

People's Democratic Republic of Algeria

Ministry of Higher Education and Scientific Research

Institute of Physical and Sports Activities

Teacher: M.BOUDRA

Module: English

Level: Licence

Exam

Activity One:

Translate the following paragraph into Arabic:

Decline and Revival of the Olympic Tradition

“After the Roman Empire conquered Greece in the mid-2nd century B.C., the Games continued, but their standards and quality declined. In one notorious example from A.D. 67, the decadent Emperor Nero entered an Olympic chariot race, only to disgrace himself by declaring himself the winner even after he fell off his chariot during the event. In A.D. 393, Emperor Theodosius I, a Christian, called for a ban on all “pagan” festivals, ending the ancient Olympic tradition after nearly 12 centuries.

It would be another 1,500 years before the Games would rise again, largely thanks to the efforts of Baron Pierre de Coubertin (1863-1937) of France. Dedicated to the promotion of physical education, the young baron became inspired by the idea of creating a modern Olympic Games after visiting the ancient Olympic site. In November 1892, at a meeting of the Union des Sports Athlétiques in Paris, Coubertin proposed the idea of reviving the Olympics as an international athletic competition held every four years. Two years later, he got the approval he needed to found the International Olympic Committee (IOC), which would become the governing body of the modern Olympic Games.”

Activity two:

Describe the process of swimming for kids and adults.

Give five benefits of swimming.