

THE INTERNAL FORM OF FITNESS TERMINOLOGY IN THE ENGLISH AND UKRAINIAN LANGUAGES

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Fitness terminology is presented as the novelty system of terms that combines lexical arrays of various types of training (gymnastics, light athletics and weightlifting, game sports) and intended for a short and precise description of exercises, general concepts, names of equipment and devices, rules for their use. The specificity of the fitness terminology lies in the fact that the exercises performed are very diverse and quite often imitate the movements inherent in the daily activities of a person.

The article shows the specifications of manifestation of the internal form of the word (English and Ukrainian) in the naming of basic gymnastic movements, equipment and inventory for conducting classes, in the description of the athlete's state of health during and after the exercises. Comprehension of fitness terminology, particularly in comparison of Ukrainian and English-language concepts in the training process, would contribute to the improvement of physical and mental skills, generalization of experience, understanding of modern principles of sports theory and methodology. Methodical and didactic aspects are also taken into account in this work: first of all, the importance of studying the novelty fitness terms for further composing the workbooks and teaching aids in the English language of specific (sports, recreational) purposes.

Obviously, the existence of such terminology makes it possible to apply the explicit and hidden properties of word more widely and versatilely (both literal and figurative meanings) in practicing gymnastics and fitness by people of different age categories and, at the same time, studying the nuances of professional foreign language. Practically, the attempts to understand the nature of a word through its etymology, connections with other words, in particular, the manifestation of the internal form, in order to further use different language tools both in Ukrainian- and English-language communication meaningfully, are quite fruitful and creative. Therefore, knowledge and comprehension of specific terminology, regarding a comparative aspect, will determine the sports literacy and culture of a specialist.

Key words: *the English language, the Ukrainian language, terminology, sports, fitness, internal form, word, collocation.*

Науменко Н. В. Внутрішня форма фітнес-термінології в англійській та українській мовах. *Фітнес-термінологія – це новітня система термінів, яка поєднує лексичні масиви різних видів тренувань (гімнастика, легка та важка атлетика, ігрові види спорту) та призначена для короткого й точного позначення вправ, загальних понять, назв спорядів та приладів, правил користування ними. Специфіка новітньої фітнес-термінології полягає в тому, що виконувани вправи дуже різноманітні й доволі часто імітують рухи, притаманні повсякденній діяльності людини.*

У статті окреслено особливості оприявлення внутрішньої форми слова (англійського та українського) у називанні базових гімнастичних рухів, приладдя та інвентарю для проведення занять, в описі стану здоров'я спортсмена під час виконання вправ та після них. З огляду на специфіку роботи у спортивній залі очевидним є факт, що найбільш дієвими частинами мови в терміносистемі тренувань є іменники (назви вправ, рухів, спорядів, тренажерів) та супутні їм дієслова; прикметники вживаються здебільшого як компоненти складних термінів. Розуміння фітнес-термінології, зокрема у зіставленні українськомовних та англійськомовних понять у процесі тренування, сприяє вдосконаленню фізичних і ментальних навичок, узагальненню досвіду, осягненню сучасних принципів теорії й методики спорту. До уваги в роботі взято також методичні та дидактичні аспекти, передусім важливість вивчення новітніх фітнес-термінів для укладання підручників і навчальних посібників з англійської мови фахового (спортивного, рекреаційного) спрямування. Очевидно, що наявна термінологія дає змогу більш широко й різнобічно застосовувати явні та приховані властивості слова – як у прямому, так і в переносному значенні – у практикуванні гімнастики та фітнесу людьми різних вікових категорій і водночас вивчати тонкощі фахової іноземної мови. Доволі плідними та творчими, як показує практика, є спроби зрозуміти природу слова через його етимологію, зв'язки з іншими словами, зокрема оприявлення внутрішньої форми, аби надалі осмислено вживати різні мовні засоби і в українськомовній, і в англійськомовній комунікації. Отже, знання та розуміння специфічної термінології, серед іншого й у зіставному аспекті, визначатиме спортивну грамотність і культуру фахівця.

Ключові слова: *англійська мова, українська мова, термінологія, спорт, фітнес, внутрішня форма, слово, словосполучення.*

Defining the problem and argumentation of the topicality of the consideration. Fitness practices use the special terminological systems for lapidary and concise indication of notions, exercises, movements, devices and machines in the fitness

studio, and also formalization of the rules to use them properly. The specification of this kind of terminology is that the movements performed are very diverse and thenceforth actively used in everyday life of a human.

The problems of formation and popularization of fitness terminology in the Ukrainian language require thorough studies of scientific sources, in particular the Anglophone ones. It goes without saying that the numerous English borrowings, neologisms and idioms have essentially enriched the 21st century Ukrainian sporting lexicon (for instance, *football, volleyball, basketball, baseball, hockey, rugby; play off, save, half time, halfback, forward, referee; to set the ball rolling etc.* See 2, 35; 5, 212). On the other hand, mastering the English terminology by Ukrainian-speaking students of technological higher schools is of no less importance; this problem is acutely relevant within the context of the activity of the physical training department teachers at National University of Food Technologies (Kyiv) who are currently working over the new training programme “Human Physical Recreation and Health.”

The NUFT students, especially those who go in for sports, are quite aware of the fact that the improvement of the individual sporting lexicon would need comprehension of today’s interactions between various languages. Upon learning the Anglophone terminology, students would easily communicate in different situations, understand specific notions and enhance their theoretical knowledge in certain kinds of sports.

Analysis of recent research and publications. Immersing into the Anglophone atmosphere during regular physical training classes appears to be an effective educational method. As for the author of this work, it should be advised to systematically use the foreign terms that are new and respond to the students’ needs. Therefore, physical training teachers should practice this approach to motivate their students and thenceforth to implement it in accordance with a student’s language and physical competency.

No wonder that a great deal of sport activities, primarily competitive games (football, volleyball, hockey), martial arts (judo, karate, aikido, all wrestling modifications), sporting-and-intellectual games (chess, draughts, backgammon) emerged from combat imitations [1, 111]; therefore, their vocabulary should be relevant (*attack – напад, defence – захист, attacking midfielder – атакуючий півзахисник, striker, forward – нападник, defender – захисник, to shoot = to strike a ball with force; capture – взяття фігури, rook, castle – тура, knight – шаховий кінь* etc). Nowadays, fitness activities should deal with terms of another semantics, borrowed mostly from everyday life.

Oleh Bubela, a specialist in gymnastics and fitness as well as in the field of specific terminology, confirmed that both instructors and clients of fitness studios should expediently operate with sporting terms, regarding their individual qualification. Evidently, beginners are to learn new terms along with practicing fitness exercises themselves, whereas professional athletes, trainers and other participants of a workout process would have specific words and collocations for their everyday language.

Far more profound is the approach applied by Serbian linguists in their article ‘Terminology Framework for Understanding of Physical Education and Sport’ published in 2020. In particular, the authors set a research paradigm by differentiating between two correlated

notions, terms and concepts, in order to provide their expedient usage in a sporting activity. As they note, “... with *simple concepts* such as *a ball* or *a bicycle*, we perceive and understand them by using our senses in addition to their presentation in our minds. It is easy to observe and relate them due to their ‘sensory-related’ nature. This relatively easy process of relating and using them stems from the fact that they are (also) associated with the necessities of life, our interests and also because they are integral parts of our experience... With *complex concepts* such as ontology, metaphysics, culture, physical culture, sport, games, etc. it is completely different because complex concepts are not derived directly from natural matters. In order to perceive and understand them, we therefore must follow them from one to another and make our own efforts along with the efforts of others to achieve proper comprehension. This is the only way to acquire correct concepts of objects and phenomena” [12, 2–3].

Nowadays, taking into consideration the Russian full-scale invasion into our country, there is a growing tendency to restore and re-implement purely Ukrainian sporting or gaming words and collocations into the fitness and gymnastic practices. Not just terms, but also slang words have become the subject for research in the article by Kharkiv philologists L. Karpets, Yu. Kovalenko and K. Gnatenko (2023); apart from the officially accepted fitness nomenclature, they studied its colloquial analogues, upon observing the athletes’ competitions and performances, from which the authors drew a conclusion that the majority of slang words indicate sporting exercises and styles, for example *ostrich*, or *stretching* (*страус, розтяжка*) ‘an exercise, during which certain muscles are stretched’; *fold* (*складка*) ‘an exercise for flexibility development’; *half-candle* (*півсвічка, берізка*) ‘an exercise during which a person, lying on the back, slowly raises the straightened legs, and then thighs, above the head’ [3, 35].

Upon using a certain term, a speaker should know its meaning and semantics. For these reasons, terms can be categorized into two classes:

Collective terms. They include the following: alternating or simultaneous movements by arms and legs; direct and reversed crosses; rotations, reverses, balances, splits, etc. These terms are used for substantiated indication of a large exercise group, when it is not necessary to concisely describe all nuances of the movements performed.

Terms to explain the specifications of any exercise; in turn, they are divided into main (for the typical constituents of an exercise, for instance *rise, fall, rotation, jump up, jump down*) and additional – for the performance manner (for instance *leg curl, pull up, push up, squats, dips, jumping jacks*); direction (*right, left, forward, backwards*); *rest conditions* (*thigh sit, right knee rest, plank pose, big toe pose*).

As a matter of fact, the name of an exercise should be composed from the main constituent revealing the essence of a movement, and an auxiliary word to clarify the movements and their sequences. Sometimes specialists use specific adverbs to outline the typical characteristics of an exercise (for instance, ‘move smoothly,’ ‘move relaxed,’ ‘springy movement’ etc.).

Eventually, to be in a good shape, a client of a fitness studio would need to activate all muscular groups during training; on the other hand, while learning a language, it is necessary to involve all the linguistic competencies according to CEFR – to follow attentively all the trainer’s instructions (listening); to respond to the trainer and to carry out a dialogue with him/her (speaking); to read scientific articles, either printed or administered on the Internet websites, on the specifications of fitness trainings and healthy nutrition (reading); to put the instruction down carefully in order to practice the exercises independently (writing); to comprehend the ways of forming a word / a collocation to describe an exercise or a movement (use of language). Given that the long-term gaps in trainings would have a negative impact on a human body state, we can draw a parallel with language learning process in which constant practicing is of no less importance.

Setting the goals and tasks of the article. The goals of this article are to elucidate the methods to create and use specific English and Ukrainian terms in sporting practices and thenceforth to assert their place in both terminological and colloquial language arrays observed in fitness studios. The main **tasks** to achieve these goals are to study the principles of word formation in both languages to name the exercises, equipment and specific movements upon analyzing the words and collocations in terms of their internal form and figurative content, and to reveal their functions beyond those shown by direct meanings.

The outline of the main research material. Prior to studying the fitness terms themselves, it is essential to pay tribute to the founders of Ukrainian national physical education methods. At the very beginning of the 20th century, a physical trainer in Kolomyia gymnasium Petro Franko (Ivan Franko’s son) published an article “Physical Education in the First-Degree Folk Schools,” in which he clearly determined the tasks of physical activity and the conditions to achieve them, thence presenting his work as an integrated system to interact with pupils during training lessons.

Apart from a harmful impact of sedentary lifestyle on the body development, Franko confirmed physical training as factors to complete the following tasks: “to grow healthy and diversely developed youth; to teach the young to overcome corporal and mental indolence; to form vital physical skills and abilities in boys and girls; to train courage, willpower, endurance, self-discipline and solidarity; to benefit the forming of cheerful disposition and dignity of spirit; to turn the young away from bad habits and thence to direct them to appropriate activities based on their interests” [6, 17–19]. Alongside, P. Franko was sure that it should be expedient to broadly involve the traditions and customs of Ukrainians (both national and local) into elaboration of training programs, in particular – the folk children’s outdoor games like ‘kvach’ (a kind of chase game) or ‘hylka,’ a probable prototype of baseball.

What is more, Petro Franko was the author of “The Manual of Swedish Morning Exercising” («Підручник шведської руханки»), a book to be effectively used by any physical educator nowadays. It contains essential anatomic theoretical reflection on the

human body, the importance of morning exercising and proper body development that not only give a positive influence on health, stamina, agility, endurance and intelligence, but also form positive personal features [6, 6].

Therefore, upon outlining the benefits of physical activity, it should be necessary to make a transition to fitness term formation in the English and Ukrainian languages. The initial but important aspect in these studies is the elucidation of the internal form of a word / collocation, as it was presented in the theory by the 19th-century Ukrainian philologist Oleksandr Potebnya who lived and worked in Kharkiv. Having based on Wilhelm Humboldt’s books (especially those dedicated to the Sanskrit as the root of Indo-European languages and hence the factor of the apparent similarity between their contemporary basic lexicon), Potebnya proposed the idea of language as the means of cognitive activity, followed by the statement about the tripartite structure of a word:

- The unity of sound and letters to show the meaning (the external form of a word);
- The internal impulse to form the meaning (the internal form of a word);
- The meaning itself (a subject, person, state etc. named by a word) [4, 392].

The external form and the meaning of a word always remain irreversible constituents of the word; evidently, no word would exist without any of these two elements. A sequence of random letters or sounds cannot actually compose a word; conversely, a meaning not accompanied with an articulate sequence of letters or sounds is not a word as well. Meantime, the middle element (the internal form) appears to be very variable and so likely to dissolve in some period of time; however, it is the internal form that makes any word metaphoric and thence capable of giving a multi-faceted image of a subject, including fitness equipment and physical exercises.

No wonder that the majority of Sanskrit asana names for yoga practicing were formed in honor of certain live entities or things which would serve a pattern for an athlete’s pose:

- bakasana* – crane pose (поза журавля);
- balasana* – child pose (поза немовляти);
- marjaryasana* – cat pose (поза кішки);
- dhanurasana* – bow pose (поза лука);
- setu bandha sarvangasana* – bridge pose (поза «місток»);
- ustrasana* – camel pose (поза верблюда);
- halasana* – plough pose (поза плуга) (2).

The internal form of the words composing the sporting lexicon is apparent in names of training machines and equipment: *rowing machine* (тренажер «веслування») imitates the movement of driving a boat; *machine fly* (тренажер «метелик») is a synonym for chest trainer because of the workout principle resembling a butterfly wings movement [10, 57]. Frequently, the mnemonic abbreviations are created to remember the basic fitness terms (“If you have too much fat around your waist, you have a “spare TIRE.” Deep to superficial: *Transverse Abdominis*, *Internal Oblique*, *Rectus Abdominis*, *External Oblique*” [10, 40]); Ukrainian fitness practitioners tend to name the excessive fat around waist by the metaphor «рятувальний круг».

Noticeable is the fact that English fitness lexicon contains a nest of complex terms produced from the root “bell” (дзвін): *barbell* – *штанга* (a German borrowing), *dumbbell* – *гантель* (a French borrowing), *kettlebell* – *гуля*, *pull-up barbell* – *турнік для підтягувань* (1). Talking about the metals or alloys to cast metal items, we would find it evident that the earliest of large bells were cast in China from iron because of its abundance in the region; cast iron is one of the hardest metals, and this makes it difficult to finish or tune [9]. Probably, the component ‘bell’ to name the fitness equipment made of cast iron (kettlebells) or steel (dumbbells or barbells) would signify not only their heaviness, but also the ringing sounds produced by the unintentional fall of metal items on the floor or by knocking them against each other.

In terms of internal form studying, the phrasal verbs widely used in fitness practices and the nouns created from them are of no less importance, owing to the fact of their ability to concisely describe the principles of performing special movements, to express the state of a client (either a novice or an experienced athlete). In particular, the visitors of fitness studios, while exercising, can “brush up” their English or Ukrainian sports vocabulary, comprehending the specified terms and collocations: for instance, before any turn of *do weights* (заняття силовими вправами) a client should *warm up* (розім’ятися) in order to *bulk up* (наростити м’язи) or *slim down* (схуднути, спалити жир).

In everyday English, especially spoken and heard in fitness rooms, phrasal verbs serve not only as the stylistic means, but also the method to create some figurative language and, in process, turn it into terminology. The samples of such language are emphasis, ellipsis (elimination of words without ruining the gist of the message), anacoluthon (colloquial speech imitations), antonymy and so on. Otherwise, the phrasal verbs created with antonymic postpositions (up – down, in – out, on – off, for – against) are not necessarily opposite in their semantics: *to wash up* – *вмити* (руки, посуд), *to wash down* – *змити водою* (їжу, ліки).

The thorough observations of English phrasal verbs and their Ukrainian analogues have shown that the English postpositions used to change the meaning of an initial word may be successfully substituted by Ukrainian prefixes, like in the following wordlist:

– out – «ви-», to break out – *вирватися*, to come out – *вийти* у світ, to call out – *вигукнути*, to make out – *виставити* напоказ, to find out – *виявити*, to turn out – *виявитися*, to set out – *вирушити* в дорогу, to try out – *випробувати*;

– off – «від-», to come off – *відриватися* (*вириватися* вперед під час змагань), to turn off – *відключити*, to call off – *відкладати* (подію), to set off – *відправляти(ся)*;

– into – «в-», «у-», to be into – *уподобати*, to come into – *входити*, to pack into – *утискатися*, напр. у переповнений автобус;

– up – «ви-», «роз-», to bring up – *виховувати*, to cheer up – *розвеселитися*, to grow up – *вирости*, to pay up – *виплачувати* (вартість абонементу), to put up – *виставляти*, to sober up – *витверезитися*, to use up – *використати*, *виснажити* (також у переносному значенні);

– down – «з-», «с-», to slow down – *сповільнити*, to quieten down – *стихнути*, *змовкнути* [4, 394].

However, this list is not complete yet. Apparently, one phrasal verb can stand for an entire Ukrainian collocation or even a sentence, regarding the fact that the same English word, dependently on the context, can be either a noun, an adjective or a verb (for instance, a *workout* and to *work* something out).

It should be interesting to compare phrasal verbs and their Ukrainian analogues to indicate two basic fitness exercises: *to push up* («віджиматися») and *to pull up* («підтягуватися на перекладині»). Both of them symbolize the up-and-down movements; however, English speakers highlight the “up” («угору») as the main component, and in Ukrainian there is a divergence: moving up touches only «підтягування» (“pull up”), whereas «віджимання» (“push up”) accentuates the horizontal



surface (“floor”), from which, actually, a sportsman pushes his body up («від підлоги»).

Upon relying on two boxing terms “knockout” and “knockdown” borrowed by Ukrainian in their transliterated forms («нокаут» and «нокдаун»), which also originated from the phrasal verbs, it is possible to expand the English-Ukrainian juxtaposition paradigm by comparing the terms with «down» and «out» additives. This would show that, primarily, verbs with “down” part prevalently have the meaning of **limitation**, meanwhile those with “out” signify complete **elimination** of something:

Cut down (on) / cut out sweets – обмежити / виключити **солодощі**;

Turn down / turn out – приглушити / вимкнути **світло**.

Conversely, similar verbal constructions may be presented as synonyms: *burn down / out* – згоріти дощенту (including ‘fat burning’ as a metaphorical effect of training process); *hand down / out* – передавати у спадок / видавати безоплатно (звідси й іменник handouts – роздаткові матеріали); *wear down / out* – зношуватися, стиратися; the latter idiom is the colloquial analogue of the collocation “to get tired,” frequently used in a fitness studio.

At the beginning of 2020, due to the coronavirus epidemic outburst, one more modified phrasal verb was included into the active lexicon of both Anglophones and Ukrainians, particularly fitness practitioners; it was ‘a lockdown’ (локдаун, from lock down, i. e. closing the public places until the improvement of the epidemic situation).

Several fitness terms have been created to commemorate an inventor of an exercise or a training machine (‘Yevmynov board,’ ‘Smith machine’), or in honor of a country from which an exercise has originated (‘French press’ or ‘Romanian pull’ as the elements of strength training).

The following picture shows the possibilities of the internal form factor in naming the basic fitness movements [See 7, 23]: *Bench Press, Triceps Dip, Bent Over Row, Inclined Dumbbell Press, Chin Up, Back Squat, Horizontal seated leg press, Abdominal bench press, Lat Pulldown, Biking, Treadmill, Elliptical stepper trainer exercising*.

Conclusions and directions for further research in this area. With the help of terminological and

figurative lexemes composed by different methods, but anyway respecting the rules of word formation in either the English or the Ukrainian languages, specialists in fitness and gymnastics endeavor to concisely display the essence of human anatomy, to reveal the specifications of muscular activity (with or without special equipment) and to impart the subtleties of exercising to fitness studio clients. Thanks to their close collaboration, trainers and linguists would manage to restore the sensory ‘aura’ of a word, which includes its visual, audible and tactile characteristics; henceforth, many specific terms attain the power of images taken from nature (like asanas in yoga). Their impact on a training process participant would be quite strong, especially when it comes to the complex or compound terms that are capable of combining two or more typical features in a single word (for example, *kettlebell, leg press, rowing machine*). This is the way words turn back to their internal form that emerged from the resemblance of a certain thing to another one.

Regarding the specificity of workouts, evident is the fact that nouns (to name exercises, movements, equipment, training machines, states of health, feelings etc.) and correspondent verbs, including those prefixal (in Ukrainian) and phrasal (in English), are the most actively used speech parts in a fitness room, whereas adjectives stand merely for the constituents of complex and compound terms (horizontal pull, French press, dead-pull and others). What is remarkable about the fitness terms in the languages researched is that some of them are complex in English (formed from the same root, like *barbell, dumbbell, kettlebell*) but appear divergent in Ukrainian because simple («штанга», «гантель», «гиря», respectively). Still, a deeper insight into the internal form of fitness terms would enhance a client’s interest in cognitive activity that is believed to be a powerful mental additive to physical trainings themselves.

The perspective trends of further research would include studying the internal potentials of terms from other sporting activities that are gaining popularity in today’s Ukraine. In turn, this work would be essential in teaching English for specific purposes to students of either technical or non-technical specializations, particularly for combination of fitness training and language learning.

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