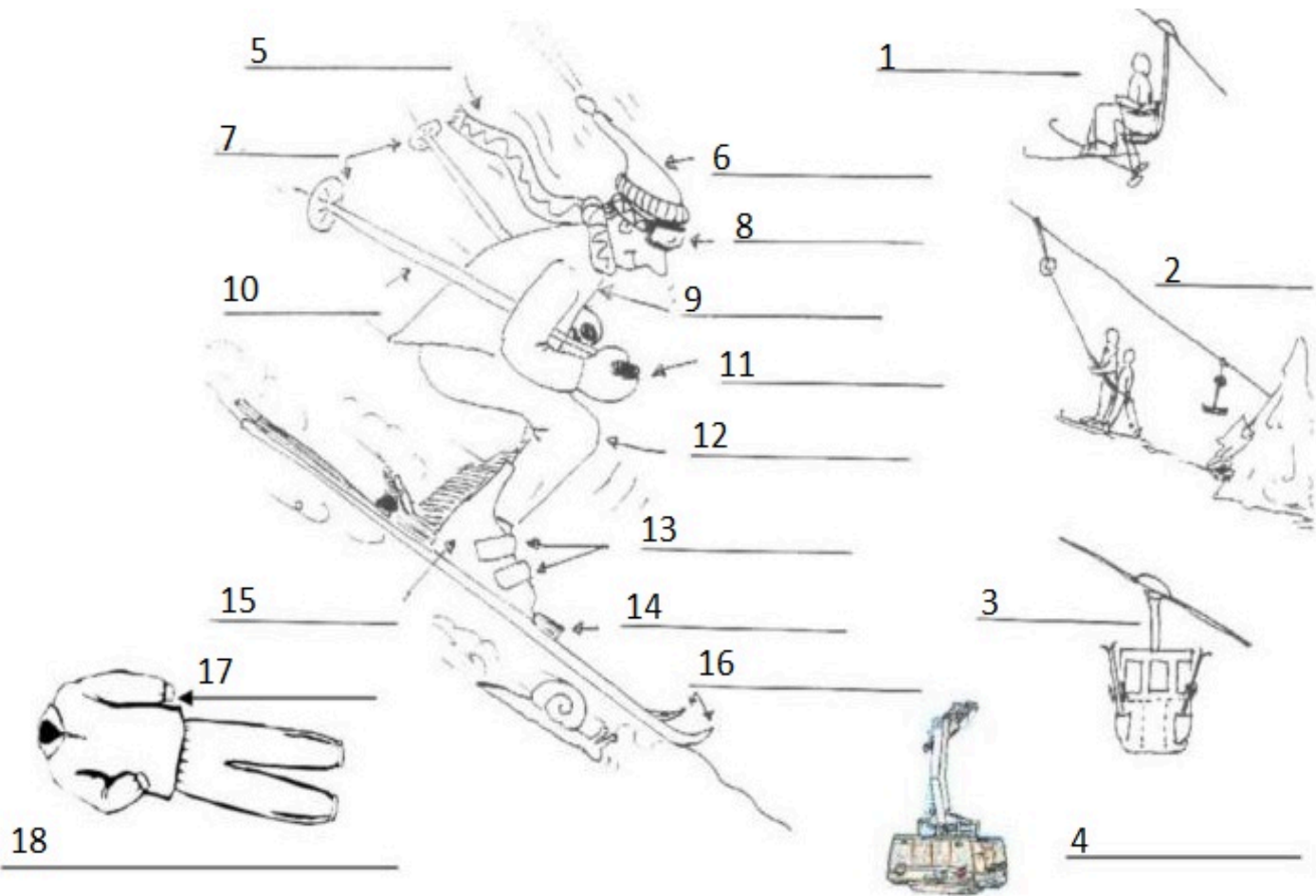


1. Fill in the blanks:



2. Add words so that the sentences make sense:

1. Skiers have to do an extra \_\_\_\_\_ (a circular track) if they receive a penalty.
2. When a hill has a steep \_\_\_\_\_ (the angle of a slope) the skier goes faster.
3. Skiers with bad knees should avoid trails with \_\_\_\_\_ (snow bumps that are groomed into a ski run for a freestyle challenge).
4. Gondolas and lifts take skiers to the mountain \_\_\_\_\_ (mountain tops).
5. Target shooting is an important component of the \_\_\_\_\_ (a ski race that involves cross-country skiing and shooting at targets) event.
6. If your \_\_\_\_\_ (holds the ski boot onto the ski) breaks, your boot will fall off your ski.
7. In the \_\_\_\_\_ (freestyle ski jumping that involves flipping in the air) competition, the skier does flips in the air.

## English Tutorial Classes Week 12

8. When the \_\_\_\_\_ (two sets of poles that skiers must go through in certain events) are placed closer together it is difficult to gain speed.
9. \_\_\_\_\_ (snow sliding down a mountainside) can be very dangerous and are a particular hazard for off-piste skiers.
10. \_\_\_\_\_ (Skiing across rather than down an incline) can be used to make steep slopes more manageable or to reduce speed.

### 3. Translate the following sentences:

a) Ski helmets also help protect you from head injuries in case you fall down, so make sure it fits snugly on your head without moving around.

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b) Avoid using skiing boots that are too large or small, or else you may develop cramps after a long day of skiing.

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c) Klizanje se definiše kao gubitak kontrole nad sopstvenim centrom mase, praćen osećanjem straha od pada.

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### 4. Fill in the blanks with the words from the box below:

- a) When a joint is forced out of its normal position, it is called a \_\_\_\_\_.
- b) Overuse of the wrist and forearm can lead to \_\_\_\_\_, a condition commonly seen in tennis players.
- c) A common injury among golfers due to repetitive stress on the elbow is known as \_\_\_\_\_.
- d) \_\_\_\_\_ occurs when the ligaments in the ankle are stretched or torn, usually due to twisting.
- e) Inflammation of the Achilles tendon, often caused by overuse, is referred to as \_\_\_\_\_.
- f) \_\_\_\_\_ happens when a muscle or tendon is pressed or pinched, often leading to pain and limited movement.
- g) A \_\_\_\_\_ occurs when a ligament, which connects bone to bone, is stretched beyond its limit and tears.
- h) People who frequently \_\_\_\_\_ their fists or grind their teeth may experience muscle tension and pain.

Impingement	Golfer's elbow	clench	Tennis elbow	Torn ligament
Dislocation	Ankle sprain	Achilles tendonitis		