

**Внеаудиторная самостоятельная работа студентов по дисциплине  
«Иностранный язык»**

**25.02.05 «Управление движением воздушного транспорта»**

**1 курс 2 семестр**

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**Методические указания**

Внеаудиторная самостоятельная работа выполняется *рукописно* в тетради для конспектов по дисциплине.

Индивидуальные задания выполняются в соответствии с расписанием занятий и сдаются в электронном виде на почту преподавателя.

Выполненные конспекты и задания должны быть сфотографированы и фотографии должны быть вставлены в документ Word. Работа должна иметь титульный лист с указанием фамилии, имени, отчества студента, группы, курса, специальности. В теме письма на эл. почту указывается номер задания и фамилия студента.

**ДАННОЕ ЗАДАНИЕ РАСЧИТАНО НА 10 АУДИТОРНЫХ ЧАСОВ**

**1. Раскройте скобки, употребляя глаголы в форме Past Continuous  
и Переведите**

1. They (to write) the test at this time yesterday.
2. He (to work) in the garden from two till five o'clock.
3. We (to watch) television the whole evening.
4. You (to play) football at six o'clock?
5. You (to drink) tea at seven o'clock?
6. He (to draw) from three till four o'clock?
7. Who (to listen) to the radio at this time?
8. It (to rain) the whole day yesterday?
9. They (to skate) at three o'clock?

10. She (not to help) mother about the house from two till six.

**2. Раскройте скобки, употребляя глаголы в форме Past Continuous и переведите**

1. Around me people (to talk) Russian, Italian and English.
2. Arnold (to talk) to some of the other guests on the terrace when Hardy came.
3. Alex (to look) at his watch.
4. All night long the stars (to glitter).
5. Elizabeth (to eat) and didn't raise her head.
6. He drank some of the wine and ate several chunks of bread while he (to wait) for his dinner to come up.
7. The family (to prepare) for the party.
8. She (to argue) that only Belinda knew how to treat men.
9. A few minutes later Edward (to hurry) through the streets to his bus stop.
10. They moved across the room, which (to start) to fill up, to a vacant corner.

**3. Раскройте скобки, употребляя глаголы в форме Past Simple или Past Continuous.**

1. He (not to open) the window before classes yesterday.
2. I (to hurry) to the library when I (to meet) him.
3. She (to translate) a lot of articles at the office last week.
4. We (to smoke) in the room when he (to see) us.
5. We (to pack) our things when our taxi (to come).
6. The day before yesterday he (to finish) his work at seven o'clock.
7. What he (to do) ten years ago? – He (to study) at school.
8. Yesterday I (to ask) my friend not to ring me.

9. My father (to write) a very interesting article last month.
10. She (to come) home at eleven o'clock that's why she (not to call) you.

**4. Раскройте скобки, употребляя глаголы в форме Past Simple или Past Continuous.**

1. Why you (to be) angry with me yesterday? – I (not to be).
2. Where you (to be) last night? – We (to be) at the theatre.
3. When I (to come) to the bus stop, I (to see) a boy who (to play) with a dog.
4. It (to be) eleven o'clock, when I (to decide) to go to bed.
5. What time they (to have) dinner yesterday? – They (to have) dinner from seven till eight.
6. When she (to see) him a year ago she (not to recognize) him.
7. I (to be) very busy yesterday. I (to prepare) for my exam the whole day.
8. My brother (to wash) the dishes while I (to sweep) the floor.
9. Why you (not to see) a doctor yesterday?
10. It (to rain) heavily when he (to go) out.

**5. Прочитайте и переведите текст (устно)**

Should you have passive or active holiday?

After a long day you come home and feel pretty exhausted. After perform some household chores, you feel completely worn out and the only thing you can do is stretch out in front of the TV or lie down and read a magazine or newspaper. After spending an hour or two or even three in a sitting or lying position, you feel “broken” and go to sleep. Have you ever wondered if there is a more effective way to rest? Have you ever wondered should you have passive or active holiday?

How to restore vitality after a long day?

To recover the organism from acute or chronic fatigue, it is required a suitable relaxation. There are two basic types of rest: passive and active. Passive relaxation implies a complete cessation of activities and is useful after hard physical labor. On the other hand, active holidays, involves disruption of business activity and move on to another activity.

Scientific studies are yet at the beginning of the last century, showed that active rest more successful than passive in the suppression of fatigue, which is a consequence of slow psychomotor work, repetitive work or some other kind of work in which a relatively low energy consumption Active holidays proved to be particularly effective in combating fatigue of intellectual work because e.g. walks, stretching exercises or jogging act favorably on the physiological functions, which, especially in the sitting position, were significantly slowed.

What can I do?

Physical activity affects relaxation of mental tension and emotional strain, which is particularly important during the rest of the intellectual work of manual or repetitive tasks. Therefore, if you come home and you feel mentally exhausted, do not lie down on the couch and turn on the TV, but put on your running shoes and go out for a walk, or choose some other physical activity that you enjoy. After only 20-30 minutes of faster walking, Nordic walking, jogging, cycling or some other physical activity, you'll feel revitalized, and the sense of psychological tension will be greatly reduced.

Does coffee help?

It is important to know that stimulants such as coffee, tea or energy drinks do not resolve fatigue completely, but it only delaying, and if used in large quantities can seriously impair the natural functioning of the body, and therefore our health.

**6. Выпишите из текста 15-20 незнакомых вам фраз и переведите их**

**7. Составьте краткий пересказ текста (10-15 предложений)**