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FITNESS ABBREVIATIONS AND BLENDS AND PECULIARITIES OF THEIR TRANSLATION IN UKRAINIAN

Summary. This article is devoted to the problem of clippings and abbreviations of fitness terms and ways of their translation into Ukrainian. The relevance of the research is justified by rapid development of terminology in the sphere of fitness and the lack of thorough study on the problem of their classification, standardization and translation into Ukrainian. The article considers linguistic and extralinguistic factors that contribute to a significant increase in the formation of new abbreviations and acronyms. The analysis of terms under study showed that more than half of them are presented by abbreviations, and telescope-words constitute only a small part. The following main types of term abbreviations have been identified and described as follows: alphabetisms, sound (acronyms), symbols: (consisting of letters or syllables and numbers) and acronym-initialism hybrids: (one of the elements is a letter (letters), the other is a whole word). According to the results of the research, alphabetisms are the most productive ones and can completely replace term-phrases in LSP texts in course of time. The highest frequency of functioning of abbreviations in LSP texts falls on the terms which are used to denote the key concepts of fitness. As one of the term requirements is its brevity, so many terms are subject to the process of shortening. It is also noted that the number of components in alphabetisms may vary from two to five letters. The most frequent ones are two- and three-component structures.

The analysis of the empirical material has shown that a number of strategies are employed by translators to ensure effective and efficient translation of abbreviations in Ukrainian. Consequently, a translator should have relevant knowledge in the field of science in which the term functions to adequately convey it in Ukrainian. In most cases, the abbreviation is translated in Ukrainian using the full form of the word or the corresponding term-phrase, translation of the abbreviation with an equivalent Ukrainian abbreviation, borrowing of foreign abbreviations with Latin spelling, descriptive translation or creating a new Ukrainian abbreviation. In addition, a translator should define the full form of the abbreviated term in the source language, using specialised dictionaries or context.

Key words: term, abbreviation, acronym, telescope-word, translation.

Target setting and substantiation of the urgency of its consideration. On average, the length of terms varies from two to

five components, which makes them cumbersome and difficult to use in LSP texts. Therefore, there is a tendency to substitute such cumbersome terms by means of abbreviations and acronyms in modern science, which leads to rapid professional communication between experts in various scientific fields. Extralingual factors also have a significant impact on the increasing growth and use of abbreviations, namely the emergence of the Internet, new forms of mass media and the spread of scientific knowledge in the shortest possible time and others. Factors such as integration and differentiation of sciences, interpenetration of ideas and research methods, joint research work of scientists from different countries, exchange of scientific information should also be taken into account [1, p. 25]. In addition to extralingual factors, there are also linguistic ones, which have an influence on this trend such as monosyllabicism, which is characteristic of the English language and language economy.

The actuality of this paper is predetermined by the fact that there are a number of studies devoted to the problems of abbreviation in modern languages but such abbreviated lexical units still remain a topic for heated linguistic discussions as there is no unanimous point of view on such fundamental problems as word structure and their meanings as well as the status of abbreviations. One more aspect of the relevance of this study is that fitness industry is developing very fast as a result new shortening of terms appear every day. Consequently, the issue of adequate translation of fitness abbreviations is becoming more urgent.

Analysis of recent research and published works. The analysis of theoretical sources has shown that there is still no unanimous except definition of the term "abbreviation". This is due to the fact that researchers are trying to look at this issue from different angles.

Some linguists do not consider abbreviation as a way of word formation. Others, for example V. Borisov, define abbreviation as "a coherent, unified, indissoluble process of transformation of one lexical unit, which is the unity of sound and meaning, into another lexical unit, which also represents the unity of sound and meaning [2, p. 64].

Abbreviations and shortenings have repeatedly been the subject of research by E. Dyuzhakov [3] who studied the structure and semantics of abbreviations in the English language in relation

to word formation. The research on clipping, abbreviations and acronyms is presented in the studies of V. Borisova [2], V. Zabotkina [4], A. Sokolenko [5] and others. Different linguistic aspects of term translation (translation transformations; etymology of term formation; terminology standardisation) have been outlined in the scientific papers of T. Kyiak [6], V. Karaban [7]. Recent research in this area aims to identify the functional properties of abbreviated lexical units in comparison with their derived correlates and to determine the conditions that contribute to the resolution of ambiguity and semantic uncertainty of abbreviations [8].

The **novelty** of the current research results from the analysis of fitness abbreviations, acronyms and blendings from the perspective of their formation, classification and ways of translating in Ukrainian. The **aim** of this paper is to research the main types of abbreviations and blends of fitness terms and their translation in the Ukrainian language. To achieve this aim, the following tasks should be fulfilled: 1) to consider the ontology of the concept of “abbreviation”, “shortening”; 2) to classify productive models of abbreviations and shortenings of fitness terms; 3) to analyze the methods and techniques of translating abbreviations and shortenings of fitness terms from English into Ukrainian.

The corpus comprises 185 fitness terms, which constitute 4,85% of terminology corpus, selected by means of employing the manual selection procedure from specialist dictionaries.

Results and Discussion. The dynamic development of coining abbreviations and shortenings began in the middle of the 20th century and this process is gaining even more popularity today. Its main purpose is to save time and spread information quickly. There are indisputable reasons for the growth of abbreviations: an increase in volume of information in various scientific fields, which leads to the shortening of term-phrases to abbreviations and as a result their widespread use in LSP texts; subject to language laws, in particular, the tendency to monosyllabism (in English, phonetic processes have led to an increase in the proportion of one-syllable words) [9, p. 100]; the influence of literary language on the language for special purposes. Thus, acronyms, abbreviations and shortening have become an integral part of any terminology.

In English, it has become a tradition to distinguish three types of shortenings: abbreviations, clippings and telescopes (blends). Abbreviations are traditionally subdivided into initialisms (= alphabetisms) and acronyms. According to our findings the initialisms dominate in fitness terminology, which account for 67.27% and blendings constitute only 8.38%. E.F. Skorokhodko notes that terminological abbreviations can be textual and terminological: “Textual abbreviations are only used by one or a few authors, and in each case (in each book or article) they must be explained and defined by the authors in the text or in the footnotes. Terminological abbreviations are commonly used (sometimes standard) synonymous short versions of standard terms. The meanings of terminological abbreviations are usually clear to experts without explanation” [10, 53-54]. Therefore, in our paper we use terminological abbreviations that have acquired the status of terms and are short forms of terms-phrases.

1. Abbreviation (Italian *abbreviatura* – Latin *brevis* short) is a method of word formation, the purpose of which is to form shortened form of a written word or phrase, as opposed to cumbersome derivative structures (phrases or syllables) of synonymous nominations.

The following types of abbreviations of fitness terms have been singled out:

1. Initialisms. The most productive type of abbreviation within the fitness terminology, as they comprise 67.27% of the total number of abbreviations of fitness.

Corresponding initialisms are subdivided into:

a) alphabetisms (**BMI** *body mass index* [bi:əmaɪ] – індекс маси тіла (**ИМТ**)), **LCD** [əlsi:di:] *low-carbohydrate diet* – низько вуглеводна дієта);

b) acronyms (**NEAT** [ni:t] *non-exercise activity thermogenesis* – термогенез без фізичних навантажень), **SIT** [sit] *sprint interval training* – інтервальне тренування спринту, **ROM** [rɒm] *range of motion* – діапазон руху / амплітуда руху);

c) symbols: (consisting of letters or syllables; symbols or numbers) (**ΣSKF** *sum of skinfolds* – сума шкірних складок, **IRM** – one repetition maximum – одне повторення з максимальною вагою (**ИПМ**), **VO2** [vi: əu tu:] – *volume of oxygen consumed per minute* – об’єм спожитого кисню за хвилину – (**МСК**);

d) acronym-initialism hybrids: (one of the elements is a letter (letters), the other is a whole word) (**F-plan diet** – *a very low fat, high fibre diet* – дієта з низьким вмістом жиру, але багату на клітковину, **vitamin D** – *calciferol* – кальциферол (вітамін D), **ATP-PCr system** – *phosphagen system* – фосфагенна система).

2. Clippings are divided into:

a) *final* or *apocope* (words in which the hinder part of the word is dropped) (**quad** < *quadriceps muscle* – чотирикутний м’яз, **carb** < *carbohydrate* – вуглевод);

b) *medial* or *syncope* (words in which some syllables or sounds have been omitted from the middle of the word) (**lats** < *latissimus dorsi* – широчайший м’яз спини, **hems** < *hamstring muscles* – м’язи підколінного сухожилля);

c) *aphaeresis* (words that have been shortened at the beginning) (**tone** < *muscle tone* – тону м’язів);

d) *graphical* (shortening of words and word-groups only in written speech while orally the corresponding full forms are used) (**bpm** < *beats per minute* – частота серцевих скорочень на хвилину, **kcal** < *kilocalorie* – кілокалорія (ккал), **lb** < *pound* – фунт).

3. Blending is a form of word formation which became productive in the second half of the twenties century. Sometimes, it is also regarded as the subtype of compound word formation. The formation of blends is similar to compounding, as blends are formed by merging two (or sometimes more) content words and semantically either are hyponyms of one of their constituents, or exhibit some kind of paradigmatic relationships between the constituents. According to T. Tymoshenko, blending is an intermediate phenomenon between word formation and derivation. It is considered as a separate, albeit related method of word formation [11, p. 25]. The morphological basis of telescopic words is the fusion of morphemes with a partial “shift” overlapping each other. In this case, one common root morpheme is formed from two root morphemes. The basis for blend formation is a free syntactic construction, its stereotypical nature and frequent repetition in different areas of language communication [12, p. 34].

For example, (**jazzercise** < *jazz + exercise* – фітнес тренування з елементами танцю під джаз, **aquacise** < *aqua + exercise* – водна аеробіка у мілкому басейні, **aerobicise** < *aerobic + exercise* – фітнес тренування на велосипеді). In fitness terminology, blends are formed to denote the latest variations of fitness training concepts that combine different types of training. Thus, this form of term formation has proved to unproductive as contributes 8,38%.

According to our finds we can claim that initialisms are the most productive ones among all types of the shortening of fitness terms. One of the factors that has an influence on the productivity of initialisms is that they comply with some of the term requirements namely, precision and conciseness, which is the main reason why many terms are abbreviated.

The fitness initialisms can be classified into the following thematic groups:

1) *types of physical exercise* (**BP** < *bench press* – жим штанги лежачи на лаві, **DL** < *dead lift* – станова тяга, **PC** < *power clean* – тяга штанги від підлоги до плечей);

2) *physiological processes involved in the body during or after physical activity* (**PMR** < *progressive muscular relaxation* – прогресивна нервово-м'язова релаксація, **OBLA** < *onset of blood lactate accumulation* – відтерміноване накопичення лактози в крові, **RMR** < *resting metabolic rate* – рівень обміну речовин у стані спокою);

3) *illnesses and syndromes* (**CLRD** – *chronic lower respiratory disease* – хронічне захворювання нижніх дихальних шляхів, **EIA** – *exercise-induced asthma* – бронхіальна астма фізичного зусилля (БАФЗ), **HIV** – *human immunodeficiency virus* – вірус імунодефіциту (СНІД));

4) *chemical compounds and medication* (**ZMA** < *zinc monomethionine aspartate and magnesium aspartate* – аспарагінат магнію та цинку, **RNA** < *ribonucleic acid* – рибонуклеїнова кислота (РНК), **EFA** < *essential fatty acid* – незамінна жирна кислота (НЖК));

5) *standards and recommendations on supplements' consumption* (**AI** < *Adequate Intake* – адекватний рівень споживання, **DVs** < *daily values* – добова потреба, **RDI** < *Recommended Daily Intake* – рекомендована добова норма споживання);

6) *sports and dietary supplements* (**MRP** – *meal replacement product* – замітник їжі, **WPC** – *whey protein concentrate* – концентрат сироватки білка, **WGF** < *weight gain formula* – продукти для збільшення ваги);

7) *physiological indicators of fitness* (**BFC** < *body fat composition* – розподіл жирової тканини у тілі, **CG** < *center of gravity* – центр рівноваги, **HLE** < *health life expectancy* – очікувана тривалість життя).

Recent linguistic studies have proven that new lexical units are gradually falling under the influence of the language system. The tendency to structure shortening of terms is manifested in the emergence of new standard complexes in the initial abbreviations, which leads to the creation of their “microsystems” [2, p. 166].

The length of the initialisms of fitness terms ranges from two to five letters. The most frequent ones are two and three letter structures – 22 and 55 accordingly.

Empirical data analysis has shown that abbreviations of fitness terms have different ways of conveying them in Ukrainian. Here are the strategies of translation that are productive for fitness terminology:

1. Translation by means of equivalent Ukrainian abbreviation. To obtain the adequate translation, the translator usually consults a specialized dictionary and uses the available initialism in the target language. Such strategy is applied to translate the abbreviations denoting physiological indicators of fitness, syndromes and illnesses, for example, **ATP** (*Adenosine Triphosphate*) – **АТФ** (*аденозинтрифосфат*), **BMI** (*body mass index*) – **ІМТ** (*індекс маси тіла*), **ACSM** (*American*

College of Sports Medicine) – **АКСМ** (*Американський коледж спортивної медицини*). In our opinion, an interesting example is the name of an existing US organization – CDC (*Centers for Disease Control and Prevention*) – **Центри контролю та профілактики захворювань (ЦКПЗ)**. A corresponding organization was established in Ukraine in July 2021 to strengthen the epidemic control in the regions after the outbreak of the COVID-19 pandemic, but the Ukrainian equivalent of the US organization has a single difference in its name, i.e. to avoid misunderstanding the word “disease” was substituted by “illness” and sounds **Центри контролю та профілактики хвороб (ЦКПХ)** – **Centres for Illnesses Control and Prevention (CIC)**.

2. Translation by means of corresponding phrase or full form of the word in the target language. Such translation is considered as an adequate if there is no equivalent in the target language. Therefore, the translator must have relevant knowledge in the area of science in which the term functions to convey it adequately in Ukrainian. The translator should also identify the full form of abbreviation in the source language using a dictionary or microcontext. For example: **EDD** (*exercise deficit disorder*) – **дефіцит рухової активності**, **HW** (*hydrostatic weighing*) – **гідростатичне зважування**, **LP** (*linear periodization*) – **лінійна періодизація**, **N** (*sample size*) – **обсяг вибірки**.

3. Borrowing of a foreign abbreviation with Latin spelling which is used to convey an abbreviation as it is used in the source language, which is usually combined with a general explanatory word, e.g., **ABS** (*abdominal training*) – **ABS тренування**, **ABT** (*athletic based training*) – **АБТ тренування**, **HIIT** (*high intensity interval training*) – **HIIT тренування**. This type of translation technique is conditioned by the marketing strategy of fitness centres in Ukraine, which are willing to attract more clients using English abbreviations of fitness training programmes to make them look more attractive to potential customers.

4. Descriptive translation of an abbreviation. This translation technique is applied when there is no equivalent in the target language. The translator should also take into account the microcontext in which the abbreviation is used. The surface structure must correspond to the deep structure of the abbreviation in the source language. For example, **EIMD** (*Exercise-induced muscle damage*) – **м'язова травма, обумовлена фізичним навантаженням**, **boxercise** – **аеробне заняття з елементами боксу**, **PC** (*power clean*) – **тяга штанги від підлоги до плечей**. Descriptive translation is mostly used in translating abbreviations denoting types of physical exercise as it provides the most accurate translation of the deep structure.

5. Coining a new Ukrainian abbreviation. This technique consists of translating the correlation of the English abbreviation and creating a new abbreviation on the basis of translation in accordance with the laws of Ukrainian abbreviation [13]. This strategy can only be used by those translators who have relevant knowledge in this scientific area and closely collaborate with its experts. Moreover, newly coined abbreviations must be approved by the specialist working in that sphere. For example, **LDL-C** (*low-density lipoprotein cholesterol*) – **ЛПНЩ** (*холестерин ліпопротеїдів низької щільності*), **RER** (*respiratory exchange ratio*) – **ДК** (*дихальний коефіцієнт*), **WHR** (*Waist-to-hip ratio*) – **ТСС** (*співвідношення талії до стегон*). The above mentioned abbreviation can also be translated as follows **TCC** – **талія-стегна співвідношення**.

There is a tendency in translating fitness abbreviations which manifests itself in combining several translation strategies. For instance, the translator may translate abbreviation using full form of the term and immediately providing English abbreviation in brackets, which will further on be used in the text instead of an Ukrainian equivalent. For example, «Головна ідея статті <...> (на основі метаболічного еквіваленту, англ. MET – metabolic equivalent of task). <...> Проведено аналіз енергетичного балансу основних типів ексергейм на базі показника MET» [14]. One more distinct example of such technique is: «По-науковому кажучи, швидкість метаболізму в спокої (RMR) і тісно пов'язана базальна швидкість метаболізму (BMR) вимірюють кількість щоденної енергії, витраченої людиною» [15]. Such translation tendency by means of corresponding phrase or full form of the word in the target language and further use of an English abbreviation in academic writing for language economy.

Conclusion. Firstly, the initial abbreviation of fitness terms is an extremely productive way of term formation, which helps to optimize the terminology. Due to their brevity and conciseness, abbreviations can acquire the status of full-fledged terms, i.e. frequently used terminological units and over time may completely replace their counterparts – multicomponent terms from professional and academic communication. Blends, abbreviations and clippings begin to function more frequently due to their brevity and language economy, and multicomponent terms in turn take the status of their “interpreters”.

Secondly, the use of abbreviations is extremely efficient in professional and academic communication, because they reduce the actual length of LSP texts, but do not reduce their informative and scientific significance, being comprehensible and clear to professionals in a particular scientific area.

Thirdly, the findings of the study make it possible to assume that each strategy of translating abbreviations into Ukrainian has its advantages and disadvantages, therefore, the translator must choose the most appropriate one to obtain an adequate translation in each case depending on its microcontext. While translating, the translator should take into consideration the following factors: compliance with the norms of the Ukrainian language, ease of pronunciation and spelling, traditions of translating these abbreviations in other languages (i.e. they have internationally accepted spelling in other European languages), etc.

Finally, the functioning of the full forms of terms with the subsequent use of English abbreviations prevails in Ukrainian LSP texts.

Further studies may explore the classification of multicomponent fitness terms and their translation in Ukrainian.

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Павлюк І., Мінцис Е., Билиця У. Аббревіатури та скорочення термінів фітнесу та особливості їх перекладу українською

Анотація. Стаття присвячена дослідженню аббревіатур та скорочень термінів фітнесу та шляхів їх перекладу українською мовою. Актуальність розвідки зумовлена стрімким розвитком фахової мови фітнесу та відсутністю ґрунтовних розвідок щодо проблеми класифікації, стандартизації та перекладу аббревіатур термінів фітнесу українською мовою. У статті розглянуто мовні та позамовні чинники, які впливають на значне зростання утворення нових аббревіатур та скорочень. Аналіз термінів фітнесу засвідчив, що більше половини всіх скорочень становлять терміни аббревіатури, а телескопізми становлять лише незначну частину. З'ясовано та описано типи термінів аббревіатур: алфаветизми, звукові (акроніми), цифрові скорочення (складаються із літер або складів та цифр), складні (один з елементів є літера (літери), інший – ціле повноцінне слово). Обґрунтовано, що ініціальні аббревіатури є найуживанішими та з часом можуть повністю витіснити функціонування термінів-словосполучень із фахового тексту. Найбільша частота функціонування термінів аббревіатур у фаховому тексті припадає на терміни аббревіатури, як вживаються на позначення ключових понять фітнесу. Оскільки одна з вимог, яка висувається до терміна, це його стислість, тому багато термінів-словосполучень підлягають процесу скорочення. Зауважено також, що довжи-

на ініціальних термінів абрєвіатур становить від двох до п'яти букв, а найчастотнішими є дво- та трикомпонентні скорочення.

Аналіз емпіричного матеріалу показав, що абрєвіатури термінів фітнесу мають різні способи їх передачі українською мовою, що вимагає від перекладача відповідних знань у галузі науки, в якій функціонує термін-абрєвіатура, щоб адекватно передати його українською мовою, окрім того, визначити повну форму абрєвіатури у мові

оригіналу, послуговуючись орфографічним джерелом або текстом оригіналу. Здебільшого термін «абрєвіатура» перекладається на українську мову повною формою слова або відповідним словосполученням, переклад скорочення – еквівалентним українським скороченням, використовуючи описовий переклад або створення нового українського скорочення.

Ключові слова: термін, абрєвіатура, скорочення, телекопізми, переклад.