

<<游泳规则双语教程>>

图书基本信息

书名：<<游泳规则双语教程>>

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作者：温宇红

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### 内容概要

随着我国综合国力的不断增强，我国的体育竞赛水平也日益提高，我国与世界运动组织之间的交流也越来越多，在我国举行的国际体育赛事也越来越频繁。

2008年奥运会在北京举办，是北京和全中国向世界展示自己五千年文明古国的独特魅力和改革开放伟大成果的大舞台。

本教程以国际泳联的游泳竞赛规则为基础，以英汉双语的形式对国际泳联的游泳竞赛规则、成人游泳竞赛规则、公开水域游泳竞赛规则进行介绍。

为便于读者理解和运用规则，特增加了重点词汇解释以及练习题，帮助读者自学和自我检测学习效果。

本教程不仅适合于体育院校游泳项目的本科、专科和研究生使用，还适合于游泳竞赛组织者和裁判员、教练员进行自学。

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### 作者简介

温宇红，1990年毕业于北京体育学院运动系，1993年毕业于北京体育大学研究生部，获得教育学硕士学位，2006年毕业于北京体育大学研究生院，获教育学博士学位。

北京体育大学游泳教研室副教授，全国游泳高级教员、中国游泳协会国家级游泳裁判。

目前担任北京奥组委游泳项目竞赛团队三级项目专家。

多年从事游泳技术分析、教学和训练方面的研究，参加编写出版《全国体育院校通用教材——游泳运动》、《跟专家练游泳》，参加编写《社会体育指导员培训教材——游泳》、《全国游泳教员培训教材》、《全国水中健身教员培训教材》等多部教材；编写《游泳竞赛工作指南》、《游泳技术图解丛书》、《休闲潜水》；翻译出版《运动医学与科学手册——游泳》、《健身游泳》，《游泳技法练习》等译著。

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插图 : SW 3.1.1.4 If four or more heats, the last three heats of the e-vent shall be seeded in accordance with SW 3.1.1.3 above. The heat preceding the last three heats shall consist of the next fastest swimmers; the heat preceding the last four heats shall consist of the next fastest swimmers, etc. Lanes shall be assigned in descending order of submitted times within each heat, in accordance with the pattern outlined in SW 3.1.2 below. SW 3.1.1.5 Exception: When there are two or more heats in an event, there shall be a minimum of three swimmers seeded into any preliminary heat, but subsequent scratches may reduce the number of swimmers in such heat to less than three. SW 3.1.2 Except for 50 meter events in 50 meter pools, assignment of lanes shall be ( number 1 lane being on the right side of the pool when facing the course from the starting end ) by placing the fastest swimmer or team in the centre lane in pool with an odd number of lanes, or in lane 3 or 4 respectively in pools having 6 or 8 lanes. The swimmer having the next fastest time is to be placed on his left, then alternating the others to right and left in accordance with the submitted times. Swimmers with identical times shall be assigned their lane positions by draw within the aforesaid pattern.

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### 编辑推荐

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