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Institute of Science and Technology of Physical and
Sports Activities

E NGLISH LECTURES 2023/2024

LEVEL Master 01

- -lecture 01

Why we study English?

Studying English is important for several reasons, as it is one of the most widely spoken languages in the world and serves as a global lingua franca. Here are some key reasons why people study English:

Global Communication: English is often used as a common language for international communication. Whether you're traveling, working with people from different countries, or engaging in global business, English can help you communicate effectively with a diverse range of people.

Access to Information: A significant portion of the world's information is available in English. This includes academic research, scientific publications, books, news articles, and internet content. Proficiency in English allows you to access a wealth of knowledge and resources

Education: English is frequently used as the medium of instruction in universities and academic institutions worldwide. If you plan to pursue higher education or research in various fields, a strong command of English is often a prerequisite.

Career Opportunities: Many multinational companies and organizations use English as their primary language for internal and external communication. Knowing English can open up job opportunities and career advancements, especially in fields such as international business, technology, and diplomacy.

Travel: English is a valuable asset for travelers. Knowing English can help you navigate in English-speaking countries, communicate with locals, and enhance your travel experience.

Cultural Exchange: English allows you to engage with and understand English-speaking cultures, including literature, music, films, and art. It promotes cultural exchange and enriches your cultural awareness

Personal Growth: Learning a new language, including English, challenges your cognitive abilities, improves problem-solving skills, and enhances your memory. It also promotes cross-cultural understanding and empathy.

Global Citizenship: In an increasingly interconnected world, being proficient in English can make you a more effective global citizen. You can participate in international discussions, advocate for global issues, and collaborate with people from diverse backgrounds.

Technology and Innovation: English is the dominant language in the fields of technology, innovation, and digital communication. Proficiency in English is essential for staying updated with technological advancements and participating in the global tech community.

Networking: English allows you to connect with people from around the world through social media, online forums, and professional networks. It expands your social and professional network beyond geographical boundaries

- **Lecture 02 :**

English for Specific Purposes (ESP)

English for Specific Purposes (ESP) is an approach to English language teaching and learning that focuses on teaching English for a particular purpose or specific field of study or work. Unlike General English, which aims to provide a broad understanding of the language for everyday communication, ESP tailors language instruction to the needs and goals of learners in specific contexts.

- **Specialized Content:** ESP courses are designed to meet the linguistic needs of learners in specific fields or professions, such as business, medicine, engineering, aviation, law, or tourism. The content and vocabulary are specialized to match the communication requirements of those fields..
- **Targeted Skills:** ESP often emphasizes particular language skills that are crucial for effective communication within a specific context. These skills can include writing reports, giving presentations, conducting meetings, and using industry-specific terminology.

Authentic Materials: ESP courses often incorporate authentic materials like industry reports, academic articles, or real-world documents to expose learners to the language they will encounter in their chosen field

- **Needs Analysis:** Before designing an ESP course, educators typically conduct a needs analysis to understand the specific language needs and goals of the learners in a particular context. This analysis helps in tailoring the course content and materials to suit those needs.

- **Goal-Oriented:** ESP is goal-oriented, with the aim of helping learners acquire the language skills necessary to perform effectively in their professional or academic settings. The focus is on practical, real-world language use.
- **Contextualized Learning:** ESP encourages learners to apply their language skills within the context of their field or profession. This contextualization helps them develop the ability to use English in their specific roles and tasks.
- **Flexible Approach:** ESP courses can be highly flexible and adaptable, allowing instructors to adjust the content and materials based on the changing needs of learners or developments in a particular field.
- **Varieties of ESP:** There are various subcategories of ESP, including English for Academic Purposes (EAP), English for Business Purposes (EBP), and English for Medical Purposes (EMP), among others. Each focuses on language skills relevant to its respective domain.
- In summary, English for Specific Purposes is an approach to English language education that tailors language instruction to the specific needs and goals of learners in specialized fields or contexts. It helps individuals acquire the language skills required to excel in their chosen professions or academic disciplines.
- In English for Specific Purposes (ESP) in the sports field, learners focus on acquiring English language skills and terminology that are specific to the world of sports. Whether you're an athlete, coach, sports journalist, sports scientist, or involved in sports administration, here are some key areas of knowledge and skills to consider when studying ESP in the sports field:
 - **Sports Terminology:** Learn the specific vocabulary and terminology related to your particular sport or area of interest. This includes terms for equipment, rules, positions, and actions. For example, if you're into soccer, you should be familiar with terms like "offside," "corner kick," and "hat-trick."
 - **Communication Skills:** Develop your ability to communicate effectively in a sports context. This involves understanding how to give and follow instructions, provide feedback, and engage in conversations about training, tactics, and performance.

Sports Reporting and Media: If you're interested in sports journalism or broadcasting, learn how to write sports articles, conduct interviews, and provide commentary in English. This includes understanding journalistic styles and techniques specific to sports reporting.

- **Sports Science and Medicine:** In sports science and medicine, you'll need to grasp the English terminology related to physiology, anatomy, injury management, nutrition, and performance analysis.

- **Coaching and Instruction:** For coaches and trainers, it's crucial to be able to explain and demonstrate techniques and strategies to athletes. You'll need to be proficient in both verbal and written communication to create effective training plans and provide feedback.
- **Rules and Regulations:** Understand the rules and regulations governing your sport. This is essential for athletes, coaches, and officials to ensure compliance and fair play.
- **Sports Management and Administration:** If you're working in sports management, event organization, or administration, you'll need to learn how to communicate in a business context. This includes negotiation skills, marketing terminology, and financial management.
- **International Sports Context:** If you're involved in international sports, understanding English is crucial, as it's often the primary language for communication at international sporting events, conferences, and organizations.
- **Listening and Speaking:** Practice listening and speaking skills, as these are essential for effective communication in the sports field. This includes understanding different accents and dialects, as you may interact with people from various English-speaking countries.

In ESP for the sports field, it's crucial to tailor your language learning to your specific role and needs within the sports industry. This may involve working with an ESP instructor who can design a course to meet your unique requirements and help you achieve proficiency in the language and terminology relevant to your sports-related pursuits.

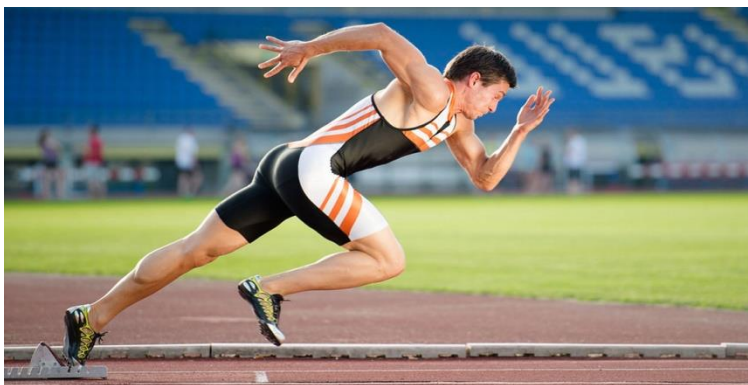
LECTURE 03 :

Some terminologies in sports :

- ❖ Sports have a wide range of terminology and jargon specific to each sport. Here are some common terms that are often used in various sports:

Athlete:

A person who participates in sports or athletic activities.



Team

- ❖ A group of athletes who play together in a specific sport.



Coach:

An individual responsible for training and guiding athletes.



Player:A participant in a game or sport.



Game:

A specific match or competition within a sport



Match:

- ❖ A contest between two individuals or teams in a sport.



Competition :

- ❖ A contest or tournament involving multiple participants or teams.



Scoring:

- ❖ The act of earning points or goals in a sport.



Offense:

- ❖ The team or player attempting to score in a game .



Defense:

- ❖ The team or player attempting to prevent the opposing team from scoring



Foul:

A rule violation in most sports that results in a penalty.



Free Throw:

- ◆ A shot in basketball awarded without opposition from the defense.



Referee:

An official who enforces the rules of the game and makes decisions during play



Lecture 03 :

how to improve communication skills in sports ?

- ⦿ Improving communication skills in sports is essential for both athletes and coaches to ensure effective teamwork, understanding, and performance. Here are some strategies to enhance communication skills in a sports context:

Active Listening:

- ⦿ Encourage athletes to actively listen to their coaches and teammates during instructions, feedback, and discussions.

Teach them to maintain eye contact, nod, and provide verbal cues to show that they are engaged in the conversation

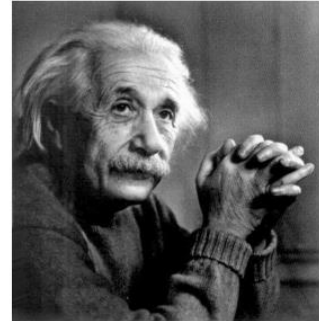


. Clarity and Conciseness

- ⦿ The British Coaches should use clear and concise language when giving instructions or feedback.
- ⦿ Avoid jargon and complex terminology that might confuse athletes.

Write for Clarity and Conciseness....

- Provide specific detail – answer the reporter’s questions
- Use easily understandable words
- Limit sentence, word, and paragraph length
- Build coherent paragraphs



. Visualization

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- ◎ Use visualization techniques to help athletes understand and remember strategies, plays, or techniques.
- ◎ Create mental images to reinforce learning and execution

. Non-Verbal Communication



- ⦿ Emphasize the importance of body language, gestures, and facial expressions. These can convey information and motivation during games.

Athletes should be aware of the messages their non-verbal cues are sending to teammates and opponents

A Coach's Guide to Communicating with Athletes, Players, Groups and Teams



- ⦿ Encourage athletes to ask questions and seek clarification when they don't understand instructions or feedback.
- ⦿ Foster an open dialogue between coaches and athletes.

☉ Team Meetings



- ☉ Conduct regular team meetings to discuss game plans, strategies, and performance evaluations.
- ☉ Allow athletes to voice their opinions and concerns in a structured setting

. Communication Drills:

- ☉ Include communication drills in practice sessions. These drills can involve athletes calling out plays, communicating on defense, or making quick decisions under pressure.



. Video Analysis



- ⦿ Use video analysis to review games and practices. This visual feedback can help athletes see their performance and the effectiveness of their communication in real-time situations

. Practice Simulations



- ⦿ Create scenarios in practice that simulate game situations. This helps athletes practice communication under pressure and in a competitive environment.

Develop a Team Language

- Establish a set of signals, code words, or unique terminology that the team can use to communicate quickly and effectively during games.
- Ensure that all team members understand and use this shared language .



Role-Playing:

. Engage in role-playing exercises where athletes practice various communication scenarios, such as addressing the media, motivating teammates, or resolving conflicts .

Lecture 04: The Physical Qualities

The identification of the specific physical qualities can vary based on the context, the field of study, and the purpose of assessment. However, in the context of general fitness and athletic performance, five key physical qualities are often recognized:

Strength:

The ability of muscles or a muscle group to generate force. Strength is crucial for various activities, including lifting, pushing, pulling, and maintaining posture.

Endurance:

The ability of the body to sustain prolonged physical activity. Endurance can be categorized as cardiovascular endurance, involving the cardiovascular and respiratory systems, and muscular endurance, involving specific muscle groups.

Speed:

The ability to move quickly. Speed is essential in sports and activities that require rapid movements, such as sprinting, agility drills, or certain sports like track and field.

Flexibility:

The range of motion around a joint. Flexibility is important for injury prevention, efficient movement, and overall functional mobility.

Agility:

Agility is a physical quality that refers to the ability to change direction quickly and accurately. It involves a combination of coordination, balance, speed, reflexes, and strength. An agile person can move their body in different directions rapidly and with precision.

These physical qualities are interconnected and contribute to overall fitness and athletic performance. For example, strength and power are essential for explosive movements, while endurance ensures the ability to sustain activity over an extended period. Flexibility plays a role in efficient movement patterns and injury prevention.

It's worth noting that different sports and activities may prioritize these physical qualities differently. Athletes and individuals engaging in specific types of training often focus on developing a combination of these qualities to meet the demands of their chosen activities. Additionally, factors such as coordination, balance, and agility are also important aspects of physical fitness, and they may be considered alongside the five key qualities mentioned above.

Lecture 05 :

History of Basketball



The history of basketball began with its invention in 1891 in Springfield, Massachusetts by Canadian physical education instructor James Naismith as a less injury-prone sport than football. The game became established fairly quickly and grew very popular as the 20th century progressed, first in America and then throughout the world.

After basketball became established in American colleges, the professional game followed. The American National Basketball Association (NBA),

established in 1946, grew to a multibillion-dollar enterprise by the end of the century, and basketball became an integral part of American culture.

Invention of the Game

The game of basketball as it is known today was created by Dr. James Naismith in December 1891 in Springfield, Massachusetts, to condition young athletes during cold months. It consisted of peach baskets and a soccer style ball. He published 13 rules for the new game. He divided his class of eighteen into two teams of nine players each and set about to teach them the basics of his new game. The objective of the game was to throw the basketball into the fruit baskets nailed to the lower railing of the gym balcony. Every time a point was scored, the game was halted so the janitor could bring out a ladder and retrieve the ball. After a while, the bottoms of the fruit baskets were removed. The first public basketball game was played in Springfield, Massachusetts, on March 11, 1892.

Original Rules

There were only thirteen rules of "basketball":

1. The ball may be thrown in any direction with one or both hands.
2. The ball may be batted in any direction with one or both hands.
3. A player cannot run with the ball, the player must throw it from the spot on which he catches it, allowance to be made for a man who catches the ball when running at good speed.
4. The ball must be held in or between the hands, the arms or body must not be used for holding it.
5. No shouldering, holding, pushing, tripping or striking in any way the person of an opponent shall be allowed. The first infringement of this rule by any person shall count as a foul, the second shall disqualify him until the next goal is made, or if there was evident intent to injure the person, for the whole of the game, no substitute.
6. A foul is striking the ball with the fist, violation of rules 3 and 4, and such as described in rule 5.
7. If either side makes three consecutive fouls it shall count a goal for opponents.
8. A goal shall be made when the ball is thrown or batted from grounds into the basket and stays there. If the ball rests on the edge and the opponent moves the basket it shall count as a goal.
9. When the ball goes out of bounds it shall be thrown into the field and played by the person first touching it. In case of a dispute, the umpire shall throw it straight into the field. The "thrower-in" is allowed five seconds. If he holds it longer it shall go to the opponent. If any side persists in delaying the game, the umpire shall call a foul on them.

10. The umpire shall be the judge of the men and shall note the fouls, and notify the referee when three consecutive fouls have been made.
11. The referee shall be the judge of the ball and shall decide when the ball is in play, in-bounds, and to which side it belongs, and shall keep the time. He shall decide when a goal has been made and keep account of the goals with any other duties that are usually performed by a referee.
12. The time shall be fifteen-minute halves, with five-minute rests between.
13. The side making the most goals in that time shall be declared the winner. In the case of a draw, the game may, by agreement of the captains, be continued until another goal is made.

Basketball Training Equipment



The Ball

The most important thing for training is the ball. There are certain guidelines which one needs to follow when buying a basketball. For practicing, one can play with a rubber ball. For professional competitions, one needs to use an inflated ball made of leather. Official

size of a basketball is 29.5 to 30 inches in circumference for men's game and 28.5 inches in circumference for women's game. It should weigh 18 to 22 ounces. When bounced off 6 feet from the floor, a well inflated ball should bounce 49 to 54 inches in height.



Shoes

One needs specialized shoes when playing basketball. It should be able to give better support to the ankle as compared to running shoes. The basketball shoes should be high-tipped shoes and provide extra comfort during a game.

These shoes are specially designed to maintain high traction on the basketball court.



Basketball Shooting Equipment

The hoop or basket is a horizontal metallic rim, circular in shape. This rim is attached to a net and helps one score a point. The rim is mounted about 4 feet inside the baseline and 10 feet above the court.

Basketball Court

The basketball court is the next important thing for shooting balls in this game. The court is usually made of wooden floorboard. The court size is about 28m x 17m according to the International standards. The National Basketball Association (NBA) regulation states the floor dimension as 29m x 15m. The standard court is rectangular in shape and has baskets placed on opposite ends.



Backboard

The backboard is the rectangular board that is placed behind the rim. It helps give better rebound to the ball. The backboard is about 1800mm in size horizontally and 1050mm vertically. Many times, backboards are made of acrylic, aluminum, steel or glass.

Uniforms

The most important requirement for a team is to have a uniform. This helps one differentiate teams from one another. A uniform consists of a jersey (shirt), shorts, numbers on the front and back of the shirts for identification.



Shot Clock

The offense is allowed a maximum of 24 seconds to have a ball in hand before shooting. These 24 seconds are counted on the shot clock. If the offense fails to shoot a ball that hits the rim, they will lose the possession of the ball to the

other team.



Whistle

The coach or referee uses a whistle to indicate the start or end of a game. S/he can even use the whistle to stop the play in the middle of a game. Whistle also helps to indicate fouls, timeout, or out of bound balls to the players.

In order to get the attention of the players, many times coaches use the whistle to gather the players.

It does not matter if one does not have every object mentioned in the list above. All that is needed is a hoop, basketball and proper shoes to practice the game. Hope the above information is helpful to those who are trying to hone their raw talent for a professional career.

5 (five) Skills of a Basketball Player



Ball Handling - skills are essential especially for short players. Players with excellent ball handling skill are usually given the role of guard positions. They are usually the one responsible for bringing the ball to the offensive side and setting up plays. Any player who does not have any ball handling skills should consider other forms of employment because they can never become professional basketball players.

Passing - is a fundamental skill which is needed when playing basketball. There are several types of pass and each of them is executed depending on the situation such as the position of the opponent in relation to the position of the recipient.

Defense - the role of a defensive player is to prevent the opponents from shooting, passing, and dribbling. An ideal defensive player is someone who is agile, has a tall physique, and has excellent footwork and positioning technique.

Rebounding - is an act of recovering the ball after a missed shot. A lot of professional players concentrate in recovering missed shots because they are one of the best chances in gaining or regaining possession of the ball which can possibly turn into a scoring opportunity.

Shooting - is perhaps the toughest skill to develop. There are many types of shooting techniques in the game of basketball such as lay-up, hook shot, short range, and long range shots. Shooting allows a team to score points and tries to outscore the opponent in order to win the game.

The availability of training camps allows a player to develop all of these skills. How a player progresses will depend on talent. However, while everyone will not have the talent that others possess, it is important to remember that these skills can be perfected with practice.

Lecture 06 :

The importance of sport

Sport is a physical activity, one of the important behaviors, and health, and is divided into several types depending on several classifications, such as what is individual or collective, and beyond the concept of sports from a hobby, or healthy behavior, to the functions of many, such as football players, Swimmers and others, bringing thousands of people to watch these games in which players compete to prove their strength, and physical ability.

The benefits of sport:

Sports has a great importance to humans, including:

1- Prevention of diseases: Sports contributes to protect the body from many dangerous diseases, including high blood pressure, which causes the occurrence of heart attacks, brain strokes, in addition to prevention of diabetes, cancer, and diseases related to aging such as weakness Muscle, osteoporosis, and other diseases, because they contribute to help the body to get rid of toxins, by activating the work of body organs such as increasing the ability of the lungs to absorb air.

2- Exploitation of leisure time and the formation of social relations:

There are many collective sports that contribute to the formation of good social relations, such as football and basketball, and thus exploits his time with useful activity, and spend time with others, away from the wrong behaviors

3- Helping to get a better sleep:

Because the sport needs physical exertion, the body needs rest, so it can sleep deeply, and it also reduces stress that causes insomnia

4- Improvement the health of the skin:

With exercise, the heart pumps more blood, and thus the skin gets more food and oxygen, which helps him to treat problems such as infections caused by acne. Exercises contribute to the regeneration of skin cells, and thus eliminate stains, and resistance Signs of aging.

5- Improve the appearance of the body:

Sports reduces the layer of fat that covers the muscles, which show the body the appearance of flabby, and obese, and make divided and sculpted, and protect from weight gain.

6- sport is Strengthening bones, especially weight-bearing exercises such as jogging, walking, dancing, and stair climbing. It also helps to increase bone mass, reducing the chances of osteoporosis

7- Weight loss

sport helps to get rid of excess weight by burning a lot of calories, where nutritionists advise dieters to exercise at the rate of hal.

Lecture 07 :

athletics

Athletics is a group of sporting events that involves competitive running, jumping, throwing, and walking.

The most common types of athletics competitions are track and field, road running, cross country running, and race walking. The results of racing events are decided by finishing position (or time, where measured), while the jumps and throws are won by series of attempts. The simplicity of the competitions, and the lack of a need for expensive equipment, makes athletics one of the most common types of sports in the world. Athletics is mostly an individual sport, with the exception of relay races and competitions which combine athletes' performances for a team score, such as cross country. Organized athletics are traced back to the Ancient Olympic Games from 776 BC. The rules and format of the modern events in athletics were defined in Western Europe and North America in the 19th and early 20th century, and were then spread to other parts of the world. Most modern top level meetings are held under the auspices of World Athletics, the global governing body for the sport of athletics, or its member continental and national federations.

1- Competition area and competitors:

1-1- Competition area :

A professional athletics stadium must provide competitors with:

- A 400 m synthetic rubber running track.
- A long triple jump running and pit .
- A shot put circle.
- All pole vault equipment.

1-2 competitors :

The running events include sprints , middle and long – distance events and hurdling.

Jumping events include the long jump , high jump , triple jump and pole vault , while the throwing events include the discus throw , hammer throw , javlin throw and shot put

Lecture 08 :

Effect of Sports on General Health:

BY ADMIN · PUBLISHED SEPTEMBER 25, 2019 · UPDATED SEPTEMBER 27, 2019

Sports have an immense impact on a person's daily life and health. They do not just give you an interesting routine but also a healthy body. Getting indulged in physical activities like sports improves your heart function, reduces the risks of diabetes, controls blood sugar and lowers tension and stress level. It also brings positive energy, discipline, and other commendable qualities in your life. Playing sports strengthens your body and also improves your muscle memory and muscle coordination. Primary health care doctors recommend taking part in sports on a regular basis. There are countless benefits of sports; some of them are here for you.

Weight control:

The problem of obesity is faced by millions across the globe. Being obese increases the risks of hypertension and heart diseases. One of the best ways to get rid of obesity is by indulging in sports. Physical activity helps you control your weight. Most sports are intense physical activities which burn extra calories quickly and efficiently. Taking part in sports is a great way to burn away all that extra weight and get the ideal body shape.

Playing sports, while managing a proper diet plan, can prove to be far more efficient than anything else. Obesity is caused by the extra fat present in your body. This body fat can be burned by working out. The only problem is that working out feels like a chore and more tiring. On the other hand, sports are much fun. You keep playing even after getting tired because you enjoy it.

Lower Hypertension:

Hypertension or high blood pressure is a major health risk for people from all sides of the world. Hypertension can cause a stroke or other health diseases. Regular physical activity and exercise help you keep the blood pressure normal. Sports provide you with all the stretching, running and exercise that you need. Thus, taking part in sports can be a great way to

tackle high blood pressure. Most health experts and doctors recommend people suffering from hypertension to take regular exercise. Sports are the best form of physical workout that's both interesting and thrilling. People who take part in sports regularly are found to maintain normal blood pressure as compared to those who do not.

Lower cholesterol levels:

Playing sports helps you control your cholesterol level. Exercise helps you maintain a lower cholesterol level. According to multiple types of researches, it was proved that people with high physical activity had lower cholesterol levels as compared to those who maintain a sedentary lifestyle. Physical activity is very important for maintaining a low cholesterol level. Top athletes like Cristiano Ronaldo and others are found to have astonishingly low cholesterol levels even after thirty years of age.

Better blood circulation:

Blood circulation begins to improve as you play sports. By running or taking part in other physical activities the body remains well-oxygenated. Thus, you stay more healthy and active. Being active might also increase hemoglobin count and blood volume. When you play, your heart starts to pump faster and extra load is put on your heart muscles. This extra load strengthens your heart muscles which improve the overall flow of blood. Regular aerobic exercise increases the capillary density of working muscles in a healthy way. Aerobics also increase the mitochondrial count in the fibers of working muscles. Your heart starts to function better, resulting in better heart pumping rate. The overall result is that you can exercise harder under less stress.

Stronger immunity:

Yes! You read it right. Regular exercise also strengthens your immune system. Your body becomes immune to many diseases. Exercise increases the rate of flow of white blood cells significantly. As you sweat while playing sports, toxins are removed from your body. The rise in body temperature also lowers the chances of bacterial growth.

Muscle training:

Sports are the best way to have a proper muscle workout. It is fun to play and does not feel like a chore. At the same time, they give you strong and toned muscles. This is only possible if you continue to play active sports like soccer, football, tennis, and baseball regularly. By engaging in sports you tone your muscles and train them for working together. It is known as neuromuscular programming. As you play your muscles become stronger and stronger. By playing sports you gain lean muscle mass and burn fat at the same time. If you want a perfectly lean body with shredded six-packs

and muscles, this field might prove to be more helpful than the gym. For gaining such muscles you must prefer sports that involve the movement of most of your muscle groups. The physique of top athletes is an inspiration for all of us.

Stronger bones:

Taking part in sports not only strengthens your muscles but also your bones. During sports you put stress on your bones with high power and strength movements; this, in turn, increases your bone density which results in stronger bones. For example, unlike normal walking, running while playing puts extra load or stress on your bones. In order to withstand this increased loaded stress the bones adapt and become denser. If you continue to take part in sports, your bones keep becoming stronger and denser due to the continuous stress. As we grow old our bone density keeps on decreasing. Indulging in sports might be the easiest way to maintaining a good bone density and remaining strong with advancing age.

Stronger mind:

Sports bring a positive attitude in your life. They make your mind sharper and stronger. Sports are fun to play and they refresh your mind. Being good at sports makes you feel good, accomplished and boosts your self-esteem. Playing team sports also boost your strategy-making ability. By sports you learn to make decisions quickly and instinctively. This quick decision-making ability is of high use in everyday life. Sports also teach you to stay calm and think with a cool mind. They teach you to make decisions in high-stress situations without panicking or getting hyper.