

**Translate the following text into Hungarian.
Write your translation on the separate (green) answer sheet.**

What does it take to succeed?

Athletes striving to run faster, jump higher or throw further should not look to scientists for help, say physiologists.

The 20th century saw a dramatic improvement in the overall ability of top athletes. The four-minute/mile "barrier" was shattered and gymnasts now perform routines undreamed of twenty years ago.

But the biggest reason for past improvements probably had nothing to do with science, according to Will Hopkins of the University of Otago in New Zealand. He says it was purely a matter of more people participating, making it more likely that exceptional athletes would be discovered.

Even today's improved training can't all be credited to science. For example, the strategy of tapering off exercise before big events was actually pioneered by coaches who discovered it through trial and error*.

Science can take credit for improvements in nutrition that have helped increase athletic performances, says Carl Foster, a physiologist at the University of Wisconsin. Researchers predicted that loading up carbohydrates before events such as marathon would aid performance, a strategy later adopted by athletes.

But Foster is sceptical about whether science can continue to help improve training and nutrition regimes. He points out, for instance, that lab tests that measure maximal oxygen consumption have a margin of error of about 5 per cent, while the difference between a gold medal and a bronze can be as little as 1 per cent.

* trial and error : fokozatos megközelítés