

**PRACTICAL WORDS AND CONVERSATIONS IN SPORTS SITUATIONS IN
ENGLISH FOR NON-ENGLISH SPEAKERS**

***PALAVRAS PRÁTICAS E CONVERSAS EM SITUAÇÕES ESPORTIVAS EM INGLÊS
PARA PESSOAS QUE NÃO FALAM INGLÊS***

***PALABRAS PRÁCTICAS Y CONVERSACIONES EN SITUACIONES DEPORTIVAS EN
INGLÉS PARA PERSONAS QUE NO HABLAN INGLÉS***

Evgeniya M. BRONNIKOVA¹
Olga S. KULYAMINA²
Maria I. TARASOVA³
Viktoriya A. VISHNYAKOVA⁴
Lidia A. VASILIEVA⁵
Anna A. LARIONOVA⁶

ABSTRACT: Lately, the need for humans to have a common language to communicate and advance socio-scientific goals is increasingly felt. Therefore, learning English, which has become the language of communication of the world's people, has been a priority for researchers, politicians, athletes, scholars, etc. The purpose of this article is to provide different words and conversations about sports in English. The research method in this research is library type. The researcher refers to printed documents and all identified sources such as books, dictionaries, magazines, dictionaries, printed interviews, printed texts indexed in databases. Internal and external, the collected information is presented in the appropriate category in the form of a table. Findings from this article include the features needed to learn English that athletes also enjoy and some words, phrases and idioms used in sports situations, practical conversations to describe sports, and being in sports situations.

KEYWORDS: Common language. Communication. English. Sports.

¹ PhD of Economics, Senior Researcher, Interdisciplinary Research Laboratory, Russian State Social University, Moscow – Russia. ORCID: <https://orcid.org/0000-0002-5409-9726>. E-mail: bronnikovaem@rgsu.net

² PhD of Economics, Head of Laboratory, Interdisciplinary Research Laboratory, Russian State Social University, Moscow – Russia. ORCID: <https://orcid.org/0000-0001-7715-5551>. E-mail: kuljaminaos@rgsu.net

³ PhD of Economics, Senior Researcher, Interdisciplinary Research Laboratory, Russian State Social University, Moscow – Russia. ORCID: <https://orcid.org/0000-0003-2179-9336>. E-mail: tarasovami@rgsu.net

⁴ PhD of Economics, Head of Department, Department of Scientific and Technical Information, Russian State Social University, Moscow – Russia. ORCID: <https://orcid.org/0000-0001-5986-2498>. E-mail: vishnjakovava@rgsu.net

⁵ Senior Researcher, Interdisciplinary Research Laboratory, Russian State Social University, Moscow – Russia. ORCID: <https://orcid.org/0000-0002-5311-7099>. E-mail: lidia.2@mail.net

⁶ PhD of Economics, Associate Professor, Department of Economic Security, Audit and Controlling, Kosygin State University of Russia, Moscow – Russia. ORCID: <https://orcid.org/0000-0002-7797-9566>. E-mail: annla@list.ru

RESUMO: *Ultimamente, é cada vez mais sentida a necessidade de os humanos terem uma linguagem comum para se comunicar e avançar nas metas sócio-científicas. Portanto, aprender inglês, que se tornou a língua de comunicação dos povos do mundo, tem sido uma prioridade para pesquisadores, políticos, atletas, acadêmicos, etc. O objetivo deste artigo é fornecer diferentes palavras e conversas sobre esportes em inglês. O método de pesquisa nesta pesquisa é do tipo biblioteca. O pesquisador se refere a documentos impressos e todas as fontes identificadas como livros, dicionários, revistas, dicionários, entrevistas impressas, textos impressos indexados em bancos de dados. Internas e externas, as informações coletadas são apresentadas na categoria apropriada em forma de tabela. Os resultados deste artigo incluem os recursos necessários para aprender o inglês que os atletas também gostam e algumas palavras, frases e expressões idiomáticas usadas em situações esportivas, conversas práticas para descrever esportes e estar em situações esportivas.*

PALAVRAS-CHAVE: *Linguagem comum. Comunicação. Inglês. Esportes.*

RESUMEN: *Últimamente, se siente cada vez más la necesidad de que los humanos tengan un lenguaje común para comunicarse y avanzar en los objetivos sociocientíficos. Por ello, el aprendizaje del inglés, que se ha convertido en el idioma de comunicación de los pueblos del mundo, ha sido una prioridad para investigadores, políticos, deportistas, académicos, etc. El propósito de este artículo es brindar diferentes palabras y conversaciones sobre deportes en inglés. El método de investigación en esta investigación es tipo biblioteca. El investigador se refiere a documentos impresos y todas las fuentes identificadas como libros, diccionarios, revistas, diccionarios, entrevistas impresas, textos impresos indexados en bases de datos. Interna y externamente, la información recopilada se presenta en la categoría apropiada en forma de tabla. Los hallazgos de este artículo incluyen las características necesarias para aprender inglés que los atletas también disfrutaban y algunas palabras, frases y modismos utilizados en situaciones deportivas, conversaciones prácticas para describir deportes y estar en situaciones deportivas.*

PALABRAS CLAVE: *Lenguaje común. Comunicación. Inglés. Deportes.*

Introduction

Hypodynamia is one of the problems nowadays, it contributes to the weakening of the cardiovascular system, a decrease in metabolism, a deterioration of blood supply to tissues, the appearance of insomnia, fatigue and apathy, a risk factor for type 2 diabetes mellitus, the development of coronary heart disease. The pathological condition of hypodynamia leads to joint, bone changes, respiratory distress, and the appearance of excess weight. In connection with the development of technology, transport, the presence of a large number of professions associated with sedentary work, the proportion of people leading a sedentary lifestyle is increasing.

Physical inactivity negatively affects not only the general state of health, quality of life, but also the effectiveness and productivity of working age employees, which ultimately affects

production processes (Kuster et al., 2021). Office work imposes a number of restrictions and causes a decrease in the mobility of employees, the working day of office employees is in a seated position, and there is a low level of physical activity during the working week (Lin et al., 2020). In modern conditions, there is a high degree of stress impact due to high workload. Moderate systematic physical activity helps to reduce the level of stress and tension of people (Wang et al., 2021).

As a part of a strategy for the development of physical activity and sports until 2030 in Russia, it is planned to solve the problems of involving the population to systematic physical activity and sports and introducing a healthy lifestyle. The target is to increase the proportion of citizens who regularly involved in physical activity and sports to 70 percent by 2030 (Tarasova et al., 2021) including by involving them in physical activity at work.

Companies spend a lot of money due to illnesses of workers associated with lack of mobility, unhealthy diet, obesity, smoking, nervous strain (Kruglova & Mavrina, 2018). Creating conditions for physical activity at the workplace in addition to strengthening physical and mental employee health has significant economic benefits for organizations. In this regard, employers are interested in maintaining and improving the health of employees, increasing their level of physical activity (Akhmadieva et al., 2021; Derzhavina et al., 2021).

The issues of involvement in sports at the workplace in order to explain the determinants of health promotion at the workplace and involvement in physical activity are given attention both in Russian and foreign practice (Kaveh et al., 2021). Sports and physical activity are ways to improve the health and performance of the working-age population.

Methods

The research methodology is based on theoretical (comparative analysis, structural-functional analysis, system approach) and empirical research methods (sociological survey, statistical methods).

Methods of comparative and structural-functional analysis determined the study of research results in the field of physical activity, influencing factors and methods of involving people in sports at the workplace.

The method of sociological survey (questioning, telephone and computer interviews) was used in the framework of the research work «Sociological survey to determine the individual needs (motivation) of all categories and groups of the population in conditions for physical culture and sports and preventing factors» under contract with All-Russian Scientific

Research Institute of Physical Culture and Sports dated April 21, 2020 No. 0373100110420000005. There were interviewed 7215 Russian people of working age from 18 to 59 years old, highlighted working individuals involved in physical activity at the workplace, trends and connections within these subgroups were analyzed for the purpose of this study. (Kulyamina et al., 2020)

There were used static methods to assess the connection of variables and differences in the mean values of the analyzed groups (Pearson χ^2 , Mann-Whitney U test).

The analysis of the connection between the variables was carried out using the calculation of the Pearson χ^2 test (the calculated level of asymptotic significance less than 0.05 indicates the presence of a connection with a probability of 95%) (Bronnikova et al., 2021).

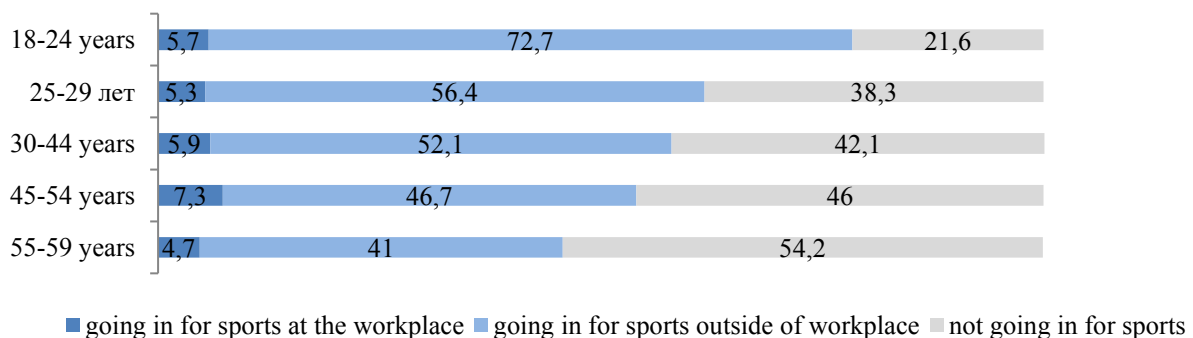
The normal distribution of the values of variables “duration” and “frequency” was checked according to the Shapiro-Wilk and Kolmogorov-Smirnov test, the asymptotic significance was less than 0.05, which indicates the data do not obey the normal distribution law. The results shows the necessitate to use the nonparametric methods, in particular the Mann-Whitney U test, which is a nonparametric analogue of the analysis of variance.

The main purpose of the study is providing the opportunity to involve in physical activity people of working age at the workplace, to identify the differences between the frequency and duration of physical activity between those who was involved and not involved in physical activity at the workplace in order to increase the proportion of the population systematically involved in sports and physical activity.

Results

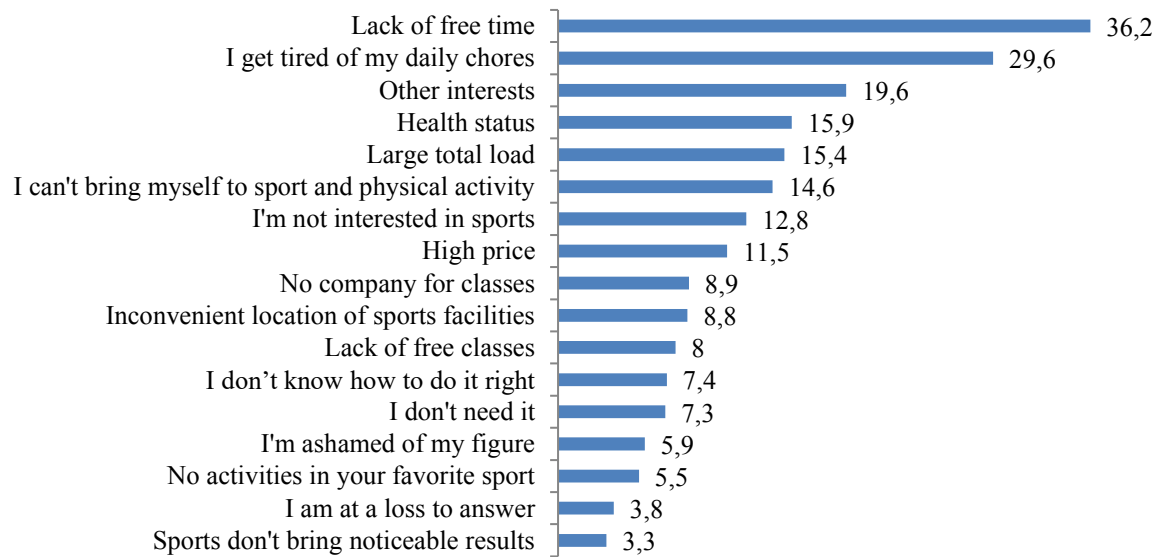
According to the results of the sociological survey, it was revealed that about 65.5% of respondents aged 18-59 take time to sports activities (Figure 1).

Figure 1. Distribution of respondents' answers about going in for sports and physical activity



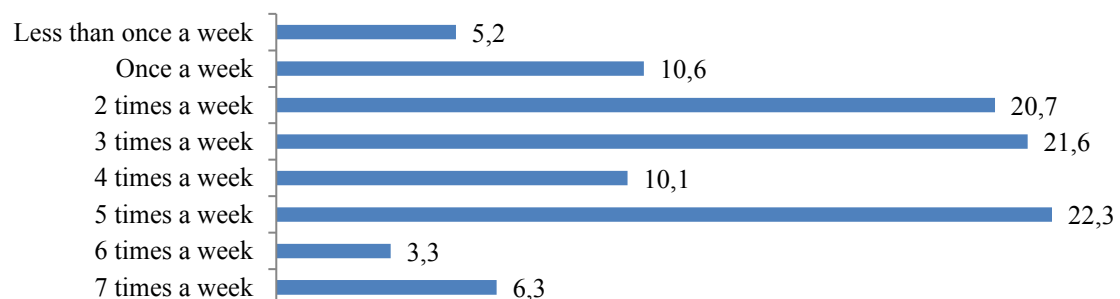
There is an increase in the proportion of people who do not go in for sports when getting older, the population is most actively engaged in physical activity at the age of 18-24 and 25-29, at the workplace - on average 5-7%, depending on the age group.

Figure 2. Distribution of respondents' answers about the reasons for the lack of interest in sports and physical activity



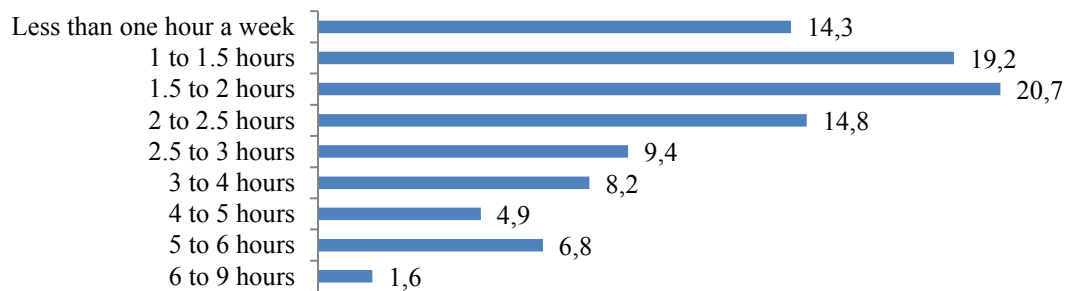
The main reasons that people do not go in for sports and physical activity are the lack of free time - 36.2% and tiredness from everyday activities - 29.6% (Figure 2). The problem of the lack of free time among the population of working age can be solved at the level of the employing organization by providing opportunities for physical activity at the workplace (in working hours during breaks or after work).

Figure 3. Distribution of respondents' answers about the number of sports activities per week at the workplace, including exercise during working hours



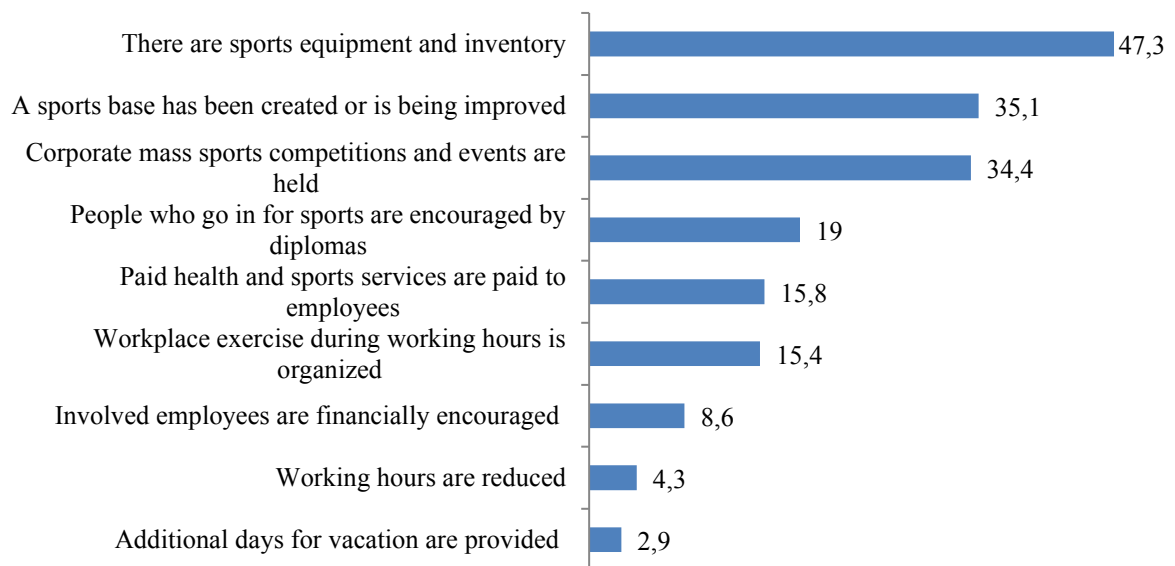
The respondents who noted the availability of conditions for physical activity at the workplace, are often involved in physical activity, take time for physical activity every working day (Figure 3).

Figure 4. Distribution of respondents' answers about the duration of sports activities per week at the workplace, including exercise during working hours



Most often, the duration of sports activities at the workplaces from 1 to 2 hours per week (Figure 4). It is also interesting to present an assessment of sport conditions at the workplace (Figure 5).

Figure 5. Distribution of respondents' answers who involved in physical activity at the workplace about the sport conditions



The measures of organizations are reduced to create material and technical conditions and improving the infrastructure for sports. Let's consider the distribution of the respondents' answers, taking into account those who go in for sports at workplace and outside workplace. The respondents note that a sport base has been created or has being improved (32.2% of those who involved in for sports and physical activity at workplace and 18.9% of those involved in physical activity outside work), there is equipment and inventory (41.6% and 21%), sport events (31.3 and 16.7%) and other methods. Stimulation of physical activity through the formation of interest and the policy of teambuilding, when corporate sports and mass competitions and events are held was noted by 15.5% of those who involved and 11.7% of those who is not involved in physical activity. Those employees who is not involved in physical activity note that nothing is done in the organization (53.3%). The lack of physical activity of such respondents, along with other factors, may be due to the lack of conditions for physical activity at the place of work, a lot of work, lack of free time. Activities such as material incentives for people involved in sports, the additional vacation days or a reduction of working hours are practically not carried out in the organizations where the respondents work.

Based on the calculation of the Pearson χ^2 criterion, it can be argued that the presence of a system for encouraging physical activity in organization ensures the involvement of employees in sports and physical activity. Those who involved in physical activity at the workplace more often note the presence of a sports base (gym, playground), equipment and inventory, full or partial payment for paid health and sport services, corporate mass sports competitions and events, encourage those who going in for sports and physical activity by diplomas and financially (bonuses, salary increments) in the organization.

The popularization of sports and physical activities at the workplace is characterized by the absence of a basic sports club. Analysis of the distribution of answers shows that the age group from 18 to 29 years often notes the absence of a sports club in the organization (60.7%). Almost a fifth part (17.4%) do not know whether there is a sport club or not. The 18-24 age group is more likely to mention "yes, and I am a member of this club" than the 25-29 age group. Most of the respondents aged 30-59 answered that there are no sport club at work - from 57.5% (55-59 age group) to 63.1% (30-44 years old). They do not know whether there is a club or not - from 18 to 22%, depending on the age group. About 15-16% know about the club, but are not members of it. The most active in this issue are respondents from the 45-54 age group - 7.2% are members of the club, while the average for the sample is only 5.3%.

A study was conducted on the connection between the duration and frequency of sports activities and the ability to exercise at the workplace. The calculated value of the

Pearson χ^2 criterion for the age group of 18-59 years indicates the presence of a statistically significant connection between the duration and frequency of activity per week and the ability to go in for sports and physical activity at the workplace. This statement is true for all analyzed age groups.

Based on the calculation of the Mann-Whitney U criterion for groups of people who were going and were not going in for sports and physical activity in terms of the total duration and frequency of doing sports, we can say about a statistically significant difference in values in these subgroups. The average duration of physical activity per week for all types of physical activity among those who involved in physical activity at the workplace is in the range from 4 to 5 hours. For those who not involved in physical activity at the workplace, the average time ranges from 3 to 4 hours. The average value of frequency of physical activity is 5.4 and 3.9 times a week.

Based on the calculation of the Mann-Whitney U criterion, it was revealed that the number and duration of activity are also influenced by gender, having children, marital status, health level, maintaining a healthy lifestyle, education level, and financial situation.

It can be said that the availability of conditions for physical activity at the workplace will contribute to an increase in the proportion of the population going in for sports and physical activity. It can be argued that having a physical activity reward system in organizations ensures employee to go in for sports and physical activity.

Discussion

The world community is concerned about the problem of involving the working-age population to physical activity, including activity at the place of work, in working hours during a break. In Japan, the "Guidelines for Total Health Promotion Plan for Workers in Workplaces" came into force, which regulates the rules of industrial hygiene, physical exercise at the workplace (Eguchi & Mori, 2020).

The studies about the connection between overweight and low physical activity have been carried out in China. It has been substantiated that increasing of physical activity, reducing time in a sitting position, an active way to get to work, and exercises in work hours contribute to a decrease in body mass index, lose weight and prevent obesity (Yuan et al., 2021).

Employers in Canada prioritize the health of personnel, encourage sports activities and health programs.

The problem of overweight is acute in the United States. In this regard, in order to activate the lifestyle of the population, there are sports competitions for employees. During these competitions the duration of physical activity, the connection between satisfaction and physical activity was assessed (Ellis et al., 2021). It has been proven that employees with a high body mass index are absent from work on average 6-7 working days versus 3-4 days for people with a normal body mass index (Kruglova & Mavrina, 2018). Active and healthy employees take less sick leave, work more efficiently, more productively, with greater efficiency, and are less susceptible to diseases than people with a sedentary lifestyle. Currently, there are also applications for monitoring physical activity, the number of steps, which helps to increase the mobility of employees (Esmonde, 2021). Also, these applications can perform motivational and supportive functions to achieve the goal of increasing physical activity (Nicholas et al., 2021).

According to foreign studies, the involvement of employees in sports activity can increase the level of job satisfaction and the level of loyalty to the organization (Torres & Zhang, 2021). Physical activity at the workplace provides can make a favorable climate in the team, have an important psychological effect for increasing the level of trust and loyalty to the organization, which provides the employee with the opportunity to play sports. (Kaveh, 2021).

Scientists in Portugal have identified a connection between well-being, general health and employee satisfaction with an organization's performance. The effects of stressful situations, emotional problems, control and efficiency at work can be mitigated by increasing mobility and activity at the workplace. Sports activity helps to reduce stress level for employees on the one hand, and builds the corporate spirit in the organization on the other hand (Miragaia & Aleixo, 2021).

Foreign authors note the need to implement a supportive social policy in organizations, an adaptive organizational structure, support a favorable psychological climate in the team, programs for involving employees in physical activity and health promotion at the workplace (Kaveh et al., 2021). It is also noted that the employer may intervene in the diet to develop the correct nutritional behavior of the personell (Power et al., 2021) due to the fact that unhealthy food habits (food with large amount of carbohydrates and sugar) leads to the problems of excess weight, diabetes and other diseases.

There is a scientific research about work meetings using various sports equipment and inventory (Hervieux, Tremblay & Biron, 2021). It was found that the level of concentration and attention did not differ between classic sedentary meetings and active meetings using an exercise bike. The decrease in fatigue and an increase in concentration were noted when using sports equipment. However, it is necessary to take into account the mentality and specifics of

companies, age characteristics of employees. These innovative proposals can be positively received with a homogeneous age and gender group with a similar level of physical fitness. Scientists also research the effectiveness of replacing a sitting position at a computer with a standing position to form the correct posture during office work (Kuster et al., 2021).

It is necessary to organize breaks and exercises, pauses for active rest in order to prevent fatigue, relieve muscle tension and increase efficiency during the working day (Sbitneva, 2019). Attracting workers to physical activity can be realized by placing various sports equipment in the free zone of the office, (Hertting, Holmquist & Parker, 2020) equipping a specialized place for yoga, a small gym, a table for ping-pong, organization of fitness classes taking into account different level of health and physical fitness of employees. The ability to change sedentary work to physical activity helps to release, relieve stress during the working day. You might practice running during your lunch break, or going to the gym and then have lunch at your workplace instead of going to the cafeteria to compensate your working hours. For predominantly male teams, it is effective to organize joint cycling trips, create football and hockey teams, and organize championships between departments and divisions. These activities should be documented at the organizational level, and incentive programs for involvement in sports and physical activity of employees should be implemented, including compensation for payment of memberships in fitness clubs. It is necessary to take into account the consumer preferences of young people, the social status, level of education and other factors that determine the structure and levels of needs of each group in sports at the workplace. The importance of sport should be introduced into the mass consciousness, including the influence of fashion on the consciousness of the population (Zanina, 2019), and a long-term state policy in the field of physical culture and sports should be developed.

Conclusion

The consequences of the hypodynamia of modern society affect not only the individual, but also the economy as a whole. Foreign scientists have proven that physically active employees are less susceptible to morbidity, perform functional responsibilities more productively and are generally more efficient in comparison with sedentary employees with a low level of physical activity and a high body mass index. Involvement in sports activities has not only a health-improving function, but also contributes to the formation of the team spirit, increasing the cohesion of the team. The corporate culture of each company is unique, but

general guidelines can be applied regardless of the size of the enterprise, the availability of adapted space or a gym doorstep.

According to the results of the study of 18-59 years old people, the connection between the frequency and duration of physical activity and the ability to go in for sports and physical activity at the workplace is confirmed. However, there is a low level of employee involvement, imperfection of material and technical conditions for training, underdeveloped infrastructure, lack of sports clubs in the organization or lack of awareness of employees about the possibility of joining sports organizations at their workplace. That's why it is necessary to improve physical activity and sport from the perspective of employers, which ultimately will contribute to increasing the efficiency of employees, reducing the number of sick leave.

The results indicate the need to improve the directions of attracting people to physical activity at the workplace. It is necessary to take into account the accumulated experience of foreign countries, create conditions for physical activity, increase the interest of employees and employers, introduce modern technologies, improve the system of encouraging people to participate in physical activity programs at the workplace.

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