Passage Skiing 4

1. Skiing is a mode of transport, recreational activity and competitive winter sport in

which the participant uses skis to glide on snow. Many types of competitive skiing

events are recognized by the International Olympic Committee (IOC), and the

International Ski Federation (FIS).

1. Skiing has a history of almost five thousand years. Although modern skiing

has evolved from beginnings in Scandinavia, it may have been practiced as

early as 600 BC in what is now China.

1. The word “ski” is one of a handful of words Norway has exported to the

international community. The word” ski” comes from the Old Norse word”

skio” which translates a piece of wood.

1. Skiing, similarly to so many sports, started at a pre-historic ages, though its

concept was rather different from today’s idea of a sport activity. From 2500

BC, when the first primitive skis were made in Hoting, Sweden, people have

used skis to hunt more effectively for animals, to perform military races or to

transport themselves in the snow.

1. Until the mid-19th century, skiing was primarily used for transport, and since

then has become a recreation and sport. Military ski races were held in

Norway during the 18th century. As equipment developed and ski lifts were

developed, skiing evolved into two main types during the late 19th and early

20th century, Alpine and Nordic.

1. When we talk about skiing, we generally mean Alpine (also named downhill)

skiing. Its purpose is to ski down the hill by fixed heels and toes, commonly

with a pair of ski poles. Once you have skied down using proper body

balance, some lifts next to the ski tracks on the ridges transport you up the

mountain to the peak. However, there is another type of skiing called Nordic

skiing. It uses fixed-toe but free-heel bindings.

**1-A 2-B 3-D 4-A 5-B**

**Questions**

1. **The International Olympic Committee (IOC)……………**
2. recognizes skiing competitive events
3. is a mode of transport
4. is a winter sport
5. is the same as the International Ski Federation (FIS)
6. **Old Norse is probably……………………..**
7. a kind of skiing
8. an old language
9. a sport
10. a military skiing
11. **In paragraph 4, When the first primitive skis were made in Hoting, Sweden,**

**people have used skis for…………………………..purposes**

1. 2
2. 5
3. 4
4. 3
5. **Alpine and Nordic are…………………….**
6. types of skiing
7. ski lifts
8. military races
9. kinds of equipment
10. **In Alpine skiing, the skier ………………………….**
11. uses fixed toes only
12. skis down the hill by fixed heels and toes
13. uses fixed-toe but free-heel bindings
14. uses fixed heels only

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