropriate category. More than one category may be possible.

Final Four	Super Bowl	eleven players	World Series
April to October	Little League	New Year's Day	March Madness
ballpark	strike out	NBA	NFL
court	bowl games	pinch hitter	net
tackling	touchdown	home run	endzone

Baseball	Football	Basketball

Using *go* and *play* with Various Sports

Choosing the correct verb when talking about sports can sometimes be confusing. In general, use *go* with sports/activities that one usually does alone. Use *play* with sports that are competitive.

D. Fill in the blank with the correct form of *go* or *play*.

1. My parents usually _____ golf on weekends.
2. Will you _____ skiing when you go to the mountains this weekend?
3. John _____ racquetball with his boss every Friday morning before work.
4. I used to _____ bowling every Saturday night.
5. He learned how to _____ tennis when he was very young; last year he won four tournaments.
6. I love to _____ swimming in the ocean in the summer.
7. We plan to _____ hiking and then camp by the river overnight.
8. I plan to drive to a quiet lake in the mountains and _____ fishing.
9. Although it does not seem as popular as basketball and baseball, many children in the U.S. _____ soccer when they are young.

E. In Chapter 2, you learned about idioms related to the body. There are also several idioms related to sports, like this one from Leisure Time:

For example, someone might say that a person who has attempted something and failed has struck out.

What does to strike out mean in this sentence?

Understanding Figurative versus Literal Meaning

In baseball, to *strike out* means to swing the bat and not get a hit within the maximum number of times allowed (three). This is the **literal**, most basic meaning of the expression. But this expression has adopted a **figurative** meaning as well, which is “to try and fail at something.” The figurative meaning is more abstract, such as, “The new president *struck out* with his health care plan.”

Each of these words or expressions has both a literal and figurative meaning. Choose a figurative meaning from on the left and its literal meaning from the right. The first one has been done for you as an example.

Figurative Meanings	Word/Expression	Literal Meanings
1. to do something very well	<u>b</u> <i>huddle</i> <u>c</u>	a. to get a hit (single, double, triple, or homerun) every time
2. to take someone by surprise (usually unpleasantly)	___ <i>kick-off</i> ___	b. to stop playing a game for a certain amount of time to get advice from the coach, to rest, etc.
3. something that is certain to happen	___ <i>slam dunk</i> ___	c. the gathering of a team to discuss the next play, to get directions from the coach, etc.
4. very important, well-known	___ <i>to bat a thousand</i> ___	d. as a batter, to walk up and be ready to receive a pitch
5. the beginning of a project or event	___ <i>to throw a curveball</i> ___	e. a very forceful, dramatic way to score a goal in basketball
6. to get together as a group to discuss something	___ <i>to step up to the plate</i> ___	f. to pitch a ball that changes direction and is difficult to hit
7. to take a break	___ <i>in the big leagues</i> ___	g. the start (or re-start) of play in a game
8. to get ready to do something	___ <i>take a timeout</i> ___	h. part of a major, professional team (rather than a minor league)