



## Peculiarities of Sports in the Usa and Great Britain

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**Abstract:** *The article deals with significant information about sport, its types and special features of sport in the USA and UK. Moreover, several fundamental issues according to given topic were discussed.*

**Keywords:** *amateur approach, convalescence, American football, revenue, prestige, aerobics, yoga, stretching classes, bodybuilding programmes.*

Sport is a very important part of our life and it is becoming more and more popular. Doing sports keeps us healthy, relaxed, as well as maintains our figure and strengthens our patience and endurance. All doctors recommend exercising, as prevention and convalescence of various ailments. One of the best workouts for your body is swimming, as all your muscles are exercised. There are two kinds of athletes - amateurs and professionals. The amateur approach to sport is when you exercise, jog, swim or go to the gym once in a while. Often sports are performed together as a team, instead of just as individuals. The new fitness centres with their bodybuilding programmes and tanning booths are becoming very trendy. Some people's ambition is to look like a model, and they often go to the fitness centre. Professional sports some people are so interested in sports that they want to make it their main livelihood. Sometimes they only get paid for their travels and equipment, but if they keep improving their results, there is a fair chance they could go to the world competitions, which improves their chances of earning more money. The highest achievement for sportsmen is usually to participate in the Olympic Games and win a gold medal. Britain and America are both sports proud nations. Their national identities are built partly on the sports they created, and every weekday and weekend millions of citizens sit glued to their television sets watching their favorite athletes compete against each other. Americans have Football, Baseball, and Basketball, while Brits have Rugby, Soccer and Cricket. There are striking similarities between their respective games, but have very different cultures and meaning for their fans [1].

The Olympic Games are performed every four years, but not all the different kinds of sports which exist are represented there; however new disciplines are added every time the games are held. The Olympic Games are named after the city in Greece where it took place for the first time in the year 776 B.C. and it was held there every four years for a long period of time. The intentions of the games were to allow the best sportsmen in the country to compete, and their ideal was to promote perfect men both in body and soul (as the games at that time were only for men). Another idea of the games was to keep peace during the competitions, as there were often minor wars going on at the time. The contemporary tradition of the games started in 1896, in Athens. The initiator was Pierre de Coubertin. Since then, the event has taken place every four years, excepting during the world wars. Since 1924, a special winter Olympics has been held. The International Olympic Committee is now managing the games from its seat in Lausanne, Switzerland. The well-known symbol of the games is the five intertwined different coloured circles on a white background[2]. They symbolise the five continents. Most sports are performed at specialised facilities, such as: sports halls, tennis and golf courts, an open air stadium, a winter stadium, an open air pool, a



swimming pool, a gym, a bowling alley, ski slopes, trails and playgrounds. Various equipments are used in each of the disciplines. It could be a tennis racket, a ball, a net, a goal, a golf ball, a baseball, a hockey stick, skates, protective clothing, basketball, volleyball, skis and the various gymnastic 'obstacles'.

Oxford and Cambridge are Britain's two oldest universities. In the nineteenth century, rowing was a popular sport at both of them. In 1829 the universities agreed to have a race. They raced on the river Thames and the Oxford boat won. That started a tradition. Now, every spring, the University Boat Race goes from Putney to Mortlake on the Thames. That is 6.7 kilometres. The Cambridge rowers wear light blue shirts and the Oxford rowers wear dark blue. There are eight men in each boat. There is also a "cox". The cox controls the boat. The Americans are crazy about sports. Spectator sports play an important role in American life. Many Americans regularly attend sporting events, watch sports on TV, and listen to sports on the radio. There is also a variety of sports magazines and most newspapers have a sports section. American football is generally the most popular sport, followed by baseball, and basketball. The Americans like to talk about sports as a topic of conversation. At work, at school, and at social gatherings they discuss game scores and sports' strategies and they make predictions, even bets on the winning teams [3]. Children are encouraged to join sports teams at an early age. In every city or town there are children's leagues for baseball, soccer, football, and basketball. Often, both boys and girls play together on the same team. All year round, high school and college teams compete in different sports. The football season is in fall. Basketball matches are held in winter. Spring is the season for baseball, track and field, and swimming. High School and college sports' events are a big production drawing large crowds to the stadiums. Cheerleaders, bands, and parades make these events exciting and lively. Colleges and universities actively recruit skillful high school players. The best young athletes receive scholarships to attend the universities and play for their teams. The finest college athletes are then selected to play in the professional leagues. Professional sports in the US are big business.

Professional athletes are paid enormous salaries by the team owners as incentive to win and continue drawing crowds to the stadium. In addition, companies that sell sports wear and equipment heavily advertise at sports events. Cities compete to attract professional teams. A city that is the home to a major team gains employment, revenue, and prestige. Each professional sport in the USA has its own national competition. Football teams across the country compete for the grand prize in the Superbowl. In basketball, the highest achievement is to win the NBA Championship. Baseball teams strive to win in the World Series. Women's athletics has gained popularity in recent years. All female basketball teams are renowned for their skill and intense competition. Even in ice hockey there are strongly competitive women's leagues. American women enjoy playing tennis, golf, baseball, volleyball, soccer, field hockey, and football. Most cities have amateur coed leagues where men and women from age twenty to sixty can play together in basketball, baseball, soccer, and volleyball teams. Staying fit is a national obsession in the US[4]. Many Americans belong to fitness clubs where they can lift weights, work out on exercise machines, and participate in aerobics, yoga, and stretching classes. The Americans also like to go jogging or running. In the early morning before work, or during the lunch hour and late afternoon, parks are filled with joggers, runners, rollerbladers, and cyclists. The Americans also like to go skiing, snowboarding, windsurfing, surfing, kayaking, and fishing.

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