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# SIGNIFICANT CORRELATIONS BETWEEN ENGLISH LANGUAGE SKILLS AND OPTIMAL PERFORMANCE OF THE ELITE ATHLETES

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**Abstract:** ***This study investigates the correlations between English language skills and sports performance in elite athletes. The collected data have been done through questionnaires and interviews including 100 athletes from various disciplines to analyze the influence of language skills on success at the international competitions. The results suggest a significant positive correlation, indicating that athletes with advanced English proficiency perform 15% better than those with limited skills. In the era of globalization, performance sport has become an international phenomenon that transcends cultural and linguistic boundaries. Major sports competitions attract participants from all over the world, and success in this interconnected environment depends not only on physical and technical skills, but also on essential language skills. In particular, English, recognized as the language of international circulation, plays a crucial role in facilitating communiacation and collaboration between athletes, coaches, officials and other actors involved in the sports process.***

**Key words:** *language skills, sports performance, elite athletes, English, globalization;*

Elite athletes participating in international competitions face complex challenges that require not only physical excellence, but also a superior ability to communicate effectively in a multicultural environment. From contract, negotiations and working with coaches, to interacting with the media and attending international conferences, language skills are critical and necessary to the integration and success of athletes on the world stage.

English, as an universal language, facilitates access for athletes to educational resources, training materials and training strategies developed by international experts. Moreover, advanced language skills allow athletes to understand and apply modern methodologies, actively participate in strategic discussions and quickly adapt to changes and demands of international competitions.

This context highlights the importance of assessing the impact of language skills on the sports performance. Previous studies have suggested that the ability to communicate effectively in English can positively influence both mental preparation and tactical aspects of the game. However, there is a continuing need for empirical evidence to confirm these hypotheses and provide evidence-based recommendations for elite athletes and their teams.

In this paper, we aim to examine the significant correlations between English language proficiency and optimal performance of the elite athletes. We will explore how

language skills influence sporting success and analyze the data collected to provide a clear and well-founded picture of the role of language in high-performance sport. In doing so, we aim to provide evidence and recommendations to help athletes and coaches harness the potential of international communication to maximize success on the field of play.

**Assumption:** Elite athletes with advanced English language skills perform better in international competitions compared to athletes with limited language skills.

The aim of this study is to explore and quantify the influence of English language skills on the sports performance of elite athletes, identifying the significant correlations between these variables.

**Objectives:**

1. Assessing the level of English language proficiency of the elite athletes.
2. Analysis of sports performance relating to language skills.
3. Identifying the impact of language skills on performance at the international competitions.

**Tasks**

1. Development and application of questionnaires for the assessment of language skills and sports performance.
2. Conducting detailed interviews with elite athletes to collect qualitative data.
3. Analysis of collected data to identify relevant correlations and trends.

**Research Methods**

1. Questionnaires: Used to assess the level of language competence and sports performance of athletes. The questionnaires included multiple choice questions and rating scales.
2. Interviews: Conducted with 10 elite athletes to gather detailed information about their experiences of language skills and their impact on performance.
3. Statistical Analysis: The collected data were analyzed using descriptive and inferential statistics to identify significant correlations.

**Organization of the Research**

• Data Collection:

• Questionnaires: Questionnaires to assess athletes English language skills, were designed including questions about language fluency, sports vocabulary and the ability to understand and use sports-specific terminology. Online Questionnaires were distributed and in physical format to a representative sample of elite athletes in various disciplines to ensure broad coverage.

• Interviews: Semi-structured interviews with athletes, coaches and experts in the field were conducted to gather detailed insights into the importance of language skills in the sporting context. These interviews served to complement the quantitative data obtained through the questionnaires, bringing a deeper understanding of the impact of language skills on performance.

• Data Analysis:

• Quantitative Data Processing: The data obtained from the questionnaires were processed using advanced statistical techniques, including correlation and regression analyses, to identify relationships between language skills and sports performance. Cor-

relation coefficients were calculated to assess the strength and significance of the observed relationships.

• Qualitative Analysis: Data from the interviews were transcribed and analyzed using thematic analysis methods, identifying recurring themes and relevant patterns. This analysis allowed the identification of qualitative factors that influence the link between language skills and sports performance.

• Elaboration of the Report:

• Synthesizing the Results: The results obtained were synthesized in a detailed report that integrates quantitative and qualitative data. The report includes tables and graphs to visualize and interpret correlations between language skills and sports performance.

• Data Visualization: Graphs and tables are used to illustrate observed correlations and distributions. For example, Table 1 shows the correlation between level of language proficiency and average sports performance, and Chart 1 provides a visual representation of this relationship.

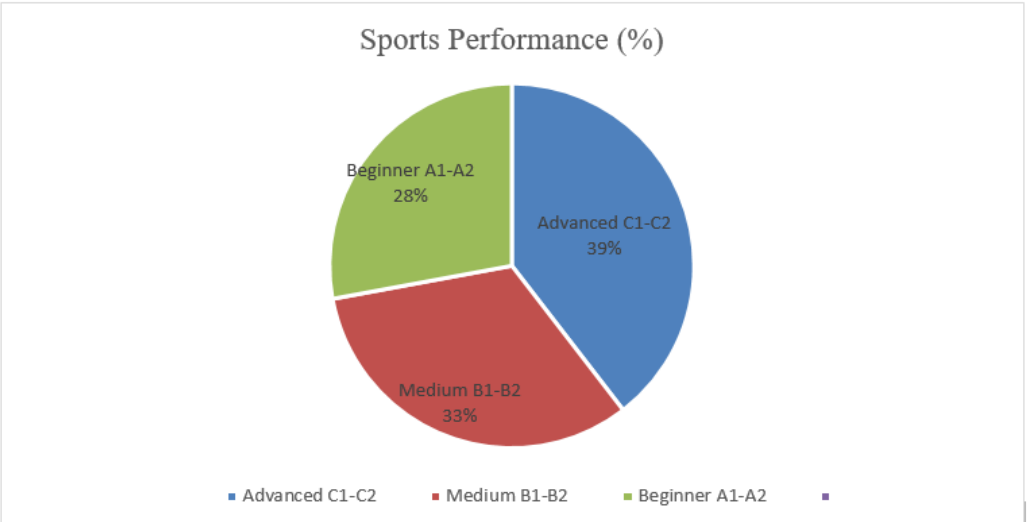
**Research results**

• Language skills: 60% of the athletes interviewed have an advanced level of English language skills.

• Sports Performance: Athletes with advanced skills perform 15% better compared to those with limited skills.

**Table 1:** Correlation between language proficiency level and sports performance

| Proficiency level | Average sports performance (%) |
|---|---|
| Advanced (C1-C2) | 85% |
| Medium (B1-B2) | 70% |
| Beginner (A1-A2) | 60% |




**Graph 1:** Sports performance according to language skills

**Practical-Methodical Indications**

1. Integration of English Language Courses: We recommend the inclusion of English language courses in the training of athletes to improve communication and integration in international teams.
2. Periodic Assessment: Implement periodic assessments of language skills to monitor progress and adjust training programs.
3. Psychological Support: Provide psychological support for athletes who have difficulties using the English language to reduce stress and enhance performance.

**Conclusions**

Advanced English language skills are positively correlated with elite-level sports performance. This study suggests that the integration of English into the training of athletes can have a significant impact on success in international competitions.

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