

# Sports (1)

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## INTRODUCTION

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This module consists of two learning activities. Both have the same format in which you will find four parts. The first part contains original texts written in English as the source language (SL). The first two paragraphs of each text, translated into Bahasa Indonesia, are intended as model translations along with a brief explanation. The second part provides you with a number of translation exercises with alternative translation versions. However, it is advisable that you do each of the exercises by yourself or in groups first before referring to the keys. The third part has a summary of those translation aspects highlighted in the learning activity concerned. The last part gives you a formative test as freer practice. Alternative translation versions together with some comments are available in the key to the formative test section at the end of this module.

After learning this module, you are expected to be able to translate various texts on sports from English into Bahasa Indonesia accurately and naturally.

Before you move on to Learning Activity 1, it is necessary for you to look at some important points you have to bear in mind while you are translating. You should have learned these issues in the Theory of Translation course (BING3315).


1. Meanings transferred into the target language are not restricted by the source language patterns. In other words, it should not read as translation.
2. Meaning in the source language should be conveyed accurately in the target language. There should no misinterpretation or misleading language.
3. Be aware of the notion register (i.e. vocabulary selection, style and grammatical features) used in a particular context.
4. Make sure you do not lose certainty of meaning in the source texts.

5. Your translation should only be based on meanings in the source language.
6. Do not use 'everyday' language, except the text requires you to do so.

All the above criteria will be addressed in the section of key to exercises. They will then be summarized in the summary section.

## LEARNING ACTIVITY 1

English-Bahasa Indonesia  
Translation

ead the following text very carefully to get a general impression of it, analyze it and then do the exercises that follow.

**Stage is set for final triumph**

It is ending as it began ; Lance Armstrong racing against the clock and winning. Three years ago he was, to use his own expression, “a half dead man”. The doctors said he had a less than 50% chance of beating cancer but he did, and now he has blown away all rivals in the Tour de France. It began with victory in the prologue time-trial in a theme park at Le Puy du Fou three weeks ago and yesterday Armstrong was again imperious in his race against the clock.

This time the distance was further, a 57km circuit at Futuroscope, but Armstrong has proved himself a man for all courses. As well as winning the Tour’s three time trials, he also produced the most spectacular performance of the race on the climb to Sestriere in Italy.

Yesterday’s victory was more modest, Armstrong beating Alex Zulle by just nine seconds but, what the hell, he didn’t need to win. His overall lead in the race is now over seven minutes, a margin of victory greater than any achieved by Miguel Indurain’s five-year reign. Armstrong was understandably pleased by this latest triumph and the certainty that he will now win in the Tour.

Afterwards he said the victory wasn’t just his: “I think it’s 50,25,25. Fifty for the cancer community, everyone involved, doctors, nurses, patients, family members, survivors. Twenty-five for me, my team and my family, and the other 25% was for the people who never believed in me.”

Zulle’s strong ride yesterday was sufficient to lift him above the Spaniard Fernando Escratin and even though a distant second, the Swiss rider has performed well. Third place Escratin also deserves his place on the podium. He was fourth last year when his Kelme team withdrew in protest against the prominent police presence on the Tour.

England’s Chris Boardman normally competes well in time trials but yesterday was 3.29 behind Armstrong in 15<sup>th</sup> place. Boardman is one of the many riders whose career has not reached its full potential and, amongst the cycling fraternity, there is general agreement that his refusal to use drugs diminished his career. One admires the morality

even if Boardman could have spoken more openly about the terrible dilemma facing all cyclists.

It is said, and with justification, that Armstrong has own an ordinary Tour de France. No Pantani, Ulrich or Riis. But what is not diminished is the authority of the American's victory. Neither is it without relevance that the average time for this year's Tour will be close to 40.5km per hour. Never before has the average speed exceeded 40.

Articulating his hopes for a drug-free Tour, race organizer Jean Marie Leblanc said he did not mind if this year's event was 3km per hours slower than last year's record. For a man looking for a Tour of Restoration, this record was about the last thing he needed.

(Source: The Sunday Times, 25 July, 2000)

### ■ Task 1:

*Now, learn the model answer below together with a short explanation about it.*

### MODEL

<i>Source language</i>
<p><b>Paragraph 1</b></p> <p style="text-align: center;"><b>Stage is set for final triumph</b></p> <p>It is <u>ending</u> as it <u>began</u> ; Lance Armstrong racing against the clock and winning. Three years ago <u>he was, to use his own expression</u>, “a half dead man”. The doctors said he had a less than 50% chance of beating cancer but he did, and now he has blown away all rivals in the Tour de France. It began with victory in the prologue time-trial in a theme park at Le Puy du Fou three weeks ago and yesterday Armstrong was again imperious in his race against the clock</p>
<p><b>Model Translation</b></p> <p style="text-align: center;"><b>Panggung Dipersiapkan untuk Kemenangan Akhir</b></p> <p><u>Bagaimana awalnya, begitulah akhirnya</u>: Lance Armstrong berpacu melawan waktu dan menang. Tiga tahun lalu <u>ia, menamakan dirinya</u> ”manusia separuh mati”. Para dokter mengatakan peluangnya untuk hidup kurang dari 50% akibat kanker tetapi terbukti ia berhasil. Dan sekarang ia mengalahkan semua lawan-lawannya di Tour de France. Hal ini dimulai</p>

dengan kemenangan dalam lomba *time-trial* pendahuluan di sebuah lapangan di Le Puy du Fou tiga minggu lalu dan kemarin Armstrong lagi-lagi menang dalam perlombaan melawannya melawan waktu.

*Penjelasan:*

Perhatikan kalimat yang diberi garis bawah. Kalimat ‘Bagaimana awalnya, begitulah akhirnya’ menunjukkan bagaimana kata-kata dalam kalimat tersebut tidak diterjemahkan per kata, tetapi maknanya yang dialihkan ke dalam bahasa sasaran. Kalimat ‘he was, to use his own expression’ dalam bahasa sasaran diterjemahkan menjadi ‘ia, menamakan dirinya’. Terjemahan ini mengindikasikan bahwa terjemahan tersebut terlihat seperti terjemahan bebas, tetapi ditinjau dari segi semantik, maknanya tidak hilang (*not loss of meaning*).



## EXERCISES

### ■ Task 2

*Translate the following extract into Bahasa Indonesia. Write your translation in the space provided for you on the right column.*

#### **Source language**

##### *Paragraph 2*

This time the distance was further, a 57km circuit at Futuroscope, but Armstrong has proved himself a man for all courses. As well as winning the Tour’s three time trials, he also produced the most spectacular performance of the race on the climb to Sestriere in Italy.

Write your translation here.

*Before moving onto the next task, check your translation with the model translation in the key section. This applies to the rest of the tasks.*

### ■ Task 3

*Translate the following extract into Bahasa Indonesia.*

#### Source language

##### Paragraph 3

Yesterday's victory was more modest, Armstrong beating Alex Zulle by just nine seconds but, what the hell, he didn't need to win. His overall lead in the race is now over seven minutes, a margin of victory greater than any achieved by Miguel Indurain's five-year reign. Armstrong was understandably pleased by this latest triumph and the certainty that he will now win in the Tour.

Write your translation here.

### ■ Task 4

*Translate the following extract into Bahasa Indonesia.*

#### Source language

##### Paragraph 4

Afterwards he said the victory wasn't just his: "I think it's 50,25,25. Fifty for the cancer community, everyone involved, doctors, nurses, patients, family members, survivors. Twenty-five for me, my team and my family, and the other 25% was for the people who never believed in me."

Write your translation here.

### ■ Task 5

*Translate the following extract into Bahasa Indonesia.*

#### **Source language**

##### *Paragraph 5*

Zulle's strong ride yesterday was sufficient to lift him above the Spaniard Fernando Escratin and even though a distant second, the Swiss rider has performed well. Third place Escratin also deserves his place on the podium. He was fourth last year when his Kelme team withdrew in protest against the prominent police presence on the Tour.

Write your translation here.

### ■ Task 6

*Translate the following extract into Bahasa Indonesia.*

#### **Source language**

##### *Paragraph 6*

England's Chris Boardman normally competes well in time trials but yesterday was 3.29 behind Armstrong in 15<sup>th</sup> place. Boardman is one of the many riders whose career has not reached its full potential and, amongst the cycling fraternity, there is general agreement that his refusal to use drugs diminished his career. One admires the morality even if Boardman could have spoken more openly about the terrible dilemma facing all cyclists.

Write your translation here.

■ **Task 7**

*Translate the following extract into Bahasa Indonesia.*

**Source language**

*Paragraph 7*

It is said, and with justification, that Armstrong has own an ordinary Tour de France. No Pantani, Ulrich or Riis. But what is not diminished is the authority of the American's victory. Neither is it without relevance that the average time for this year's Tour will be close to 40.5km per hour. Never before has the average speed exceeded 40.

Write your translation here.



*Key to Exercises 1*■ **Task 2**

*Translate the following extract into Bahasa Indonesia. Write your translation in the space provided for you on the right column.*

<b>Source language</b>
<p><i>Paragraph 2</i></p> <p>This time the distance was further, a 57km circuit at Futuroscope, but Armstrong has proved himself a man for all courses. <u>As well as</u> winning the Tour's three <u>time trials</u>, he also produced the most spectacular performance of the race on the climb to Sestriere in Italy.</p>
<b>Model translation</b>
<p>Kali ini jaraknya lebih jauh yaitu sirkuit yang panjangnya 57 km di Futuroscope, tetapi Armstrong telah membuktikan dirinya bahwa ia adalah juara di segala trayek. <u>Di samping</u> memenangi tiga <u>time-trials</u> di Tour de France, ia juga menunjukkan kemampuan yang spektakuler dalam lomba tersebut dengan mendaki sampai ke Sestriere di Italia.</p>

Ada dua hal yang menarik dari hasil terjemahan di atas. *Pertama*, kata 'as well as' dalam bahasa sasaran kata tersebut diterjemahkan menjadi 'disamping'. Terjemahan ini menjadi menarik karena si penerjemah sangat paham dengan pesan yang ingin disampaikan karena ia tidak terpaku oleh struktur bahasa sumber. Gejala ini disebut dengan *not restricted by form*. *Kedua*, perhatikan kata 'time trials'. Tidak ada padanan kata yang tepat untuk kata tersebut. Oleh karena itu kata-kata tersebut tetap dibiarkan sebagaimana aslinya. Bila perlu si penerjemah memberi catatan kaki sebagaimana contoh berikut: *Time trials* adalah adu kecepatan dalam balap sepeda.

■ **Task 3**

<b>Source language</b>
<p><i>Paragraph 3</i></p> <p>Yesterday's victory was more modest, Armstrong beating Alex Zulle by just nine seconds but, what the hell, he didn't need to win. His overall</p>

lead in the race is now over seven minutes, a margin of victory greater than any achieved by Miguel Indurain's five-year reign. Armstrong was understandably pleased by this latest triumph and the certainty that he will now win in the Tour.

### Model translation

Kemenangan kemarin lebih mudah, Armstrong mengalahkan Alex Zulle dengan hanya terpaut 9 detik, tetapi, persetan, ia tidak butuh kemenangan. Kepemimpinannya secara keseluruhan dalam lomba tersebut sekarang adalah lebih dari 7 menit. Suatu perbedaan waktu yang jauh lebih besar dari kemenangan yang pernah dicapai oleh Miguel Indurain dalam 5 tahun kepemimpinannya dalam lomba ini. Armstrong bisa dipahami senang dengan kemenangannya yang terakhir ini dan ini merupakan kepastian, bahwa ia akan memenangi Tour de France kali ini.

Ada dua hal yang menarik dari hasil terjemahan di atas. *Pertama*, terjadi perubahan susunan kalimat dalam bahasa sumber dan bahasa sasaran. Kalimat-kalimat pendek dalam bahasa sumber diubah menjadi kalimat panjang dalam bahasa sasaran. Perhatikan kalimat 'suatu perbedaan waktu yang jauh lebih besar dari kemenangan yang pernah dicapai'. Gejala ini disebut dengan *not restricted by form*. *Kedua* adalah kata 'reign' yang diterjemahkan dengan baik menjadi 'kepemimpinan' dalam bahasa sasaran. Bila tidak teliti dan pemahaman laras bahasa yang kurang baik, kemungkinan besar kata ini akan diterjemahkan lain. Gejala ini disebut dengan *full awareness of register*.

### ■ Task 4

#### Source language

##### Paragraph 4

Afterwards he said the victory wasn't just his: "I think it's 50,25,25. Fifty for the cancer community, everyone involved, doctors, nurses, patients, family members, survivors. Twenty-five for me, my team and my family, and the other 25% was for the people who never believed in me."

**Model translation**

Kemudian ia mengatakan bahwa kemenangan ini bukan hanya kemenangannya: “ Saya pikir ini 50,25,25. 50 untuk masyarakat pemerhati kanker, semua yang terlibat, dokter, perawat, pasien, anggota keluarga, yang berhasil sembuh. 25 untuk saya, tim saya dan keluarga saya dan 25 lainnya untuk orang-orang yang tidak pernah percaya pada saya.

Yang menarik dari hasil terjemahan di atas adalah bagaimana kata ‘cancer community’ diterjemahkan. Di samping itu ada juga penambahan kata ‘dan’ dalam bahasa sasaran walaupun dalam bahasa sumbernya tidak ada. Hal ini sebenarnya merupakan terjemahan bebas, tetapi hal ini diperbolehkan karena tidak mengubah makna.

■ **Task 5****Source language***Paragraph 5*

Zulle’s strong ride yesterday was sufficient to lift him above the Spaniard Fernando Escratin and even though a distant second, the Swiss rider has performed well. Third place Escratin also deserves his place on the podium. He was fourth last year when his Kelme team withdrew in protest against the prominent police presence on the Tour.

**Model translation**

Pertarungan keras yang dilakukan Zulle kemarin cukup menolong dia untuk berada di muka pembalap Spanyol, Fernando Escratin, meskipun pada jarak kedua, pembalap Swiss tersebut menunjukkan prestasi yang bagus. Pemenang ketiga Escratin juga patut mendapat tempat di podium. Ia berada di tempat keempat tahun lalu ketika timnya Kelme mengundurkan diri menyusul protes yang dilakukan terhadap kehadiran polisi di Tour de France tersebut.

Perhatikan penggunaan laras bahasa yang baik untuk kata ‘strong ride’ dengan menerjemahkannya menjadi ‘pertarungan keras’.

### ■ Task 6

<p><b>Source language</b></p> <p><i>Paragraph 6</i></p> <p>England's Chris Boardman normally competes well in time trials but yesterday was 3.29 behind Armstrong in 15<sup>th</sup> place. Boardman is one of the many riders whose career has not reached its full potential and, amongst the cycling fraternity, there is general agreement that his refusal to use drugs diminished his career. One <u>admires</u> the morality even if Boardman could have spoken more openly about the terrible dilemma <u>facing</u> all cyclists.</p>
<p><b>Model translation</b></p> <p>Chris Boardman dari Inggris biasanya berlomba dengan baik di <i>time-trial</i>, tetapi kemarin ia berada 3,29 detik di belakang Armstrong yang berada di urutan ke 15. Boardman adalah salah satu pembalap yang kariernya tidak pernah mencapai puncak, dan kalangan dunia balap sepeda, terdapat persetujuan umum bahwa penolakannya menggunakan obat terlarang mengakhiri kariernya. Orang <u>menjunjung tinggi</u> moralitas meskipun Boardman dapat saja berbicara lebih terbuka mengenai dilema <u>mengerikan yang sedang dihadapi</u> para pembalap.</p>

Perhatikan kata 'admires' dengan seksama. Kata ini diterjemahkan menjadi 'menjunjung tinggi', bukan 'mengagumi'. Yang perlu Anda ingat adalah bahwa menerjemahkan adalah menyampaikan pesan dari bahasa sumber ke bahasa sasaran, bukan mengalihkan kata-kata. Jadi, Anda dituntut untuk jeli dalam menangkap pesan yang akan disampaikan sehingga tidak terkecoh dengan kata-kata yang digunakan. Berikutnya adalah fenomena perubahan dari kalimat aktif dalam bahasa sumber menjadi kalimat pasif dalam bahasa sasaran yang ditunjukkan oleh kata 'facing' yang diterjemahkan menjadi 'yang sedang dihadapi'.

### ■ Task 7

<p><b>Source language</b></p> <p><i>Paragraph 2</i></p> <p>It is said, and with justification, that Armstrong has won an ordinary</p>
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Tour de France. No Pantani, Ulrich or Riis. But what is not diminished is the authority of the American's victory. Neither is it without relevance that the average time for this year's Tour will be close to 40.5km per hour. Never before has the average speed exceeded 40.

### Model translation

Hal ini dikatakan dan dengan pembenaran bahwa Armstrong telah memenangkan suatu Tour de France yang biasa. Tidak Pantani, Ullrich atau Riis. Tetapi apa yang tidak lekang adalah keabsahan kemenangan Amerika. Yang patut dicatat adalah waktu rata-rata yang ditempuh dalam Tour tahun ini yang mendekati 40,5 km per jam. Kecepatan rata-rata sebelumnya tidak pernah melebihi 40.

Dalam menerjemahkan Anda perlu menyimpulkan apa yang dimaksud oleh suatu kalimat atau paragraf. Bila tidak, Anda tidak dapat menerjemahkan frasa-frasa yang ada dalam bahasa sumber seperti 'but what is diminished' dan 'neither is it without relevance' di atas.



## S U M M A R Y

Dari kegiatan belajar ini ada beberapa hal yang dapat ditarik sebagai kesimpulan.

- Sebelum mulai menerjemahkan, pastikan bahwa Anda telah memahami seluruh paragraf (analisis teksnya) dengan membacanya berulang-ulang, dan kemudian baru kalimat demi kalimat.
- Hati-hati dengan istilah yang tidak ada padanannya dalam bahasa sasaran. Bila perlu, Anda diperkenankan membuat catatan kaki.
- Jangan pernah mencoba menerjemahkan kata per kata.
- Jangat terpaku dengan pola bahasa sumber (*restricted by forms*). Ubahlah susunan kalimat bila dirasa perlu dengan selalu memperhatikan ketersampaian makna secara akurat.
- 'Meaning' dialihkan secara tepat ke dalam bahasa sumber dengan memperhatikan pilihan kata (*vocabulary*), bentuk kalimat (*grammatical forms*) dan laras bahasa (*register*).

**FORMATIVE TEST 1** \_\_\_\_\_

*Translate the following extract into Bahasa Indonesia.*


**Source language***Paragraph 8*

Articulating his hopes for a drug-free Tour, race organizer Jean Marie Leblanc said he did not mind if this year's event was 3km per hours slower than last year's record. For a man looking for a Tour de France, this record was about the last thing he needed.

Write your translation here.

## LEARNING ACTIVITY 2

English-Bahasa Indonesia  
Translation

ead the following text very carefully to get a general impression of it, analyze it and then do the exercises that follow.

**How Fast Can I Go?**

“Can I break a record?”

“Why not?” replies Bill Kaiser, an aquatics specialist for USA swimming. He snaps a harness around my midsection. I slip into lane one of the 50-meter pool at Olympic Training Center in Colorado Springs, nod to Kaiser, and shove off the wall.

Suddenly my body feels like a bullet ripping through the water. Never have my arms and shoulders rotated with such power. Each stroke seems to propel me twice the usual distance. I feel instantly euphoric, as if my brain were surging with endorphins.

Kaiser has hooked my harness to a pulley system known as a tow, a training device that drags a high-performance swimmer 5 percent faster than he usually swims. It allows the swimmer to get a feel for the increased speed, adjust his stroke patterns and body rotations accordingly, and eventually swim faster on his own. In my case, the tow is moving almost 50 percent faster than norm.

Twenty-three seconds later I touch the wall. “Congratulations,” says Kaiser. “You’ve just beaten Amy Van Dyken’s American record for the 50 free.”

He’s referring to the 50-meter freestyle race Van Dyken swam in 24.87 seconds in the 1996 Olympics in Atlanta. With that and three other events she became the first American woman to win four gold medals in one Olympics.

I’m not an Olympic-caliber competitor. I’m a middle-aged masters swimmer who’s won a few medals in my age group.

The human body, I know, did not evolve to swim laps-or to kick a soccer ball or to do somersaults off a ten-meter platform. But as long as humans have had a sense of sport and competition, we have invented ways to push our anatomy to its limits? In this Olympic year I am studying some of the men and women trained to perform as if there were none.

Numerous factors-genetic, psychological, cultural, and financial-go into making a super performer, but the right genes may be the most

critical. Elite athletes, as these super performers are called, are in a sense fortunate freaks of nature.

Take their muscles, for instance. The fibers within most human skeletal muscles are close to evenly divided between fast-twitch fibers, which contract very rapidly, and slow-twitch fibers, which don't contract as quickly but generate energy much more efficiently. Olympic weight lifters have an unusual abundance of fast-twitch fibers; these give them the explosive power to jerk hundreds of pounds from the ground to over their heads in a split second. The legs of elite marathon runners, on the other hand, might contain up to 90 percent slow-twitch fibers, giving them the endurance for longer, aerobic activities.

Whether fast-twitchers or slow, however, elite athletes take human performances to a notch we lesser mortals can only imagine. So that I can better understand why I'm among the ranks of those who must imagine, I am escorted to a contraption called the flume.

The flume is like a treadmill in water—a 15-foot-long pool with motors that generate precisely controlled currents. The faster the current, the faster swimmer has to stroke to stay clear of the back of the pool.

"You're going to swim for three minutes, then rest for two while we take some measurements," says Larry Herr, an exercise physiologist. "Then we'll increase the speed of the current, and you'll swim another three minutes. We'll do that five times, faster in each set."

"This is going to hurt, isn't it?" I say, as a technician straps on a heart-rate monitor.

"You can stop anytime," says Herr.

The technician inserts a mouthpiece connected by two tubes to a monitor that will measure the air going in and out of my lungs as I swim. That will allow measurement of my VO<sub>2</sub> max, or the maximum volume of oxygen I use per minute while exercising as hard as I can. VO<sub>2</sub> max is strongly influenced by genetics, but training can increase it as the body becomes more efficient at delivering oxygen to the muscles and using it there.

Next, the technician pricks my earlobe for a drop of blood. This will be repeated after each set to measure my lactate level. Lactate is a byproduct of the metabolic process that energizes muscles during the initial stage of intense exercise. This process is anaerobic—it does not use oxygen. Soon after exercise begins, the body switches to oxygen-burning, or aerobic, energy pathways, which fuel longer endurance activity. Normally blood vessels deliver enough oxygen to the muscles and remove enough.

Lactate from tem to prevent lactate accumulation. But during a sprint the system may fall behind and lactate may build up. Then cellular fluids become more acid, interfering with muscle contraction and causing fatigue. Training increases heart capacity and the body's network of blood vessels. This increased circulation delivers more



oxygen and clears more lactate. Thus the muscles can work longer and harder. Coaches measure lactate levels as one way of evaluating an athlete's level of training.

Once my beginning lactate level is established, I'm ready for my first round in the flume. It feels pretty much like a warm-up. After the second round I'm breathing hard. The third round feels like a full-pace effort and leaves me with my heart pounding, but I recover well during the two-minute rest period.

Midway through the fourth round my lungs begin to ache. My kick weakens, and my arms feel as if they're moving in slow motion no matter how fast I will them to pull. The same feeling sets in earlier in the final round. With no laps to count, I lose my sense of time. With no wall a head of me getting closer-nothing to look at and say, "OK, I can get there" -I feel lost in a time warp of pain. The water feels as thick as mud. I can't finish.

"Your body went acid," says Herr after examining my biochemical results. "In the third set you hit your lactate threshold-when you couldn't clear all the lactate your muscles were producing." Acidity soared in the next rounds, and my muscles at last shut down. I reached my threshold at about 75 percent of my  $VO_2$  max. The untrained, Herr explains, generally reach the same threshold at around 60 percent of  $VO_2$  max, while trained athletes don't hit that level until they're at 80 to 85 percent. Athletes rich in slow-twitch muscle fibers appear to have higher lactate threshold.

Elite swimmers regularly approach the heavy lactate threshold of pain. Justin Ewers, an Olympic hopeful from Stanford University, describes it for me. "It's like getting goose bumps with acid in every one, along with deep burning in the lungs and the sensation of dragging lead weights behind you instead of legs." One difference between elites and others is how early the pain starts. "An elite may not feel it until the last three or four seconds of the race. Our training lets us get used to it, and we can ignore it for longer," says Ewers.

Lactate threshold aside, Herr gives me many other reasons why I'll never be an elite swimmer-besides the fact that I'm at least 25 years too old. At five feet nine I'm too short. Most male champions are over six feet-taller, more streamlined bodies mean a longer reach and more productive stroke. And I'm a sinker, meaning too much of my body mass is concentrated south of my lungs, creating excess drag. Also, I don't finish my strokes.

Depressing as these facts are, there's more to life than swimming-especially at the Olympic Training Center. A short walk from the pool is the weight room, where athletes with entirely different genetic gifts are pushing their limits. It sounds like a demolition zone as intensely focused men and women thrust barbells weighing as much as 500 pounds over their heads, then drop them onto padded platforms.

*(Source: National Geographic, September 2000)*

### ■ Task 1

Now, learn the model answer below together with a short explanation about it.

#### MODEL

<p><b>Source language</b></p> <p><i>Paragraph 1</i></p> <p style="text-align: center;"><b>How Fast Can I Go?</b></p> <p>“Can I break a record?”</p> <p>“Why not?” replies Bill Kaiser, an aquatics specialist for <u>USA swimming</u>. He snaps a harness around my midsection. I slip into lane one of the 50-meter pool at Olympic Training Center in Colorado Springs, nod to Kaiser, and shove off the wall.</p>
<p><b>Model Translation</b></p> <p style="text-align: center;"><b>Seberapa Cepat Saya Dapat Bertarung?</b></p> <p>“Dapatkah saya memecahkan sebuah rekor?”</p> <p>“Kenapa tidak?” jawab Bill Kaiser, spesialis akuatik untuk <u>tim renang AS</u>. Ia mengikatkan tali di sekitar perut saya. Saya masuk ke lintasan satu di kolam renang berukuran 50m di Olympic Training Center, di Colorado Springs, mengangguk ke Kaiser dan menjauhi dinding kolam.</p>

#### *Penjelasan:*

Ada beberapa hal yang menarik dari hasil terjemahan di atas. Kata ‘USA swimming’ dengan sangat baik diterjemahkan menjadi ‘tim renang AS’. Pemilihan kata ini sangat pas sehingga enak dibaca. Gejala ini disebut dengan *full awareness of register*. Pendek kata, memahami paragraf secara utuh sebelum menerjemahkan adalah sebuah keharusan.



## EXERCISES

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### ■ Task 2

*Translate the following extract into Bahasa Indonesia.*

Source language
<p><i>Paragraph 2</i></p> <p>Suddenly my body feels like a bullet ripping through the water. Never have my arms and shoulders rotated with such power. Each stroke seems to propel me twice the usual distance. I feel instantly euphoric, as if my brain were surging with endorphins.</p>
<p>Write your translation here.</p>
<p><i>Before moving onto the next task, check your translation with the model translation in the key section. This applies to the rest of the tasks.</i></p>

### ■ Task 3

*Translate the following extract into Bahasa Indonesia.*

Source language
<p><i>Paragraph 3</i></p> <p>Kaiser has hooked my harness to a pulley system known as a tow, a training device that drags a high-performance swimmer 5 percent faster than he usually swims. It allows the swimmer to get a feel for the increased speed, adjust his stroke patterns and body rotations accordingly, and eventually swim faster on his own. In my case, the tow is moving almost 50 percent faster than norm.</p>

Write your translation here.

#### ■ Task 4

*Translate the following extract into Bahasa Indonesia.*

##### Source language

###### *Paragraph 4*

Twenty-three seconds later I touch the wall. “Congratulations,” says Kaiser. “You’ve just beaten Amy Van Dyken’s American record for the 50 free.”

He’s referring to the 50-meter freestyle race Van Dyken swam in 24.87 seconds in the 1996 Olympics in Atlanta. With that and three other events she became the first American woman to win four gold medals in one Olympics.

Write your translation here.

#### ■ Task 5

*Translate the following extract into Bahasa Indonesia.*

##### Source language

###### *Paragraph 5*

I’m not an Olympic-caliber competitor. I’m a middle-aged masters swimmer who’s won a few medals in my age group.

Write your translation here.

### ■ Task 6

*Translate the following extract into Bahasa Indonesia.*

#### **Source language**

##### *Paragraph 6*

The human body, I know, did not evolve to swim laps-or to kick a soccer ball or to do somersaults off a ten-meter platform. But as long as humans have had a sense of sport and competition, we have invented ways to push our anatomy to its limits? In this Olympic year I am studying some of the men and women trained to perform as if there were none.

Write your translation here.

### ■ Task 7

*Translate the following extract into Bahasa Indonesia.*

#### **Source language**

##### *Paragraph 7*

Numerous factors-genetic, psychological, cultural, and financial-go into making a super performer, but the right genes may be the most critical. Elite athletes, as these super performers are called, are in a sense fortunate freaks of nature.

Write your translation here.

### ■ Task 8

*Translate the following extract into Bahasa Indonesia.*

#### Source language

##### *Paragraph 8*

Take their muscles, for instance. The fibers within most human skeletal muscles are close to evenly divided between fast – twitch fibers, which contract very rapidly, and slow-twitch fibers, which don't contract as quickly but generate energy much more efficiently. Olympic weight lifters have an unusual abundance of fast-twitch fibers; these give them the explosive power to jerk hundreds of pounds from the ground to over their heads in a split second. The legs of elite marathon runners, on the other hand, might contain up to 90 percent slow-twitch fibers, giving them the endurance for longer, aerobic activities.

Write your translation here.

### ■ Task 9

*Translate the following extract into Bahasa Indonesia.*

#### Source language

##### *Paragraph 9*

Whether fast- twitchers or slow, however, elite athletes take human performances to a notch we lesser mortals can only imagine. So that I can

better understand why I'm among the ranks of those who must imagine, I am escorted to a contraption called the flume.

Write your translation here.

### ■ Task 10

*Translate the following extract into Bahasa Indonesia.*

#### **Source language**

##### *Paragraph 10*

The flume is like a treadmill in water—a 15-foot-long pool with motors that generate precisely controlled currents. The faster the current, the faster swimmer has to stroke to stay clear of the back of the pool.

Write your translation here.

### ■ Task 11

*Translate the following extract into Bahasa Indonesia.*

#### **Source language**

##### *Paragraph 11*

“You’re going to swim for three minutes, then rest for two while we take some measurements,” says Larry Herr, an exercise physiologist. “Then we’ll increase the speed of the current, and you’ll swim another three minutes. We’ll do that five times, faster in each set.”

“This is going to hurt, isn’t it?” I say, as a technician straps on a heart-rate monitor.

“You can stop anytime,” says Herr.

Write your translation here.

### ■ Task 12

*Translate the following extract into Bahasa Indonesia.*

#### **Source language**

##### *Paragraph 12*

The technician inserts a mouthpiece connected by two tubes to a monitor that will measure the air going in and out of my lungs as I swim. That will allow measurement of my  $VO_2$  max, or the maximum volume of oxygen I use per minute while exercising as hard as I can.  $VO_2$  max is strongly influenced by genetics, but training can increase it as the body becomes more efficient at delivering oxygen to the muscles and using it there.

Write your translation here.

### ■ Task 13

*Translate the following extract into Bahasa Indonesia.*

#### **Source language**

##### *Paragraph 13*

Next, the technician pricks my earlobe for a drop of blood. This will be repeated after each set to measure my lactate level. Lactate is a by product of the metabolic process that energizes muscles during the initial stage of intense exercise. This process is anaerobic-it does not use oxygen.



Soon after exercise begins, the body switches to oxygen-burning, or aerobic, energy pathways, which fuel longer endurance activity. Normally blood vessels deliver enough oxygen to the muscles and remove enough lactate from them to prevent lactate accumulation.

Write your translation here.

#### ■ Task 14

*Translate the following extract into Bahasa Indonesia.*

#### **Source language**

##### *Paragraph 14*

But during a sprint the system may fall behind and lactate may build up. Then cellular fluids become more acid, interfering with muscle contraction and causing fatigue. Training increases heart capacity and the body's network of blood vessels. This increased circulation delivers more oxygen and clears more lactate. Thus the muscles can work longer and harder. Coaches measure lactate levels as one way of evaluating an athlete's level of training.

Write your translation here.

**■ Task 15**

*Translate the following extract into Bahasa Indonesia.*

<b>Source language</b>
<i>Paragraph 15</i> Once my beginning lactate level is established, I'm ready for my first round in the flume. It feels pretty much like a warm-up. After the second round I'm breathing hard. The third round feels like a full-pace effort and leaves me with my heart pounding, but I recover well during the two-minutes rest period.
Write your translation here.

**■ Task 16**

*Translate the following extract into Bahasa Indonesia.*

<b>Source language</b>
<i>Paragraph 16</i> Midway through the fourth round my lungs begin to ache. My kick weakens, and my arms feel as if they're moving in slow motion no matter how fast I will them to pull. The same feeling sets in earlier in the final around. With no laps to count, I lose my sense of time. With no wall a head of me getting closer-nothing to look at and say, "OK, I can get there" –I feel lost in a time warp of pain. The water feels as thick as mud. I can't finish.

Write your translation here.

### ■ Task 17

*Translate the following extract into Bahasa Indonesia.*

#### **Source language**

##### *Paragraph 17*

“Your body went acid,” says Herr after examining my biochemical results. “In the third set you hit your lactate threshold-when you couldn’t clear all the lactate your muscles were producing.” Acidity soared in the next rounds, and my muscles at last shut down. I reached my threshold at about 75 percent of my  $VO_2$  max. The untrained, Herr explains, generally reach the same threshold at around 60 percent of  $VO_2$  max, while trained athletes don’t hit that level until they’re at 80 to 85 percent. Athletes rich in slow-twitch muscle fibers appear to have higher lactate threshold.

Write your translation here.

### ■ Task 18

*Translate the following extract into Bahasa Indonesia.*

#### **Source language**

##### *Paragraph 18*

Elite swimmers regularly approach the heavy lactate threshold of pain. Justin Ewers, an Olympic hopeful from Stanford University, describes it for me. “It’s like getting goose bumps with acid in every one, along with deep burning in the lungs and the sensation of dragging lead

weights behind you instead of legs.” One difference between elites and other is how early the pain starts. “An elite may not feel it until the last three or four seconds of the race. Our training lets us get used to it, and we can ignore it for longer,” says Ewers.

Write your translation here.

### Key to Exercises 2

#### ■ Task 2

##### Source language

###### Paragraph 2

Suddenly my body feels like a bullet ripping through the water. Never have my arms and shoulders rotated with such power. Each stroke seems to propel me twice the usual distance. I feel instantly euphoric, as if my brain were surging with endorphins.

##### Model translation

Tiba-tiba badan saya terasa seperti sebuah peluru meluncur di air. Tidak pernah tangan dan pundak saya bergerak dengan kekuatan seperti itu. Tiap gerakan terlihat mendorong saya dua kali jauhnya dari jarak biasa. Saya tiba-tiba merasa gembira tak terkira, seolah-olah otak saya dipenuhi oleh endorfin.

Kata-kata yang digarisbawahi menarik karena *pertama*, kalimat yang ada kata-kata tersebut berbentuk aktif dalam bahasa sumber, sedangkan dalam bahasa sasaran kalimat tersebut berubah menjadi pasif. *Kedua*, kata-kata tersebut diterjemahkan dengan baik sekali sehingga sesuai dengan konteksnya.

### ■ Task 3

<p><b>Source language</b></p> <p><i>Paragraph 3</i></p> <p>Kaiser has hooked my harness to a pulley system known as a <u>tow</u>, a training device that drags a high-performance swimmer 5 percent faster than he usually swims. It allows the swimmer to get a <u>feel for</u> the increased speed, adjust his stroke patterns and body rotations accordingly, and eventually swim faster on his own. In my case, the tow is moving almost 50 percent faster than norm.</p>
<p><b>Model translation</b></p> <p>Kaiser telah menancapkan tali pengikat saya ke suatu sistem pendorong yang dikenal sebagai tali pengeret yaitu suatu alat latihan yang menggenjot perenang berkemampuan tinggi 5% lebih cepat dari kemampuan berenang yang biasa. Alat tersebut dapat membuat perenang merasakan perlunya menambah kecepatan, mengatur pola gerakannya dan rotasi tubuh, dan pada akhirnya membuat perenang lebih cepat. Dalam kasus saya, tali pengeret tersebut bergerak hampir 50% lebih cepat daripada kecepatan normal saya.</p>

Perhatikan kata ‘yaitu’ yang tidak ada dalam bahasa sumber tetapi kata tersebut perlu ditambahkan dalam bahasa sasaran agar enak dibaca.

### ■ Task 4

<p><b>Source language</b></p> <p><i>Paragraph 4</i></p> <p>Twenty-three seconds later I touch the wall. “Congratulations,” says Kaiser. “You’ve just beaten Amy Van Dyken’s <u>American record for the 50 free.</u>”</p> <p>He’s referring to the 50-meter freestyle race Van Dyken swam in 24.87 seconds in the 1996 Olympics in Atlanta. With that and three other events she became the first American woman to win four gold medals in one Olympics.</p>
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<b>Model translation</b>
<p>Dua puluh tiga detik kemudian saya menyentuh dinding kolam. “Selamat” kata Kaiser. “Anda baru saja mengalahkan Amy Van Dyken, <u>seorang Amerika pemegang rekor 50m gaya bebas.</u>”</p> <p>Ia mengacu pada lomba 50m gaya bebas yang Van Dyken menangkan dengan catatan 24,87 detik di Olimpiade Atlanta pada tahun 1996. Dengan kemenangan itu dan tiga kemenangan lainnya ia menjadi wanita Amerika pertama yang memenangkan 4 medali emas di satu Olimpiade.</p>

Perhatikan bagaimana kata-kata yang digarisbawahi diterjemahkan. Ada beberapa kata yang tidak ada dalam bahasa sumber tetapi muncul dalam bahasa sasaran seperti kata ‘seorang’, ‘pemegang’ dan ‘gaya’. Hal ini menunjukkan adanya *full awareness of register*.

#### ■ Task 5

<b>Source language</b>
<p><i>Paragraph 5</i></p> <p>I’m not an Olympic-caliber <u>competitor</u>. I’m a middle-aged masters swimmer who’s won a few medals in my age group.</p>
<b>Model translation</b>
<p>Saya bukan <u>kompetitor</u> sekaliber Olimpiade. Saya perenang master setengah umur yang memenangkan beberapa medali di kelompok umur saya.</p>

Kesalahan dalam memilih *register* terlihat dalam kata yang digarisbawahi dalam bahasa sasaran. Padahal kata ‘pesaing’ lebih umum di sini.

## ■ Task 6

<b>Source language</b>
<p><i>Paragraph 6</i></p> <p>The human <u>body</u>, I know, did not evolve to swim laps-or to kick a soccer ball or to do somersaults off a ten-meter platform. But as long as humans have had a sense of sport and competition, we have invented ways to push our anatomy to its limits? In this Olympic year I am studying some of the men and women trained to perform as if there were <u>none</u>.</p>
<b>Model translation</b>
<p><u>Badan</u> manusia, sepengetahuan saya, tidak berevolusi untuk berenang di lintasan atau untuk menendang bola kaki atau melakukan gerakan-gerakan salto di atas papan 10m. Tetapi selama manusia mempunyai rasa berolahraga dan berkompetisi, kita telah menemukan cara-cara untuk mendorong anatomi kita sampai pada batas akhirnya. Dalam olimpiade tahun ini, saya sedang mempelajari beberapa pria dan wanita yang dilatih untuk berprestasi seolah-olah tidak ada <u>Olimpiade</u>.</p>

Kata ‘badan’ di sini tidak lazim karena ada kata yang lebih lazim yaitu ‘tubuh’. Kata kedua yang digarisbawahi menarik karena dalam bahasa sumber kata tersebut tidak ada, tetapi perlu disebutkan dalam bahasa sasaran demi untuk memperjelas makna.

## ■ Task 7

<b>Source language</b>
<p><i>Paragraph 7</i></p> <p>Numerous factors-genetic, psychological, cultural, and financial-go into making a <u>super performer</u>, but the right genes may be <u>the most critical</u>. Elite athletes, as these super performers are called, are in a sense fortunate freaks of nature.</p>

### Model translation

Banyak faktor-genetik, psikologis, kultur dan finansial-yang membuat seseorang menjadi peraih puncak prestasi, tetapi gen yang tepatlah yang mungkin merupakan faktor yang paling menentukan. Atlet-atlet top dunia, begitulah mereka disebut, berada dalam keberuntungan yang tidak diduga-duga.

Terjemahan yang baik dapat kita lihat dalam kata-kata yang digarisbawahi. Tidak ada kata-kata yang diterjemahkan dengan kurang tepat. Dengan kata lain, pengalihan maknanya tepat sehingga pembaca menjadi paham dengan apa yang dimaksud dalam paragraf di atas.

### ■ Task 8

#### Source language

##### *Paragraph 8*

Take their muscles, for instance. The fibers within most human skeletal muscles are close to evenly divided between fast – twitch fibers, which contract very rapidly, and slow-twitch fibers, which don't contract as quickly but generate energy much more efficiently. Olympic weight lifters have an unusual abundance of fast-twitch fibers; these give them the explosive power to jerk hundreds of pounds from the ground to over their heads in a split second. The legs of elite marathon runners, on the other hand, might contain up to 90 percent slow-twitch fibers, giving them the endurance for longer, aerobic activities.

#### Model translation

Otot-otot mereka, misalnya. Jaringan di dalam otot-otot kebanyakan tulang manusia hampir terbagi rata antara *fast-twitch fibers* (otot yang berkedut secara cepat), yang berkontraksi secara cepat, dan *slow-twitch fibers* (otot yang berkedut secara lambat), yang tidak berkontraksi secara cepat tetapi menyalurkan energi jauh lebih efisien. Para atlet angkat besi Olimpiade mempunyai banyak *fast-twitch fibers*. Hal ini memberikan kekuatan yang luar biasa pada mereka untuk mengangkat ratusan *pounds*



barang dari tanah ke atas kepala mereka hanya dalam hitungan detik. Kaki pelari maraton dunia, sebaliknya, terdiri dari 90% *slow-twitch fibers*, memberikan mereka kekuatan untuk melakukan kegiatan aerobik yang lebih lama.

Bila kata-kata dalam bahasa sumber tidak ada padanannya dalam bahasa sasaran, janganlah diterjemahkan. Beri penjelasannya dalam kurung atau dalam catatan kaki.

### ■ Task 9

#### Source language

##### *Paragraph 9*

Whether fast- twitchers or slow, however, elite athletes take human performances to a notch we lesser mortals can only imagine. So that I can better understand why I'm among the ranks of those who must imagine, I am escorted to a contraption called the flume.

#### Model translation

*The flume* seperti *treadmill* dalam air - kolam renang berukuran 15 kaki dengan motor penggerak yang mengatur secara tepat aliran airnya. Makin cepat alirannya, perenang harus makin cepat gerakan tengah dan kakinya agar tetap berada di tengah kolam.

Apakah ototnya *fast-twitch* atau *slow-twitch*, para atlet dunia membawa prestasi manusia pada tingkat di mana bagi kita manusia biasa hanya dapat membayangkannya saja. Jadi saya dapat lebih memahami mengapa saya berada di antara orang-orang yang harus membayangkan bahwa saya tergiring ke mesin yang aneh yang disebut *The Flume*.

Kata-kata 'bagi', 'nya', 'saja' tidak ada dalam bahasa sumber, tetapi perlu ditambahkan dalam bahasa sasaran agar maknanya tidak hilang atau tidak terjadi *loss of meaning*.

### ■ Task 10

<b>Source language</b>
<i>Paragraph 10</i>
The flume is like a treadmill in water—a 15-foot-long pool with motors that generate precisely controlled currents. The faster the current, the faster swimmer has to stroke to stay clear of the back of the pool.

Kata *'treadmill'* tidak ada padanannya dalam bahasa sasaran, oleh karena itu perlu diberi keterangan dalam kurung.

### ■ Task 11

<b>Source language</b>
<i>Paragraph 11</i>
<p>“You’re going to swim for three minutes, then rest for two while we take some measurements,” says Larry Herr, an exercise physiologist. “Then we’ll increase the speed of the current, and you’ll swim another three minutes. We’ll do that five times, faster in each set.”</p> <p>“This is going to hurt, isn’t it?” I say, as a technician straps on a heart-rate monitor.</p> <p>“You can stop anytime,” says Herr.</p>
<b>Model translation</b>
<p>“Kamu akan berenang selama 3 menit, kemudian istirahat selama 2 menit sementara pengukuran-pengukuran dilakukan,” kata Larry Herr, seorang psikolog olahraga. “Kemudian kami akan menambah kecepatan arus air, dan kamu akan berenang tiga menit lagi. Kami akan melakukannya lima kali, dan lebih cepat tiap kalinya.”</p> <p>“Ini akan menimbulkan sakit, bukan?” kata saya pada saat seorang teknisi mengikatkan monitor pengukur denyut jantung pada saya.</p> <p>“Kamu dapat berhenti kapan saja,” kata Herr.</p>

Kata-kata ‘pada saya’ tidak ada dalam bahasa sumber, tetapi harus ditambahkan agar tidak terjadi *loss of meaning*.

### ■ Task 12

<p><b>Source language</b></p> <p><i>Paragraph 12</i></p> <p>The technician inserts a mouthpiece connected by two tubes to a monitor that will measure the air going in and out of my lungs as I swim. That will allow measurement of my VO<sub>2</sub> max, or the maximum <u>volume</u> of oxygen I use per minute while exercising as hard as I can. VO<sub>2</sub> max is strongly influenced by genetics, but training can increase it as the body becomes more efficient at delivering oxygen to the muscles and using it there.</p>
<p><b>Model translation</b></p> <p>Teknisi tersebut memasukkan alat tiup yang dihubungkan dengan 2 buah selang ke sebuah monitor yang akan mengukur gelombang yang masuk dan keluar dari paru-paru saya selagi saya berenang. Hal ini dapat mengukur VO<sub>2</sub> maksimum saya, atau isi oksigen maksimum yang saya gunakan per menit selagi berlatih sekeras yang saya mampu. VO<sub>2</sub> maksimum sangat dipengaruhi oleh genetik, tetapi latihan akan meningkatkannya karena tubuh menjadi lebih efisien pada saat mengalirkan oksigen ke otak dan menggunakannya di sana.</p>

Kata ‘isi’ di sini menunjukkan adanya kesalahan dalam pemilihan kata (register). Memang ‘volume’ berarti ‘isi’, tetapi dalam kalimat ini bila kata ‘isi’ digunakan, pengalihan makna menjadi tidak tepat. Oleh karena itu sebaiknya kata tersebut diganti menjadi ‘jumlah’.

### ■ Task 13

<p><b>Source language</b></p> <p><i>Paragraph 13</i></p> <p>Next, the technician pricks my earlobe for a drop of blood. This will</p>
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be repeated after each set to measure my lactate level. Lactate is a by product of the metabolic process that energizes muscles during the initial stage of intense exercise. This process is anaerobic-it does not use oxygen. Soon after exercise begins, the body switches to oxygen-burning, or aerobic, energy pathways, which fuel longer endurance activity. Normally blood vessels deliver enough oxygen to the muscles and remove enough lactate from them to prevent lactate accumulation.

### **Model translation**

Kemudian, teknisi tersebut menusuk cuping telinga saya untuk mengambil darah. Hal ini akan dilakukan berulang kali setiap selesai latihan, untuk mengukur tingkat asam laktat saya. Asam laktat adalah produk dari proses metabolis yang melepaskan otot-otot selama tahap pemanasan dalam latihan yang intensif. Proses ini disebut anaerobik dan tidak membutuhkan oksigen. Begitu latihan dimulai, tubuh membakar oksigen, atau aerobik, alur energi di mana bahan bakar memperpanjang daya tahan. Secara normal, pembuluh darah mengalirkan cukup oksigen ke otot dan mengangkat cukup asam laktat dari otot untuk mencegah penumpukan asam laktat.

Kata ‘energizes’ diterjemahkan sangat tepat di sini, begitu juga dengan frasa ‘the body switches to oxygen-burning’.

### ■ Task 14

#### **Source language**

##### *Paragraph 14*

But during a sprint the system may fall behind and lactate may build up. Then cellular fluids become more acid, interfering with muscle contraction and causing fatigue. Training increases heart capacity and the body’s network of blood vessels. This increased circulation delivers more oxygen and clears more lactate. Thus the muscles can work longer and harder. Coaches measure lactate levels as one way of evaluating an athlete’s level of training.

**Model translation**

Tetapi selama lomba lari jarak pendek, sistem ini berjalan lambat dan asam laktat menumpuk. Kemudian aliran sel menjadi lebih asam, mengganggu kontraksi otot dan menyebabkan kelelahan. Latihan menambah kapasitas jantung dan jaringan pembuluh darah tubuh. Sirkulasi darah yang meningkat mengalirkan lebih banyak oksigen dan mengangkat lebih banyak asam laktat. Jadi otot-otot akan bekerja lebih lama dan lebih keras. Para pelatih mengukur tingkat asam laktat sebagai salah satu cara untuk mengevaluasi tingkat latihan seorang atlet.

Dalam menerjemahkan Anda perlu mempunyai pengetahuan umum. Dalam hal ini Anda harus mengetahui istilah ‘sprint’. Karena bila tidak, kemungkinan akan terjadi salah menerjemahkan.

■ **Task 15****Source language***Paragraph 15*

Once my beginning lactate level is established, I’m ready for my first round in the flume. It feels pretty much like a warm-up. After the second round I’m breathing hard. The third round feels like a full-pace effort and leaves me with my heart pounding, but I recover well during the two-minutes rest period.

**Model translation**

Begitu tingkat asam laktat permulaan diketahui, saya siap untuk ronde pertama di dalam *the flume*. Hal ini terasa seperti pemanasan. Setelah ronde kedua, nafas saya mulai berat. Ronde ketiga terasa seperti usaha habis-habisan dan membuat jantung saya berdegup dengan keras, tetapi keadaan saya kembali normal setelah 2 menit beristirahat.

Hal yang menarik untuk diperhatikan di sini adalah bagaimana frasa ‘I recover well’ diterjemahkan ‘keadaan saya kembali normal’ dan kata ‘during’ yang diterjemahkan ‘setelah’.

### ■ Task 16

<p><b>Source language</b></p> <p><i>Paragraph 16</i></p> <p>Midway through the fourth round my lungs begin to ache. My kick weakens, and my arms feel as if they're moving in slow motion no matter how fast I will them to pull. The same feeling sets in earlier in the final around. With no laps to count, <u>I lose my sense of time</u>. With no wall a head of me getting closer-nothing to look at and say, "OK, I can get there" –I feel lost in a time warp of pain. The water feels as thick as mud. I can't <u>finish</u>.</p>
<p><b>Model translation</b></p> <p>Setengah jalan di ronde keempat paru-paru saya terasa sakit. Tendangan saya melemah, tangan saya terasa bergerak perlahan-lahan meskipun saya telah menggerakkannya dengan kuat. Hal yang sama terasa pada saat permulaan di ronde terakhir. Dengan tidak adanya lintasan yang dihitung, <u>saya mulai kehilangan rasa terhadap waktu</u>. Dengan tidak adanya tembok di depan saya yang semakin mendekat, tidak ada yang dapat dilihat dan yang membuat saya berkata, "baiklah, saya bisa mencapai ke sana. Saya merasa tersesat sewaktu merasakan sakit. Air kolam terasa tebal setebal lumpur dan saya tidak dapat mencapai <u>finish</u>."</p>

Gejala *read as translation* terasa pada saat frasa 'I lose my sense of time' diterjemahkan 'saya mulai kehilangan rasa terhadap waktu'. Seharusnya frasa tersebut berbunyi 'saya tidak tahu waktu lagi'. Kata 'finish' tidak dapat diterjemahkan karena akan terjadi *loss of meaning*.

### ■ Task 17

<p><b>Source language</b></p> <p><i>Paragraph 17</i></p> <p>"Your body went acid," says Herr after examining my biochemical results. "In the third set you <u>hit</u> your lactate threshold-when you couldn't clear all the lactate your muscles were producing." Acidity soared in the next rounds, and my muscles at last <u>shut down</u>. I reached my threshold at</p>
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about 75 percent of my  $VO_2$  max. The untrained, Herr explains, generally reach the same threshold at around 60 percent of  $VO_2$  max, while trained athletes don't hit that level until they're at 80 to 85 percent. Athletes rich in slow-twitch muscle fibers appear to have higher lactate threshold.

### Model translation

“Kandungan asam tubuhmu sangat tinggi,” kata Herr setelah memeriksa hasil biokimia saya. “Di set ketiga kami menghantam batas asam laktatmu bila kami tidak dapat menghapus asam laktatmu, otot-ototmu akan memproduksinya. “Tingkat keasaman meningkat di ronde-ronde berikut dan otot-otot saya akhirnya berhenti bekerja. Saya mencapai batas saya sekitar 75% dari  $VO_2$  maksimum saya. Seseorang yang tidak dilatih, Herr menerangkan, biasanya mencapai tingkat yang sama sekitar 60% dari  $VO_2$  maksimum, sementara atlet-atlet yang dilatih tidak mencapai tingkat itu sampai mereka berada pada batasan 80 sampai 85%. Para atlet yang kaya akan *slow-twitch muscle* berakibat lebih tingginya batas asam laktat mereka.

*Full awareness of register* tidak terjadi pada kata ‘menghantam; seharusnya kata tersebut berubah menjadi ‘mencapai’, tetapi terjadi pada kata-kata ‘berhenti bekerja’.

### ■ Task 18

#### Source language

##### *Paragraph 18*

Elite swimmers regularly approach the heavy lactate threshold of pain. Justin Ewers, an Olympic hopeful from Stanford University, describes it for me. “It’s like getting goose bumps with acid in every one, along with deep burning in the lungs and the sensation of dragging lead weights behind you instead of legs.” One difference between elites and other is how early the pain starts. “An elite may not feel it until the last three or four seconds of the race. Our training lets us get used to it, and we can ignore it for longer,” says Ewers.

### Model translation

Para perenang dunia secara teratur mendekati batas sakit laktat berat. Justin Ewers, seorang calon perenang Olimpiade dari Universitas Stanford, menggambarannya pada saya. “Ini seperti merinding dengan tingkat keasaman yang terjadi pada setiap orang, ditambah dengan terbakarnya paru-paru dan beban yang luar biasa beratnya di punggung Anda bukannya di kaki Anda. “Satu perbedaan antara mereka dan perenang lainnya adalah betapa cepatnya rasa sakit itu muncul. “Seseorang perenang dunia mungkin tidak merasakannya sampai tiga atau empat detik terakhir pertandingan. Latihan kami membiasakan kami terhadap hal-hal semacam ini, dan kami dapat mengabaikannya untuk waktu yang lebih lama,” kata Ewers.

Pengalihan makna yang tepat terjadi pada frasa ‘yang terjadi pada setiap orang’, ‘di punggung Anda’, dan ‘untuk waktu yang lebih lama’.



### S U M M A R Y

Beberapa hal yang bisa ditarik sebagai kesimpulan adalah sebagai berikut.

- Hati-hati dengan laras bahasa (*full awareness of registers*) Anda harus teliti memilih kata yang tepat sesuai dengan konteks kalimat.
- Bentuk kalimat pasif (*passive voice*) dalam bahasa sumber dapat diubah menjadi kalimat aktif dalam bahasa sasaran atau sebaliknya. Akan tetapi, apabila hal ini tidak mengubah makna.
- Perhatikan penggunaan *phrasal verbs* dan *idiomatic expressions*.
- Pastikan pesan dalam bahasa sumber dialihkan dengan benar ke dalam bahasa sasaran.
- Bila ada kata asing yang sudah diserap ke dalam bahasa Indonesia dan tetap mempertahankan bentuknya, buatlah dengan cetak miring.



**FORMATIVE TEST 2****■ Task 19**

*Translate the following extract into Bahasa Indonesia.*

**Source language***Paragraph 19*

Lactate threshold aside, Herr gives me many other reasons why I'll never be an elite swimmer-besides the fact that I'm at least 25 years too old. At five feet nine I'm too short. Most male champions are over six feet-taller, more streamlined bodies mean a longer reach and more productive stroke. And I'm a sinker, meaning too much of my body mass is concentrated south of my lungs, creating excess drag. Also, I don't finish my strokes.

Write your translation here.

**■ Task 20**

*Translate the following extract into Bahasa Indonesia.*

**Source language***Paragraph 20*

Depressing as these facts are, there's more to life than swimming-especially at the Olympic Training Center. A short walk from the pool is the weight room, where athletes with entirely different genetic gifts are pushing their limits. It sounds like a demolition zone as intensely focused men and women thrust barbells weighing as much as 500 pounds over their heads, then drop them onto padded platforms.

Write your translation here.

## Key to Formative Test

### *Formative Test 1*

<p><b>Source language</b></p> <p><i>Paragraph 12</i></p> <p>Articulating his hopes for a drug-free Tour, <u>race organizer</u> Jean Marie Leblanc said he did not mind if this year's <u>event</u> was 3km per hours slower than last year's record. For a man looking for a Tour de France, this record was about the last thing he needed.</p>
<p><b>Model translation</b></p> <p>Mengungkapkan harapan-harapannya akan suatu Tour yang bebas dari obat-obatan, <u>panitia penyelenggara</u> Jean Marie Leblanc mengatakan ia tidak berkeberatan bila <u>event</u> tahun ini 3 km per jam lebih lambat dari pada rekor tahun lalu. Bagi seorang yang mengusahakan perubahan atas Tour de France, rekor seperti ini adalah hal terakhir yang ia inginkan.</p>

Kata 'panitia penyelenggara' tidaklah salah, tetapi akan lebih baik bila ditambahkan di depannya kata 'ketua'. Kata 'event' dalam bahasa sasaran tidak tepat karena ada padanannya dalam bahasa Indonesia.

### *Possible Answers*

<p><b>Source language</b></p> <p><i>Paragraph 12</i></p> <p>Articulating his hopes for a drug-free Tour, <u>race organizer</u> Jean Marie Leblanc said he did not mind if this year's <u>event</u> was 3km per hours slower than last year's record. For a man looking for a Tour de France, this record was about the last thing he needed.</p>
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**Model translation**

Mengungkapkan harapan-harapannya akan suatu Tour yang bebas dari obat-obatan, ketua panitia penyelenggara Jean Marie Leblanc mengatakan ia tidak berkeberatan bila lomba tahun ini 3 km per jam lebih lambat dari pada rekor tahun lalu. Bagi seorang yang mengusahakan perubahan atas Tour de France, rekor seperti ini adalah hal terakhir yang ia inginkan.

Perhatikan kata ‘race organiser’ yang diterjemahkan ‘ketua panitia penyelenggara’. Mengapa? Karena ada nama seseorang di belakang kata tersebut sehingga kata ‘ketua’ perlu ditambahkan di sini. Kata ‘event’ walaupun dapat diterjemahkan ‘event’ juga, tetapi hal ini berlaku dalam bahasa lisan tidak dalam bahasa tulis. Bila diterjemahkan menjadi ‘lomba’ atau apa saja tergantung konteksnya.

*Formative Test 2***Source language***Paragraph 19*

Lactate threshold aside, Herr gives me many other reasons why I’ll never be an elite swimmer-besides the fact that I’m at least 25 years too old. At five feet nine I’m too short. Most male champions are over six feet-taller, more streamlined bodies mean a longer reach and more productive stroke. And I’m a sinker, meaning too much of my body mass is concentrated south of my lungs, creating excess drag. Also, I don’t finish my strokes.

**Model translation**

Tinggalkan batasan asam laktat, Herr memberikan saya banyak alasan lain mengapa saya tidak akan pernah menjadi perenang dunia di samping kenyataan bahwa saya telah terlampau tua 25 tahun. Dengan tinggi 5.9 kaki, saya terlalu pendek. Kebanyakan juara pria tingginya lebih dari 6 kaki, dengan tubuh lebih ramping berarti jangkauan lebih panjang dan gerakan lebih produktif. Dan saya seorang yang selalu tenggelam, yang berarti terlampau banyak massa tubuh saya terkonsentrasi di bawah paru-

paru saya, menyebabkan tarikan kebalikan yang besar. Di samping itu, saya tidak memperbaiki gerakan saya.

Terdapat tiga kesalahan kecil yang terjadi pada paragraf di atas. *Pertama* adalah kata ‘tinggalkan’, *kedua*, kata ‘kebalikan’, *ketiga*, frasa ‘tidak memperbaiki’. Mengapa? *Pertama*, Anda tidak dapat meninggalkan batasan asam laktat bila Anda membicarakan masalah renang untuk lomba setingkat Olimpiade karena ini penting, Oleh karena itu kata ‘ke sampingkan’ lebih baik. *Kedua*, kata ‘kebaikan’ mengandung makna yang berbeda dengan kata ‘balik’. Oleh karena itu kata ‘balik’ lebih baik. *Ketiga*, frasa ‘tidak memperbaiki’ kurang tepat sehingga terasa ada makna yang hilang. Oleh karena itu perlu ditambahkan dengan kata ‘mampu’.

#### *Possible Answers*

#### **Source language**

##### *Paragraph 19*

Lactate threshold aside, Herr gives me many other reasons why I'll never be an elite swimmer-besides the fact that I'm at least 25 years too old. At five feet nine I'm too short. Most male champions are over six feet-taller, more streamlined bodies mean a longer reach and more productive stroke. And I'm a sinker, meaning too much of my body mass is concentrated south of my lungs, creating excess drag. Also, I don't finish my strokes.

#### **Model translation**

Ke sampingkan batasan asam laktat, Herr memberikan saya banyak alasan lain mengapa saya tidak akan pernah menjadi perenang dunia di samping kenyataan bahwa saya telah 25 tahun dan ini terlalu tua. Dengan tinggi 5.9 kaki, saya terlalu pendek. Kebanyakan juara pria tingginya lebih dari 6 kaki, dengan tubuh lebih ramping berarti jangkauan lebih panjang dan gerakan lebih produktif. Dan saya seorang yang selalu tenggelam, yang berarti terlampaui banyak massa tubuh saya terkonsentrasi di bawah paru-paru saya, menyebabkan tarikan balik yang besar. Di samping itu, saya tidak mampu memperbaiki gerakan saya.

### ■ Task 20

*Translate the following extract into Bahasa Indonesia.*

<p><b>Source language</b></p> <p><i>Paragraph 20</i></p> <p>Depressing as these facts are, there's more to life than swimming—especially at the Olympic Training Center. A short walk from the pool is the <u>weight room</u>, where athletes with entirely different genetic gifts <u>are pushing their limits</u>. It sounds like a demolition zone as intensely focused men and women thrust barbells weighing as much as 500 pounds over their heads, then drop them onto <u>padded</u> platforms.</p>
<p><b>Model translation</b></p> <p>Kecewa atas kenyataan ini, ada yang lebih berharga dalam hidup ini daripada berenang khususnya di pusat pelatihan Olimpiade. Jalan sedikit dari kolam, ada <u>ruang untuk menimbang</u> di mana para atlet dengan anugerah gen yang berbeda <u>sedang berlatih memperbaiki rekor mereka</u>. Kedengarannya seperti zona pemusnahan karena terdapat para pria dan wanita yang secara intens terfokus sedang mengangkat barbel seberat 500 pound di atas kepala mereka, kemudian menjatuhkannya di pelataran yang <u>disumpal</u>.</p>

Kata 'disumpal' tidak tepat di sini karena terjadi pergeseran makna sedikit. Yang lebih tepat adalah tebal dan empuk.

*Possible Answer*

<p><b>Source language</b></p> <p><i>Paragraph 20</i></p> <p>Depressing as these facts are, there's more to life than swimming—especially at the Olympic Training Center. A short walk from the pool is the <u>weight room</u>, where athletes with entirely different genetic gifts <u>are pushing their limits</u>. It sounds like a demolition zone as intensely focused men and women thrust barbells weighing as much as 500 pounds over their heads, then drop them onto <u>padded</u> platforms.</p>
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**Model translation**

Kecewa atas kenyataan ini, ada yang lebih berharga dalam hidup ini daripada berenang khususnya di pusat pelatihan Olimpiade. Jalan sedikit dari kolam, ada ruang untuk menimbang di mana para atlet dengan anugerah gen yang berbeda sedang berlatih memperbaiki rekor mereka. Kedengarannya seperti zona pemusnahan karena terdapat para pria dan wanita yang secara intens terfokus sedang mengangkat barbel seberat 500 pound di atas kepala mereka, kemudian menjatuhkannya di pelataran yang tebal dan empuk.

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