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Ph.D. Thesis Abstract

Edit Bércecs

**Sports Lexicography  
and  
Sports Terminology  
in view of new sports disciplines**

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## **Abbreviations**

HSL = Hungarian sports language

SD = sports dictionary

SL = sports language

SLEX = sports lexicography

ST = sports terminology

TL = technical language (specialized language)

TLD = technical language dictionary

USUR = Ultra Sentences for Ultra Runners

WT = wellness terminology

## **Topic**

The topic of the dissertation is the language, lexicography, and terminology of sports. The early appearance of Hungarian sports and Hungarian sports language (HSL) is discussed with special respect to the results achieved so far and the new trends in approaches to sports. Finally, the current problems of the terminology and lexicography of the latest sports are analyzed.

The reason for the choice of the present topic is the profound change in the significance and mission of sports in the late 20<sup>th</sup> century, by sport becoming a profession and sports language (SL) having turned into technical language (TL) used in the broad circle of users of everyday Hungarian.

Mass sport has lost its role as a stimulant for healthy life styles, and has been taken over by custom-made sports services for health maintenance (e.g. fitness, wellness). Competitive sport has become a profession and a means of making a living both for athletes and their administration (officials, coaches, organizers). At the same time mass sport has become a branch of the entertainment industry, which has resulted in the increased significance of commercial activities.

Not even sports can avoid the effect of globalization; a fact which calls for standardization at the international, European, and national levels. As a result of the political changes of the late 1980s in Hungary, profound changes took place in Hungarian society too. The conceptual system of sports went through a sudden change, which resulted in the many new elements that enriched both SL and society in general.

## **Purpose**

The purpose of the dissertation is to highlight the need for a new approach to terminology as a result of the continuous and intertwining changes taking place in the social mission of sports and economy.

The aim is to outline and point out the most burning issues in the lexicography and terminology of sports. Certain parts of the dissertation (e.g. reviews of printed sports dictionaries (SDs) and thesauri, online multilingual SDs with Hungarian included, the study of the relationship between sports, economy, and terminology, and the problems of editing multilingual SDs have been published in scientific periodicals and annals (e.g. Bérces 2004a,b,c, 2005a,b,c, 2006a, Fóris–Bérces 2005). There are also some chapters which, to my knowledge, have not constituted a subject of terminological studies before (e.g. the terminology of *wellness* and *ultramarathon running*).

## **Methods**

A combination of several methods is used in the dissertation. The compilation of the theoretical background is based on traditional library research, which is complemented by online web searches. The findings are classified by languages, sports disciplines, and types of sources. I use comparative criticism in the analysis of the structural characteristics and contents of particular printed and online SDs. Through the compilation of authentic sources, (printed and online), I offer glossaries of new sports disciplines and sports related fields. The terms and dictionary definitions are

classified and analyzed on the basis of descriptive methods common in lexicography and terminology.

The particular problems of terminology and lexicography are discussed in the system of relations.

## **Structure**

The dissertation consists of six chapters, the table of contents, acknowledgements, introduction, references, and appendices.

*Chapter One* summarizes the development of sports and that of sports language (SL) in Hungary with emphasized focus on the significance of the language reforms of the 1930s, the results of which can be traced in Hungarian sports language (HSL) even today (see Bárczi 1935, Mező 1961, Bánhidi 1971, Fábrián 1984, Grétsy 2002).

*Chapter Two* discusses the trends in the changes of HSL, with special regards to the relationship of sports, economy, and society.

*Chapter Three* offers a definition for sports lexicography (SLEX) and one for sports terminology (ST). It also offers a clarification of basic terms of lexicography and terminology, as well as the significance and the results of their research. Within the questions of SLEX, traditional printed dictionaries are discussed and compared with state-of-the art electronic ones, (especially online).

As a result of the accelerated flow of information and the mass appearance of new concepts and terms, the continuous updating of dictionaries is inevitable. Printed dictionaries become outdated within a couple of years. This is why the printing industry cannot keep pace with the changes, which only electronic dictionaries are capable of (Prószéky–Kis 1999, Prószéky 1997, 2004, Fóris 2002).

The results of international studies in SLEX are analyzed on the basis of German and English language references (Beyer 1960, Dankert 1969, Recke 1971, Beard 1988, Muromoto 2003a, 2003b). The Hungarian literature on the theory of SLEX is mainly based on Bánhidi's dissertation, *A magyar sportnyelv története és jelene. Sportnyelvtörténeti szótárral (The Past and Present of the Hungarian Sports Language)* (Bánhidi 1971). In addition, I use *Dictionary of Lexicography* by Hartmann and James and Ágota Fóris' *Szótár és oktatás* and *Hat terminológia lecke* as main reference works (Hartmann–James 1998, Fóris 2002, Fóris 2005).

In this chapter I provide a detailed account of the significance of the contribution of Hungarian sports lexicographers to international SLEX, with special regards to Ferenc Hepp's *Dictionary of Sports in Seven Languages* (Hepp 1960). *Chapter Three* also offers a critical analysis of a printed multilingual sports dictionary (SD), titled *Dictionary. Sport. Physical Education. Sport Science in twelve languages* (Hungarian included) (Haag- Haag 2003). Regarding bilingual printed dictionaries, I analyze Mónus' *Sportmenedzser-szótár* (Mónus et al. 1999).

*Chapter Four* discusses the most original and also controversial field of the research where I examine the concept and terminology of wellness in view of its printed and online literature and institutions.

Wellness, as an activity related to movement culture\* is connected to sports in many ways. It took a very short time for wellness to “set its roots” and establish its institutions in Hungary. At the same time, wellness also developed its technical vocabulary, schools, and training centers. The first wellness dictionaries were also published very soon after the appearance of wellness institutions (see Szabó 2002, Kovács 2004, WE 2004, Zopcsák 2005).

*Chapter Five* discusses the basic principles and phases of editing a multilingual dictionary for ultramarathon runners (Bérces 2003F, 2005F, 2006F).

\* Term taken from the terminology of Professor J. Schiffer

In *Chapter Six*, I summarize the particular results of my studies in SLEX, (which also apply to other technical languages), and address the open questions of lexicography and terminology.

The practical results of the research can be found in the *Appendices*, namely *Wellness Study Corpus*, *Definitions of Wellness in Foreign Languages*, and *Catalogue of Online Sports Dictionaries*.

## ***The development of sports and sports language (SL)***

In this chapter the results of background research in the history and sports language (SL) necessary for the study of sports terminology (ST) are summarized and the birth and development of Hungarian sports and sports language are reviewed, with special focus on the significance of the Hungarian sports language reforms of the 1930's. The results of these reforms are present even in today's Hungarian language (see also Bárczi 1935, Mező 1961, Bánhidi 1971, Fábián 1984, Grétsy 2002).

In tandem with the introduction to the outlined world history of sports, the development of Hungarian sports language (HSL) is summarized. The issue of sports language (SL) as technical language (TL), the semantic changes in the lexeme 'sports' and the concepts of 'professional' and 'amateur' are also discussed.

In addition to the detailed analysis and evaluation of the reform movement of HSL initiated by the national sports daily, *Nemzeti Sport*, a variety of linguistic approaches to SL is detailed.

## **Findings**

Hungarian linguistic studies look at sports language (SL) by narrowing down the issue to a stylistic question of the language use of sports journalists and spectators. While a lot of attention has been paid to the history of HSL, its stylistics, word formation and lexis, it is very surprising that few critical reviews of sports dictionaries (SDs) can be found (see also Bánhidi 1971, Grétsy 2002, Pintér 2005).



Language, (as a means of social communication) is in constant flux with the historical, economic and cultural changes in any given society. Following this pattern, SL is also tightly connected to every moment of the history of sports.

On the basis of printed and electronic sources, I offer a list of currently pursued sports in Hungary from *aerobik* (*aerobics*) to *wakeboarding* (*wakeboarding*) (see Lévai 2002, Extrem.hu 2006, Wikipédia 2006).

One of the main issues in sports language (SL) is the appearance of the language of sports science, the results of which can be found in high profile research papers, the text books of the Hungarian University of Physical Education (Testnevelési Egyetem), and scientific periodicals (see Istvánfi 2000).

In addition, since the second half of the 1980's over 30 new sports disciplines and 40 new sports federations have been registered, which means that practically half of the sports disciplines in Hungary have a history of less than two decades.

The terminology and culture of many new sports in Hungary are rooted in the orient, and just like in the fields of science and economics, English is the *lingua franca* in sports (Schiffer 2003).

The nation-wide application of the results in sports science has been realized in recent decades.

As my research results also testify, disciplinary integration has a significant effect on technical language (TL). [Act Nr. 169/200 categorizes sports science as an art discipline, namely one of education. (see Kormányrendelet 169/2000, see also Istvánfi 2000).]

As a result of the political and economic changes, the central government has lost its monopoly over the regulation of sports. This has resulted in the appearance of many grass root organizations, which pay attention to, and give an opportunity to new “smaller” sports disciplines. As a result of social changes, (the world wide improvement of *women's sports* and *sports for the*

*handicapped*), new sports disciplines have occurred, which again entail many language issues (e.g. women's soccer, women's boxing, water polo, weight lifting, wheelchair volleyball, women's marathon, paralympics).

A negative side effect of the changes in sports is the increased significance of money. Commercialization has led to the obsessive pursuit of results and the use of illegal doping substances. The latter has led to the appearance of a host of new terms such as *doppingol* (dope), *WADA* (WADA), *doppingvizsgálat* (doping control), *doppinglabor* (doping lab), *tiltott szerek listája* (list of forbidden substances), *A-próba* (test 'A'), and *B-próba* (test 'B').

Definitions for the entry word 'sports' are examined in several Hungarian and foreign language dictionaries. In view of today's sports and their language, I define sports language (LS) as an interdisciplinary means of communication used by the active participants of the world of sports, sports science, organizations, economy, the media, and spectators.

### ***Trends in the changes of sports and sports language***

In *Chapter Two*, I analyze the trends in the changes of sports and sports language (SL) with emphasis on the relationship between sports and economy on the one hand, and sports and society on the other.

The scientific, technological, economic, and social changes also affected sports in the second half of the 20<sup>th</sup> century. Besides the new characteristics of sports in stadiums, sports halls, swimming pools, and other events, it is the increased role of sports in economy and society that is the most striking.

The economic and social effects of the new sports activities are the following:

As a result of higher expectations with regards to performance, competitive sports became a profession while mass sports took a secondary role. After World War Two the phenomenon of ‘hidden professionalism’ in sports became widespread.

World class performances in certain sports have become a well-paying profession, which is an incentive for many young people to participate in sports.

In addition to traditional sports, more new disciplines of western origin (e.g. *aqua-jogging, inline skating, kite, skateboarding, softball, snowboard, spinning*) and eastern origin based on religious or military traditions (e.g. *sumo, judo, karate, yoga, kendo, tai-chi, taekwondo*) appeared in Hungary \*. The reasons for interest in the new sports are manifold. Many of them are based on the old traditions of mental and physical development of humankind and focus on the ‘self’ (see Bérces 2004b). They do not need special facilities or equipment and can easily be harmonized with contemporary life styles. Originally, they were not pursued as competitive sports, but since their spread in

\* Note the similarity in spelling in Hungarian and English

the western world, these sports have strived for competitive publicity (e.g. to become Olympic sports). Television broadcasts have brought sports to the homes of millions of spectators, which has also increased the need for the good knowledge of sports terminology (ST).

On the one hand, the new life style choices and the time-consuming studies of young people have distracted many people from participating in sports. On the other hand, the number of spectators for world competitions has dramatically increased.

Interest in certain classical sports (e.g. *síelelés* (*skiing*), *úszás* (*swimming*), *tenisz* (*tennis*)) has increased again, showing renewed interest in mass sports. In addition, new sports such as *aerobic* (*aerobics*), *fallabda* (*squash*), *fitnesz* (*fitness*) have gained increased attention.

The sports equipment industry started to flourish. Economic interest has an impact on sports since world competitions are the best way to showcase equipment and top athletes seem to be the best sales agents.

The organization of world events can also produce high revenues. A successful organization offers a good chance to introduce the lesser known attractions and places of interest around venues. By making the host cities of world competitions well-known globally, world competitions can lead to an upswing in the local economy and culture.

Income from sports activities provides a good standard of living to many people (e.g. organizers of sports tourism, hotels and restaurants are financially interested in sports).

In the process of the development of (Hungarian sports language) HSL, the terminology of officially listed sports has appeared and can be found in the manuals and rule books of the given disciplines.

There is no such reference work as the ‘Hungarian dictionary of sports’, but a lot of important information can be found in such reference works as *Sportlexikon*, *Magyar sport kézikönyve*, and *Magyar sportenciklopédia* (Antal–

Sass 1984, Nádori–Antal 1985, Lévai 2002). As much as the rule books are useful, in the solution of technical language problems a dictionary of sports terms would be needed.

Until now, HSL has been an efficient medium for the mass propagation of sports, a means of communication in the sports community, and a means of mass communication. Regarding foreign language needs, the following cases need to be considered:

- Translation of international rulebooks and manuals, calendars, publications, race information.
- Participation in international associations.
- Keeping informed about international results and events through the media.
- Participation in international competitions, correspondence, translation and interpretation services during the organization of international events.

The terminology and the conceptual systems of the more recent sports in Hungary are not clearly defined. The international or foreign terms spread and became coined in a short period of time. In many cases the concepts expressed by the foreign terms are not well known. What is more, the interpretation of certain terms may change from group to group. Lack of standardization in sports terminology (ST) can lead to misunderstanding and can reduce the spread of a particular sport. It is evident from the attempt of some people to provide definitions and multilingual equivalents of the new sports (found on the internet) that there is a need for compilation and standardization of ST.

As a result of the integration of sports and economy, many terms and standards of the area of law, economy, business, and administration have entered ST (see Fóris–Bérces 2005). Some of the changes in SL occur due to the spread of sports into other service areas such as *wellness*, *health care* and *marketing*. The integration of the different areas of profession leads to language effects noticeable in all TLs involved.

The development of international sports relations, the increase in the frequency of sports events, and the acceleration of communication processes have significantly changed the status of SL. The high number of international sports events and employment contracts call for an increased knowledge of foreign languages in sports officials, coaches and athletes. And of course, it is the TL and terminology of their particular sports discipline that they should master (see Bérces 2004a).

Because of the high impact of their language use, sports journalists and reporters set an example in the spread of ST, be it Hungarian or foreign. For the same reason, the role of Hungarian language reforms of the 1930's and their results in the use of SL serve as a model. (see Bánhidi 1971, Feleki 1978, Pottyondi 1999). Lack of terminological order makes the use of foreign terms inevitable in *martial arts* coming from the orient (e.g. *budo, kendo, aikido*) or new western *extreme sports* (such as *kite, rating, bungee jumping* etc).

One of the most important issues of Hungarian sports language (HSL) is the lack of modification of new sports terms into the Hungarian language. Thus the use of foreign words not adopted by Hungarian regarding phonetics and morphology, which are difficult to handle in Hungarian communication, remains an unsolved problem.

In addition to the use of not yet clarified foreign terms and the lack of clarification of the concepts behind the language signs, certain terms are used without the exact knowledge of the concepts they stand for, thus an incorrect development occurs from ad hoc usage to quazi understanding (e.g. *step lépcső* (*step bench*), *dance aerobic* (*dance aerobics*)). A third problem is the return to foreign terms in lieu of their well known Hungarian counterparts (e.g. *nyílt bajnokság* > *Open*; *Forma* > *Formula*; *mérkőzés* > *meccs*; *egyenes* > *szingli*; *szurkoló* > *drukker*; *agyaggalamblövés* > *trapp, skeet*.) In this process mass media have an enormous role.

The understandability of verbal communication and the clear expression of the content of the information is a basic interest of every economic, business, and service branch of industry since it is the only way customers can be convinced and products can be sold.

In sum, the terms of the professions have to be defined and they should reflect the most important characteristics of the concepts they signify. This is how economic interest and linguistic clarity are intertwined.

### *Sports lexicography (SLEX)*

This chapter is devoted to the clarification of the concepts of sports lexicography (SLEX) and sports terminology (ST), the summary of the most important findings of the research, and the evaluation of the analyses made in non-monolingual sports dictionaries (SDs) with Hungarian included.

A detailed analysis of printed and online dictionaries is presented and the explanations are made clear by the basic concepts introduced at the beginning and which also contribute to a uniform examination of papers on SLEX. The data presented in the dissertation prove that sports activities call for a more intensive production of SDs and also that sports professionals involved in the currently on-going work do not receive the necessary lexicographic education or assistance. An additional purpose of the literature of sports is to prepare and contribute to the spread of knowledge included in dictionaries as outlined in European Union Thematic Network Project (Hartmann 1999).

Taking Hartmann and James' definition of lexicography into consideration, I define sports lexicography (SLEX) as a branch of applied linguistic science which deals with the practical compilation and theoretical evaluation of manuals, dictionaries, encyclopedias, reference books (also referred to as lexicons) containing the terminology of sports, sports science, physical education, recreation, wellness and their sister disciplines (see also Hartmann–James 1998).

On the basis of Fóris' general dictionary definition, I define the term 'sportszótár' ('sports dictionary') (SD) as "a monolingual, bilingual or multilingual, structured data base, which, regardless of medium, contains the meanings, origin, characteristics of expressions and concepts, and is classified according to key words or head words on the basis of the examination of a



specified corpus.” (see Fóris 2002: 21). Of course, the term ‘specified corpus’ used by Fóris refers to the field of sports.

My conclusion on the basis of compiling, classifying and analyzing reference books containing ST is that the titles of lexicographic works do not give any indication regarding what can be classified as a ‘dictionary’. According to the above definition of SD, the following types of lexicographic works can be classified as SDs in Hungarian: glossaries of race manuals, lists of expressions, manuals, glossaries, ABCs, encyclopedias, lexicons, books, bibles, dictionaries, vocabularies, terminology, nomenclature, word lists, thesauri, atlases, and even catalogues.

On the basis of their contents, SDs can refer to one particular sports discipline or a field of sports science e.g. *Wörterbuch. Leichtathletik und Training*) or can be general SDs (e.g. *A magyar sport kézikönyve*), (See Schiffer 1996 and Antal – Sass 1984).

A critical analysis of the structure and content of *Dictionary. Sport. Physical Education. Sport Science*, a multilingual dictionary in twelve languages is presented in *Chapter Three* (Haag–Haag 2003). Bilingual dictionaries are represented through the analysis of *Sportmenedzser-szótár* by Mónus et al. (Mónus et al 1999) while structures and contents of monolingual Hungarian dictionaries are discussed with special regards to *Magyar Sportenciklopédia* (Lévai 2002).

The analysis of online SDs has led me to the conclusion that their standards are varied. Certain dictionaries have been edited without any linguistic or lexicographic background, while others are good lexicographic works, which, unfortunately, betray the author’s ignorance regarding the topic.

The comparative analysis of printed and online dictionaries suggests that a large number of online dictionaries can be found on the internet, however, they differ from their printed counterparts in terms of structure, number of entry words, and types of definitions. The authors of the examined online dictionaries

do not always take advantage of digital data researching and recording features and are often mere digital replicas of printed dictionaries. This conclusion is in accordance with the statement of Prószéky and Kis (Prószéky–Kis 1999).

In this chapter I give marked attention to the analysis of online dictionaries in martial arts as they often incorporate innovative technological solutions (for example video clips and sounds) and also include the difficulties of new sports and oriental cultures, not to mention the social significance of martial arts. The terminological classification of *kyokushinkai karate* is presented in relation to the general concept of ‘sports’.

The need for multilingual SDs and databases is unquestionable, and it is vital for the users not only to know the Hungarian equivalents of certain terms used in sports and listed in dictionaries, but also the exact meanings of the concepts (Fóris 2005). This is why the editing of sports reference books is important both nationally and internationally.

The criteria for a high standard dictionary include 1) the collaboration of well qualified and hard working professionals in the field of sports and lexicography, 2) the application of the opportunities afforded by information technology and 3) the awareness of the users’ needs (Fóris 2002, 2004, Bérces 2004c, 2006). These standards explain why professional SDs in Hungarian are hard to find.

### ***Sports terminology (ST), a new field: wellness***

*Chapter Four* discusses the lexicographic tools and the terminology of a new field referred to as *wellness*. The fast changes in economy, culture, and society call for a new approach to the preparation of linguistic infrastructure. Sport, the topic of the dissertation has undergone remarkable changes in the last 15 years. Its new role has significant impacts also on sports language (SL).

*Wellness* has grown into an economic branch and has become an integral part of the service industry. Thus the description of its terminology, the clarification of its terminological system, and the recording of its terms entail economic interest. This is why the interdisciplinary cooperation in the fields of sports, economy, and linguistics is inevitable. This new and complex discipline offers an excellent opportunity to study language changes.

Regarding terminology, I rely on Fóris' works where she reviews the problems of modern terminology in general (Fóris 2005: 103-109) and gives an overview of the special position of technical languages (TLs) in new subject areas. The main problems of TLs lie in the facts that (1) in most cases they are built on the concepts and terminology of previously coined technical vocabulary from other fields, but the meanings of concepts change in the new environment, (2) new TLs have no terminological traditions and the classification of terms should be re-established and, (3) the new terms have already set their roots in other languages. As a result, the coining of a term is intertwined with a strong language impact and (4) differences in language and culture initiate additional difficulties in the identification of concepts and terms (e.g. martial arts from the orient) (Fóris 2006).

The conclusions regarding my research in wellness terminology (WT) are the following:

- *Wellness* is the undertaking of the modern world of the service industry, which presupposes a solvent target group. Perhaps this is one of the most controversial points since it requires an attitude that should be taught in elementary school, with special respect to healthy nutrition and physical exercise practices. On the other hand, wellness services, being a profit-oriented industry (e.g. wellness hotels and club memberships), are affordable only to a very narrow circle of the Hungarian population (both regarding time and financial constraints). Another controversial issue is that wellness advertises the concept of ‘back to nature’, but offers its services in primarily artificial conditions, ‘under one roof’ if possible. This could be seen as controversial because the creation of such ‘natural’ facilities entails 1) the construction of man-made environments which are built ‘in’ nature (i.e. forests) and 2) require money (a human construct).
- The conceptual framework of wellness involves the terminology of subject areas independent from each other such as science, services, commerce, and sports. This is why the descriptions of the prevention of diseases, healthy nutrition, and beauty treatments include many loan words from biology, biochemistry, medical science, pharmaceutical industry, beauty care, and anatomy. Furthermore, physical exercise, as part of wellness may include terms used in the fields of physics, biophysics, sports, and sports theory.
- It is very common for certain branches of science to serve as ‘mediators’ and thus offer WT with added meaning. For example, medical science

also serves as mediator of terms loaned from biology, chemistry or medical tools. Also, terms are borrowed from other TLs (e.g. *kardio edzés* (*cardio workout*); *aerob edzés* (*aerobic workout*); *anaerob edzés* (*anaerobic workout*); *capoeira-aerobik* (*capoeira-aerobics*); *core board* (*core board*); *csi-kung* (*chi-kung*); *hypoxi trainer* (*hypoxi treatment*); *intervall edzés* (*interval training*); *kerékpár-ergométer* (*ergometer bike*); *köredzés* (*circuit training*); *pilates* (*the Pilates method*); *power-jóga* (*power yoga*); *rekortán pálya* (*all-weather syntactic track*); *spinning* (*indoor cycling*).

- Hungarian WT has developed through borrowing from foreign languages and other Hungarian TLs. However, those terms do not establish an organized system with internal links.
- *Wellness* is a multicultural phenomenon, which is partly the product of modern western civilization, and it acquires its features (and thus its concepts and terms) from around the world, regardless of boundaries of space or time. (e.g. *American spa concept*, *Arabic slime bath*, *Finnish sauna*, *Japanese shiatsu*, *Thai massage*, *Scottish shower*, *Sanskrit medicine*, *Turkish baths*).
- *Wellness* services use the equipment and procedures of physical exercise. In this respect regarding both their aims and implementation, wellness and mass sports, are very allied. The only differences lie in the organizational structure, the special purpose of choice, and the conditions of implementation. As a result, both traditional and new exercises are offered in wellness packages.

- *Spa* is a concept close to wellness, and is often used as a synonym. According to the *Glossary of Spa and Wellness Terms*, there are three types of spas: days spas, stay spas, and destination spas. (Glossary of Spa and Wellness Terms 2006).
  
- *Fitness* aims at healthy lifestyles through the regular exercise of certain muscle groups in addition to raising awareness of healthy nutrition. These goals became very popular in a short period of time in Hungary especially among young people and of course constitute an integral component of wellness.
  
- *Recreation* is another concept that is inevitable for the harmony of body, soul and mind- as proclaimed by wellness advocates. Attila Tamás Kovács defines it as a set of positive behaviors of individual and social interest that aims at the maintenance of a good physical, mental, and social environment. Further aims are the recreation, rehabilitation and rejuvenation of creativity and optimization of human capacities in the light of positive (psychological) experiences. The goal of recreation is the stabilization or rejuvenation of one's health, the maintenance of a well-balanced life, and that of optimal mental and physical health.” (Kovács 1998 16-19).
  
- The link between *wellness* and *tourism* relates back to the fact that certain wellness services can be offered only at places with the appropriate environment (e.g. ski slopes, forests, thermal baths, caves) or in specially designed facilities (e.g. hotels). The standardization of WT is an inevitable criterion for successful marketing strategy since seasoned customers will duly expect standard services and terms, similarly to

quality management. This is a point where the qualification requirements of wellness associations and hotel associations play an important role.

- One of the key factors to the successful operation of wellness tourism is the inclusion of catering in the circle of services. In addition to providing standard accommodation, and meals, wellness tourism also offers such added values as expertise in providing wellness meals (e.g. nutrition specialists, qualified cooks) and the conditions necessary for their implementation (e.g. special ingredients, continuous supplies etc.). This is a point where *wellness, catering industry and nutrition science* meet.
- One of the most important components of wellness is sports science and relies on the vocabulary of movement culture and physical education. (e.g. *aerob edzés (aerobic exercise); capoeira-aerobik (Capoeira; core board training); szteppad (step bench training); dehidratált állapot (dehydrated state); hypoxy trainer (hypoxy treatment), stretching (stretching); thai-bo (thai-bo)*).
- A sub-discipline of sports science is sports nutrition science, which also enriches WT (e.g. *antioxidánsok (antioxidants), béta-karotin (beta-carotene), biotin (biotin); BMI (BMI); edzésbulimia (exercise bulimia); fitneszkór (fitness bug); folsav (folic acid); insulin (insulin); izotóniás sportital (isotonic sports drink); kalória (calories), koleszterin (cholesterol), Norbi Update módszer (Norbi Update Diet Method), poliszacharidok (polysacharides); testzsírszázalék (body fat percentage)*).
- WT also includes some terms from the area of relaxation techniques (e.g. *body and mind mozgásformák (body and mind exercises); csi-kung (chi kung or qi-gong); hatha jóga (Hatha Yoga); kineziológia (kinesiology);*

*kognitív terápia (cognitive behavior therapy); REM-alvás (REM-sleep); teljes jógalégzés (advanced yoga breathing exercises).*

- The mission of wellness presupposes a close relationship with medicine and health care. Wellness centers have become allies of the traditional health care system since health maintenance rehabilitation, follow-up treatment, and modern gerontology care also apply treatments like physiotherapy and balneo-therapy.
- The Hungarian wellness movement is supported through the professional and economic cooperation between educational institutions (e.g. *Fitness Akadémia (Fitness Academy), IWI, (IWI) (International Wellness Institute; Magyar Fitness és Személyi Edzők Szövetsége (Hungarian Association of Fitness Instructors and Personal Coaches); MWT Magyar Wellness Társaság (Hungarian Wellness Society)*, wellness hotels (e.g. *Wellness Hotel Hévíz*), and wellness clubs (e.g. *XXL Fitness Wellness Központ*).
- On the basis of the analysis of WT conducted in 30 printed and online SDs I can conclude that, in spite of its 400-year-old history, the entry word *wellness* can be found in very few dictionaries. Among dictionaries published in Hungary, it is listed only in two publications: *Helyesírás (Laczkó–Mártonfi 2004)* and *Angol-magyar nagyszótár (Ország–Magay 2004)*. One reason for its infrequent occurrence may be the lack of exact definition for the concept. Thus no reliable data are available to supply its meaning for dictionary makers.
- On the basis of my review of Hungarian and international literature on wellness, I make an attempt to define the term *wellness*. It is widely used



both in everyday Hungarian and in Hungarian WT, so the word *wellness* as a signifier should remain. However, its pronunciation is [v e l n e s]. Its orthography could be adjusted to this pronunciation by changing it to <v e l n e sz> which could resolve many doubts, insecurity and, fuzziness. The orthographical problems of foreign words in Hungarian are rooted in the fact that they are not entered in the dictionaries of orthography and their spellings differ from publication to publication (e.g. *fitnesz, fitness, fitnes* or *trainer* and *tréner*).

- Wellness dictionaries follow varied patterns in giving the meanings of the terms. They use solutions common in monolingual and also in bilingual dictionaries. Certain glossaries offer additional practical information in addition to the definitions, the necessity of which is debatable.
- The structures of Hungarian wellness dictionaries are very simple and it is obvious that they have been written for commercial purposes, primarily for the sake of advertising. This is why the information provided in definitions is often vague or even inaccurate. So, many entries are not matched with exact meanings, but the favorable features of the given concept. Typically, the entries are built up as follows: either an equivalent is given without a definition or a short description can be found.

Due to the low number of wellness dictionaries in Hungarian, it is not possible to generate statistical conclusions, however, a few important points can be concluded:

- WT is comprised of terms from many other disciplines as a result of which the features of the concepts have different significance compared to their origins. WT should define the exact content of the concept within its

own field, regardless of its signifier being a term of Hungarian or foreign origin. (see also Fóris 2005).

- The lexicographic background of Hungarian wellness dictionaries is unsatisfactory. The first steps in the lexicography of wellness seem to have been taken without any scientific or financial support.
- The number of terms with Hungarian pronunciation or spelling is very low.
- Wellness literature in Hungarian is in its infancy. At the beginning of the 21<sup>st</sup> century a host of life style magazines, (mainly of German origin in foreign ownership), sprang up, (*Wellness Magazin*, *Diéta és Fitness Magazin*, *Fittinfo*, *Fitnesz és Tudomány*, *Spa Menedzser*, *Sportpiac*, *Természetgyógyász*). These magazines are of primary significance in the shaping of Hungarian WT.

## *A multilingual dictionary for ultramarathon runners*

This chapter introduces the terminology of ultramarathon running and describes my experiences regarding the preparation of the first multilingual dictionary for ultramarathon runners (Bérces 2003F, 2004c). The publication of such a multilingual dictionary was necessary because ultramarathon runners participate in many international competitions with participants and organizers of varied cultural and linguistic backgrounds.

The term *ultramarathon running* (also referred to as *ultra running* or *endurance running*) refers to running competitions beyond the standard marathon distance of 42.196 kilometers. It is often left out of sports dictionaries (SDs) (see Lévai 2002) although it has equivalents in most languages (*ultramaratoni futás* or *ultrafutás* in Hungarian, *Ultralangstreckenlauf* in German, *сверхмарафон* in Russian, *ultra juoksu* in Finnish, *course de grand fond* or *la course au-delà du marathon* in French, *ultramaratona* in Italian, *ultralopen* in Dutch, *ultraløping* or *ultramaraton løping* in Norwegian, *supermaraton* in Croatian, *süpermaratonu* or *süpermaratonu logosu* in Turkish, *υπερμαραθωνίων δρόμων* in Greek, and 超級馬拉松 in Mandarin Chinese.

This chapter presents the history and the main events in ultramarathon running (50K, 100K, 100 miles, 12-hour races, 24-hour races etc.), its most traditional venues (Athens-Sparta, Florence- Faneza, Vienna- Budapest, Los Angeles- New York, Békéscsaba - Arad, Balaton, Winschoten, Boston, Wörschach), national and international organizations (*UMSZ*, *IAU*, *EU*), and system of competitions. In addition, the most typical terms are defined such as (*abszolút helyezés* (*overall ranking*)); *frissítőzóna* (*refreshment zone*); *részidő* (*split (time)*); *negatív sor* (*negative splits*); *iramdiktálás* (*paceing*); *VO2max* (*VO2max*); *nyugalmi pulzus* (*resting pulse*); *savasodási küszöb* (*lactic acid*

*threshold*); *Bécs-Budapest* (Vienna to Budapest); *Spartathlon* ( *Spartathlon*); *DNF* (*DNF*)).

The title of the dictionary I discuss is *Ultra Sentences. Useful Phrases and Expressions for 100K Runners* (USUR) which I experimentally compiled for the IAU100 Kilometer World Championship to be held in Taiwan in 2003. The goal was to facilitate international communication in the days before and during the championships. The reason for the ‘sentence approach’ as opposed to a ‘lemma approach’ was twofold: (1) Most of the frequently asked questions and answers were predictable (e.g. *When is the award ceremony? Congratulations. Where can I turn in the chip?*) (2) The quality of editing and the fact that the working language of the international team of editors was English also supported the idea of the ‘sentence approach’. This way many misinterpretations could be avoided as compared to the translation of individual terms without context.

USUR can be classified as a technical language dictionary (TLD) as it was meant exclusively for professional use and its successful application was geared to the 2003 championships. Some of its vocabulary is known only by professionals. According to Fóris’ statement there are two criteria for TLDs either of which is sufficient. First, if due to the classification of the terms included, only a small group of users can be expected. Second, if the chosen corpus is different from general language. USUR meets both requirements of TLDs (see also Fóris 2004).

The compilation of the corpus of the dictionary did not differ from those of general dictionaries and the computer assisted the authors with the translation work. For the efficient operation of the team, a good IT professional, a linguist, and professional ultramarathon runners (i.e. English-speaking ultramarathon runners) were needed.

The dissertation summarizes the main principles of compiling, structuring and editing USUR and also the lessons learned from the experience. I present several examples of entries in all twelve languages (English, German, Dutch,

French, Italian, Spanish, Portuguese, Hungarian, Czech, Russian, Japanese, Mandarin Chinese) of the dictionary.

On the basis of the feedback from users, it can be concluded that USUR is a useful tool in the communication of ultra runners at international events and can also be used as educational material. Its new editions can be easily adapted and also amended by the addition (or elimination) of languages as required. This occurred at the 24-Hour World Championships in Austria and Taiwan in July 2005 and February 2006, respectively (Bércecs 2005F, 2006F).

## ***Conclusions***

After the review of the development of Hungarian sports history and language, I outline the main trends in the changes of sports and sports language (SL). A separate chapter is devoted to the relationship between sports and economy. The concepts and the basic terms of sports lexicography (SLEX) and sports terminology (ST) are defined. The main issues of SLEX are presented and both printed and online dictionaries are evaluated on the basis of several aspects. Examples are taken from the structural and content based analyses of SDs. In respect to international studies in SLEX, I primarily rely on works by German, British, American, and Japanese authors. In addition, I point out the significance of the results of Hungarian sports lexicographers at the international level. One of the most innovative topics of the dissertation discusses the concepts and the terminology of *wellness* on the basis of the analyses of printed and online sources. Finally, the steps of making a multilingual dictionary for ultramarathon runners, edited under my guidance, are discussed.

## ***Appendices***

The appendices consist of three parts. The first part contains a monolingual wellness glossary (*Wellness Study Corpus*) with definitions from authentic texts compiled for the study of wellness terminology. Though some of the entries are contradictory, even faulty or extreme and unprofessional, I publish them in order to share this material with other lexicographers interested in the topic.

The second part of appendices provides a list of definitions for the terms *wellness*, *physical fitness*, and *health* in English, German and Italian.

The third appendix contains a catalogue of online sources in sports lexicography and terminology.

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