



# Types of sport



# Mountain cycle racing

- The mountain cycle racing is a type of sport which attracts wheeling the lack of roads, by an usually cross-country by or special equipped mountain a bicycle or hybrid road a bicycle. Usually mountain bicycles are divided by general descriptions, setting zaberpechiti endurance on the bad road: wide rough tires, thick tubes of frame, shock absorbers, on a front fork or on both. As a result a mountain bicycle weighs notably more road



# Parkur

- Parkur is discipline which is the aggregate of skills of domain the body, which in a necessary instant can find application in any of situations of our life. Force and its correct application is a necessary condition of maintainance of the life and life of man to which, possibly, your help is needed. Ability quick than other to find oneself wherein you are needed, is the index of your capabilities and level.



# Beach volleyball

- Plyazhnyy volley-ball (whip-volley) is a popular type of sport, played on a sandy beach, in which two teams, positioned on opposite sides of the net, pass the ball through the net by hands, with the goal of landing the ball on the opponent's side of the court.



# Rally

- A rally (from angl. of rally) is an autosporting competition essence of which consists on that, to pass on a specially geared-up for this purpose car specially certain the organizer of competition by a route in a preliminary certain term ta/abo in the most short-story time from the place of start to the place of finish (distance of competitions).



# Mountaineering

- Mountaineering is a type of sport, that puts an ascent a primary purpose on natural and artificial rocks and walls, in particular on mountain peaks. As a rule, technical part of route — from hundreds of meters to a few kilometres, here during, as a rule, there are not stationary points of insurance all route. An ascent depending on complication and slowness of route can last from a few hours, to a few days, weeks and even months.



# Throwing of hammer

- Throwing of hammer is track-and-field discipline which consists in throwing of the special sporting shell — hammer — on distance. Requires forces and co-ordinations of motions from sportsmen. Conducted in a summer season on the opened stadiums. Behaves to the technical types of the track-and-field program. Throwing of hammer is olympic discipline of track-and-field (for men — from 1900 year, for women — from 2000 year).



# At run

- At run divided into olympic and other disciplines. To olympic belongs at «smooth» run (that at run on the path of stadium hard-surface) sprinter - on short distances (100, 200, 400 mcodes); 110 mcodes (women have 100 mcodes) and 400 mcodes are from bar"erami (for men); but the proper relay races (4~100 and 4~400 mcodes); at run on the midranges (800 and 1500 mcodes) of staerskiy is a race long-distance (5000 and 10000 mcodes), «stipl'-cheyz» - 3000 mcodes with obstacles (bar"erami and by a ditch with water); but marathon (42 km 195 mcodes).





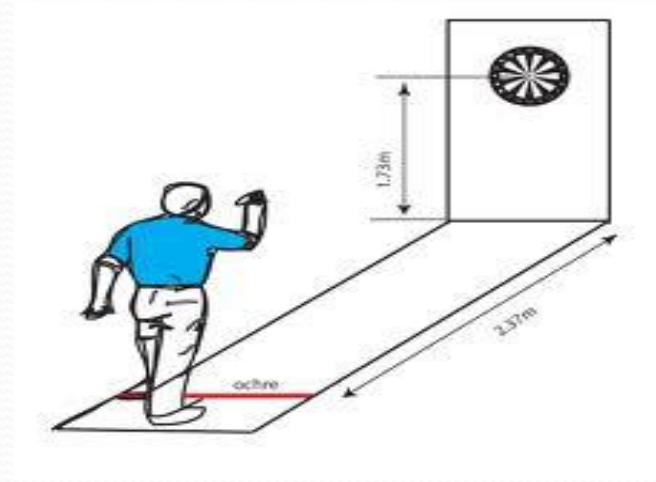
# Badminton

- A badminton is a sporting game, which is conducted on a small ground, part a net on 2 equal parts. On them opponents which by a racket try to kick about a shuttlecock (plastic semi-sphere from pir"yanim or nylon framing) through a net on other half of court so that an opponent was not able to remove him back are disposed.



# Darts

- Darts (angl. of darts) is a row of pov" yazanikh games, in which players throw short arrows (darts) in a round target, hung up on a wall. Although the different types of targets and rules were used in the pas, in this time term darts usually alludes to the standardized game with the certain construction of target and rules. A game was engendered a few centuries back onto the Britannic islands. To this day darts is a traditional game, in which play in pabakh of Great Britain, Netherlands, Skandinavskikh countries, USA and some other.



# Calisthenics

- Calisthenics — it is a difficultly co-ordinating type of sport, under musical accompaniment, that one gymnast, or command, executes from pyati girls with a few objects in turn: 'yachem, skakalkami, mace, hoop and ribbons. A calisthenics is the olympic type of sport.



# Aerobics

- Aerobics (Rhythmic gymnastics) — which execute the complex of physical exercises (walking, at run, jumps but other) to music, that is why it is called rhythmic gymnastics. A word «aero» is meant by air. Engendered in the USA in 1960th.



# Armrestling

- Armrestling is a table fight, where competitioners put elbows on a table, couple hands one-arm and try to overpower each other and the same to lay the hand of competitor on the surface of table. Armrestling is widely the popular type of sport, which world, competition of different countries and regions cups are conducted after.



# Bowling

- Bowling is a type of sport, playing on vluchannya of heavy bullets a purpose. There are many varieties. Among the varieties of bowling is the laun bowling, or bowling on a grass and «desyatikegleviy bowling». O to bowling on a grass purpose of player — to dispose the bullet as possible nearer to the bullet-target. At this player or the commands of plays are rolled by bullets by a grass by turns, trying not only to drive the bullet nearer to the target but also knock out at to this kuli of opponent



# Sporting swimming

- The sporting swimming is a type of sport, in which a purpose is as quick as possible to swim the noted distance, not in contempt of here technicians of method of swimming, which is used. The sporting swimming began to acquire vogue as early as XIX age. In our time sporting swimming — is the olympic type of sport.



# Dayving

- Dayving (angl. of Scuba of diving) — one of forms of the submarine swimming, in what dayver uses hardwares are certain for breathing under water, dayving and divings works always pov'yazani with a danger for life and zdorov"ya. Dayving and divings works always pov"yazani with a danger for life and zdorov"ya. Basic dangers: sinking; dekompresiyana illness; barotravmi; poisoning gases: by the monooxide of carbon, dioxide of carbon, oxygen, nitrogen;





# Snoubording

- Snoubording (angl. of snowboarding) is a type of sport which consists in lowering from snow-bound slopes and mountains on the special shell — snoubordi. At first snoubording was exceptionally the winter type of sport, but afterwards separate ekstremali mastered him even in summer, going for a drive on snoubordi on sandy slopes (sendbording). As, often, rolling on snoubordi prokhodit' on unprepared slopes and on high speeds, for protecting from traumas a various equipment — helmets, defence of joints, back, hands is used.



# Hockey

- Hockey from shayboyu, hockey, from fr. hoquet is a «stick of shepherd with superfluous») it is a game on an ice ground, in which two commands try hockey-sticks to bespatter a round puck in the gate of competitor, which are protected by a goalkeeper. Hockey is popular in the small row of countries: foremost in Canada and USA, in Russia, Sweden, Finland, Czekh, Slovakia, Latvia, Byelorussia, — and included in the program of winter olympic games. However in these countries an ice-hockey occupies sport position one number.



# Boxing


- Boxing is (angl. of boxing) a sport variety, fisticuff in gloves between two sportsmen, in which laid about only in the overhead half of body at the front and from one side. To the program of the modern Olympic games boxing was included 1904.



# Football

- Football (from angl. of football, association football)(— one of varieties of football, olympic type of sport, command sporting game in which two commands take part for eleven players in each. Football is one of biggest-selling types of sport in the world. In football play m'yachem on the rectangular trav'yanomu field (sometimes a grass is replaced artificial coverage) with a gate on two opposite sides of the field. The purpose of game is to hammer in as many as possible chairmen; that, to lead m'yach in the gate of opponent as many as possible times.





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