

**College Guild**  
PO Box 6448 Brunswick, Maine 04011

## Sports

### Unit 3 of 4

#### A Baker's Dozen (or 13 more)

A course on sports wouldn't be complete without at least a few questions about some of the other sports enjoyed around the world in addition to baseball, football, and basketball. Perhaps you may have disagreed with the choice of those as the "big three" in Unit 2.

**1. If you could have chosen a "big three," what would they have been? What sport would you have added as a fourth?**

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#### *Sports That Use Round Objects (or at least sort of round)*

Unlike other sports in this section, hockey uses a puck rather than a ball. Six players, including a goal tender, represent each side in "the fastest game on earth." As a contact sport, there are often very hard hits and serious injuries. The culture of hockey has traditionally embraced fighting, and of course all players have a stick in their hands. Some teams even have a player unofficially known as an "enforcer" who is expected to drop his gloves and stick and go after other players.

**2. Discuss whether violence (outside of hard legal hits) should be an acceptable part of the game.**

The criminal justice system has been known to investigate, charge, and convict players for actions during hockey games, including professional games.

**3. What roles do you think teams, the NHL, and the criminal justice system should play in responding to fights and injuries that occur as part of games? Who should be responsible for fining and suspending players, or should that happen at all?**

Rugby is another "rough" sport. Unlike hockey, usually the only protection worn is a cap (not a hard helmet) that covers the head, especially the ears. One interesting rugby rule is that all passes must go laterally or backward--no forward passes are allowed. Here is some rugby vocabulary: match, pitch, scrum, ruck, maul, try, touch, line-out, and knock-on. The picture in Appendix 1 may be of some help for the next question.

**4. Use your best guess to match the words from the list above to these meanings:**

- a. Not catching the ball cleanly and having it go forward
- b. A game between two teams
- c. A five point score
- d. Players gathering around the ball carrier to help move him/her forward
- e. The field of play
- f. A group of players forming over the ball to push the opposing team backward and gain control of the ball
- g. Both teams link arms and push against each other when the ball is fed into the middle - only feet can be used to get the ball out - word frequently used to indicate players roughly grouped in other sports
- h. The area outside the field of play

**i. The method used to throw the ball back in after it goes to touch**

Traditional rugby is played with fifteen players on a team. There is an increasingly popular variation that has only seven players on each team. Rugby 7s is played on the same size field as 15s.

**5. How do you think the game might look different with seven players instead of fifteen, knowing they use the same size field?**

Volleyball is perhaps less rough than rugby, but players routinely throw themselves onto the floor (or sand) trying to make a "dig." One of the interesting aspects of this sport is the position of libero. The libero is a defensive specialist who can be substituted throughout the game without following the usual rules of subbing and position rotation.

**6. Can you think of another sport in which it would be helpful to have a "free" sub for any position at any time of the game? How might it change the game?**

Let's move on to soccer, or football as it is known in most of the world. Retired Brazilian soccer player Pele has been called the best player in the history of the game. He has been named Football Player of the Century, Athlete of the Century, and is a national hero in his country. Appendix 2 shows some of Pele's national team stats, along with stats from other famous and more recent "footballers."

**7. Using the information in Appendix 2, which player do you think has had the most positive impact on the sport of soccer in his/her country? Explain.**

Soccer goalkeepers are the only ones on the field allowed to touch the ball with their hands. Playing that position requires skills and a mental outlook different from being a field player.

**8. What skills and attitude would you look for in a soccer goalkeeper?**

From a field to a course: We could spend hours learning the vocabulary and rules of golf, but let's just scratch the surface. See Appendix 3 for some information about golf clubs and shots.

**9. In Appendix 3, five words are in *italics*. Those words are *tee*, *fairway*, *rough*, *bunker*, and *green*. How would you define each of those words? And what does *par* mean?**

Golf is famous for its rules of play and the behavior expected from its players. Unlike many sports, golf is generally played without the supervision of a referee or umpire. It relies on each player to play the game fairly and with integrity.

**10. Is it reasonable to expect players to supervise themselves? Would this approach work in any other sport?**

The first African American woman to play in the LPGA (Ladies Professional Golf Association) was better known as a tennis player. Althea Gibson won eleven major titles in the late 1950s. These include individual titles at the French Open, and Wimbledon and the US Open two times each, as well as doubles titles. Gibson has been called the "female Jackie Robinson" in both sports she played.

**11. What is meant by the expression "the female Jackie Robinson?"**

Andy Murray (age 25) finally won his first major tennis tournament at the US Open in September 2012, beating Novak Djokovic (also 25) in one of the longest championship matches in history. Serena Williams (31 in a few weeks) won the women's title, beating Victoria Azarenka (23). The same tournament saw the retirement of two tennis greats, Andy Roddick, 30, and Kim Clijsters, 29.

**12. At age thirty-one, Williams is considerably older than the other three who made it to the final four. What could influence a player to stick with a sport past the age when many retire? Why might some players be ready to "hang it up" so early?**

***Wheels, Tracks, Water...etc.***

Cycling's most famous event is the Tour de France, held in France and nearby countries over a very difficult three week period every July. Appendix 4 shows the number of years participating, number of finishes, and country represented for 24 cyclists. Use that appendix to answer the following questions.

**13. What country has the most names on this list?**

**14. What country has had the most total finishes by participants?**

**15. Which competitors completed 100% of the races they started?**

One of the names in the list is very well known, and has made headlines for several reasons. American Lance Armstrong is a cancer survivor, and looked up to as an example of how to overcome serious health issues and go on to major success in sports and life. However, he has been plagued by doping charges for years, in spite of never failing a drug test. In 2012 the US Anti-Doping Agency stripped him of all his titles, including seven Tour de France wins, and banned him from the sport for life. Armstrong announced that he would not fight the charges or the sanctions.

**16. Do you think Armstrong's decision not to fight the charges and punishments amount to an admission of guilt? What other reasons might he have?**

We'll continue with another sport that has wheels. NASCAR (National Association for Stock Car Auto Racing) is second behind the NFL in sports TV ratings in America.

**17. What do you think makes this sport so popular?**

Speeds at most NASCAR tracks have consistently reached over 200 miles per hour. Most races allow for 43 cars on the track. That's a lot of cars going very fast.

**18. What qualities are necessary for a person to be a good NASCAR driver?**

For years, but particularly after the death of Dale Earnhardt and four other drivers in 2000, NASCAR has been concerned about drive safety.

**19. What kinds of changes do you think have been made or should be made to provide some protection for drivers?**

Another sport that uses a track is track and field. The events in this sport include running, jumping and throwing. Some running events are over short distances (sprints), some middle or long distances, and some include hurdles. Jumping includes long jump, high jump, triple jump and pole vault. Throwing has a javelin throw, hammer throw, discus, and shot put. The decathlon has ten events from all three types over two days. The decathlon winner is said to be the "world's greatest athlete."

**20. Pick an event from those listed above and explain why you would be good at it.**

In 1954, Roger Bannister was the first man to run a mile in less than four minutes. It took a long time to break the four-minute barrier. Currently Morocco's Hickam El Guerroui holds the record at 3:43:13.

**21. When do you think the three-minute barrier will be broken? Or will it? Why does it seem that people get faster all the time?**

One type of running event is a relay, where four members of each team take a turn running the appropriate distance. Each runner has to pass a baton successfully (according to the rules) to the next runner.

**22. Would you prefer to run a race by yourself, or as part of a relay team? Why?**

Relay races are also an important part of swimming. Competitors have to be careful not to enter the water too soon, or they will be disqualified--like those who drop the baton in track. Most major swim meets are held indoors in pools that are 50 meters long. The four main strokes are freestyle, backstroke, breaststroke and butterfly.

**23. If a swimmer enters the 50 meter, 100 meter, 200 meter, and 400 meter freestyle AND the 100 meter backstroke events, how many times will s/he swim the length of the pool?**

Sixty-three year old endurance swimmer Diana Nyad has tried several times to become the first to swim from Florida to Cuba, but has given up each time. Most recently in 2012 she experienced jellyfish stings and threats from sharks and storms. She was trying to accomplish this without the use of a shark cage.

**24. Write a brief note to Ms. Nyad about her accomplishments or difficulties.**

**25. Nyad's attempts are way beyond what most people would consider trying to do. If you could plan an athletic feat for yourself, that most people wouldn't consider trying, what would it be?**

In gymnastics, men and women both perform floor exercise and vault. Men also do pommel horse, high bar, still rings, and parallel bars; women have uneven bars and balance beam. The balance beam is over four feet from the ground, and less than four inches wide. Gymnasts leap, flip, run and balance on this narrow beam. They also fall. On still rings, men flip, balance, hang, and swing--all without moving the rings.

**26. What abilities do you think someone (either male or female) needs in order to be a great gymnast?**

Boxing will be considered separately here, although some might refer to it as a martial art. Muhammad Ali is one of the most famous boxers of all time. He called himself "the greatest" and referred to his style as "float like a butterfly and sting like a bee."

**27. What do you think he meant by that expression?**

**28. What was Ali's name before he joined the Nation of Islam and changed his name?**

Ali refused to go to join the military because of his religious beliefs and opposition to the war in Viet Nam. Yet he was a fighter by profession. Originally he was stripped of his boxing title and his boxing license suspended. Many people felt he should have gone to jail. Eventually he won an appeal, and was able to fight again, very successfully. He has gone on to become one of the most loved athletes of this era.

## 29. What's your opinion of Ali and his decision not to go to Vietnam?

The last sports category for this unit is "martial arts."

## 30. What is your definition of "martial arts"?

There are an incredible number of activities that can be listed under martial arts. A few of the best known in this country are karate (Chinese hand or empty hand), tae kwon do (the way of the hand and the foot), and judo (the gentle way). These and others include elements of meditation, ethics, and philosophy along with the self-defense, combat, and exercise parts of the sport.

## 31. What are some ways children might benefit from studying a martial art?

## 32. What are two other sports that would fit under the umbrella of "martial arts?"

### *Your Turn*

33. Create a new sport, including a few rules, the number of players per team, ways to score, and whatever else you can think of. You might consider combining two or more sports that exist now.

34. Create a name and logo for a team that you would like to sponsor in your new sport.

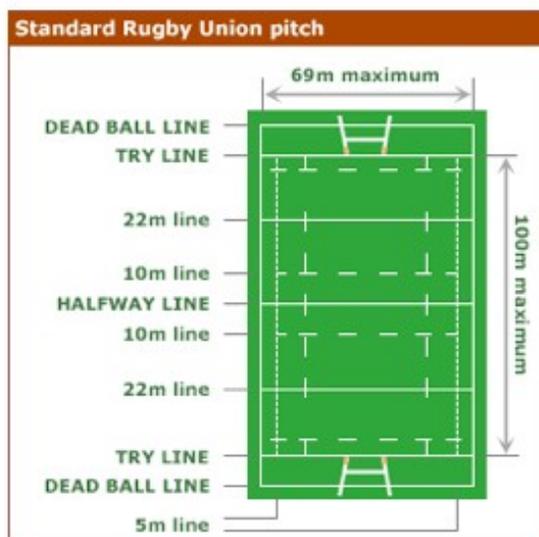
35. In Unit 1, you were asked to define "sport." Would you make any changes in your definition now?

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*Remember: First names only & please let us know if your address changes*

## Appendices Sports: Unit 3 of 4

### Appendix 1



## Appendix 2: Some Famous Soccer Players

Name	Country	International Appearances	International Goals	Comment
David Beckham	England	115	17	Very highly paid athlete
Landon Donovan	USA	144	49	Highest scoring American in World Cup history
Mia Hamm	USA	275	158	Face of women's soccer; Retired
Thierry Henry	France	123	51	World Player of the Year 2X
Jurgen Klinsmann	Germany	108	47	Played every field position; Retired
Diego Maradona	Argentina	91	34	Midfielder; Retired
Pele	Brazil	92	77	Brazil national hero; Retired
Cristiano Ronaldo	Portugal	97	37	27 years old
Wayne Rooney	England	38	12	Only 22 years old
Zinedine Zidane	France	108	31	Infamous head butting incident

## Appendix 3: Types of Golf Clubs and Shots

**Woods**, including a driver. They have large heads and are used for long approach shots.

**Irons**, including wedges. They are used for shorter shots than woods, especially for getting onto the *green*. Wedges are irons with extra loft to lift the ball up higher. They are useful in sand *bunkers* and the *rough*. **Putters** have a variety of shapes and very low loft and are most often used on the *green*. **Hybrids** are a cross between a *fairway* wood and a long iron, and used for distance control and accuracy.

A **tee shot** is the first shot played on each hole, often with a driver. A **fairway shot** may not use a *tee*, but otherwise can be similar to a drive. Two shots used to get onto a green are a **pitch shot** and a **chip shot**. **Pitches** are high shots that usually don't roll much when they hit the ground. **Chips** are low approach shots that roll onto the green. **Putts** are played along the ground with the purpose of putting the ball into the cup.

## Appendix 4: Participation in the Tour de France

Competitor	Participation/Finishes	Country
George Hincapie	17/16	United States
Joop Zoetemelk	16/16	Netherlands
Stuart O'Grady	16/14	Australia
Lucien Van Impe	15/15	Belgium
Vjatceslav Ekimov	15/15	Russia
Guy Nulens	15/13	Belgium
Jens Voigt	15/12	Germany
Christophe Moreau	15/11	France
Erik Zabel	14/13	Germany
Sean Kelly	14/12	Ireland
André Darrigade	14/12	France
Raymond Poulidor	14/11	France

Jules Deloffre	14/7	France
Phil Anderson	13/13	Australia
Joaquim Agostinho	13/12	Portugal
Gerrie Knetemann	13/11	Netherlands
Henk Lubberding	13/11	Netherlands
Lance Armstrong	13/10	United States
Jean Dotto	13/10	France
Jean-Pierre Genet	13/10	France
Gilbert Duclos-Lassalle	13/9	France
François Mahe	13/9	France
Marc Wauters	13/8	Belgium
Didier Rous	13/7	France