CHINESE BOOST

Sports Chinese vocabulary list

117 words with pinyin, 繁體 and meanings, 97 of them with an example sentence.
Every word here links to its entry on the site.

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Sports Chinese vocabulary list on the web
The same words as a CSV, for Anki or a spreadsheet
A free account, which keeps 简体 or 繁體, pinyin or 注音 and the rest of how you read Chinese on every device

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HSK 2

运动 運動

yùndòng to exercise / exercise / sports / movement / campaign / to move / motion

> 我喜欢运动。
> Wǒ xǐhuan yùndòng.
> I like playing sports.

游泳

yóuyǒng to swim / swimming

> 他不会游泳。
> Tā búhuì yóuyǒng.
> He can't swim.

跑步

pǎobù to run / to jog / to march at the double

> 我喜欢跑步。
> Wǒ xǐhuan pǎobù.
> I like to run.

足球

zúqiú soccer / football / a soccer ball / a football

> 去踢足球吧。
> Qù tī zúqiú ba.
> Let's play soccer.

篮球 籃球

lánqiú basketball

> 他不打篮球。
> Tā bù dǎ lánqiú.
> He doesn't play basketball.

打球

dǎqiú to play ball / to play with a ball

> 下雨了，我们不能打球了。
> Xiàyǔle, wǒmen bùnéng dǎqiúle.
> It's raining, so we can't play ball anymore.

球

qiú ball / ball game / match / sphere / globe

> 这个球是我哥哥的。
> Zhège qiú shì wǒ gēge de.
> This ball is my older brother's.

跳舞

tiàowǔ to dance

> 他们在跳舞。
> Tāmen zài tiàowǔ.
> They are dancing.

踢

tī to play (e.g. soccer) / to kick / butch (in a lesbian relationship)

> 去踢足球吧。
> Qù tī zúqiú ba.
> Let's play soccer.

HSK 3

网球 網球

wǎngqiú tennis / tennis ball

> 他打了网球。
> Tā dǎle wǎngqiú.
> He played tennis.

羽毛球

yǔmáoqiú badminton / shuttlecock

> 他们常在这儿打羽毛球。
> Tāmen cháng zài zhèr dǎ yǔmáoqiú.
> They play badminton here often.

爬山

páshān to go for a hike (esp. in the hills or mountains)

> 穿高跟鞋爬山很不方便。
> Chuān gāogēnxié páshān hěn bù fāngbiàn.
> Climbing a mountain in high heels is very inconvenient.

锻炼 鍛鍊

duànliàn to engage in physical exercise / to work out / to develop one's skills / to train oneself / to toughen / to temper

> 你还锻炼吗？
> Nǐ hái duànliàn ma?
> Do you still work out?

骑车 騎車

qíchē to ride a bike (motorbike or bicycle)

> 我哥哥骑车出事了。
> Wǒ gēge qíchē chūshìle.
> My brother had an accident on his bike.

球场 球場

qiúchǎng stadium / sports ground / court / pitch / field / golf course

> 下雨了，球场上没有人。
> Xiàyǔle, qiúchǎng shàng méiyǒu rén.
> It's raining, and there is nobody on the field.

运动员 運動員

yùndòngyuán athlete

> 那位运动员终于击进了一球。
> Nà wèi yùndòngyuán zhōngyú jī jìnle yì qiú.
> At the last moment the player was able to hit the ball in.

体育 體育

tǐyù sports / physical education

> 体育我很不行。
> Tǐyù wǒ hěn bùxíng.
> I am not good at sports.

体育馆 體育館

tǐyùguǎn gym / gymnasium / stadium

> 他去过体育馆。
> Tā qùguo tǐyùguǎn.
> He's been to the stadium.

运动鞋 運動鞋

yùndòngxié sports shoes / sneakers

> 你的运动鞋在哪儿买的?
> Nǐ de yùndòngxié zài nǎr mǎi de?
> Where did you buy your sneakers?

爬

pá to climb / to crawl / to get up or sit up
bà harrow / to harrow

> 他爬上了楼梯。
> Tā pá shàng le lóutī.
> He climbed the stairs.

HSK 4

排球

páiqiú volleyball

> 我常打排球。
> Wǒ cháng dǎ páiqiú.
> I play volleyball a lot.

乒乓球

pīngpāngqiú table tennis / ping-pong / table tennis ball

> 你会打乒乓球吗?
> Nǐ huì dǎ pīngpāngqiú ma?
> Can you play table tennis?

健身

jiànshēn to exercise / to keep fit / to work out / physical exercise

> 下班后你想去健身房健身吗?
> Xiàbān hòu nǐ xiǎng qù jiànshēnfáng jiànshēn ma?
> Do you want to go work out at the gym after work?

健身房

jiànshēnfáng gym / fitness club

> 你今天去不去健身房?
> Nǐ jīntiān qù bú qù jiànshēnfáng?
> Are you going to the gym today?

散步

sànbù to take a walk / to go for a walk

> 他出去散步。
> Tā chūqù sànbù.
> He's out taking a walk.

教练 教練

jiàoliàn to coach / to train / instructor / sports coach / trainer

> 教练为什么要换人?
> Jiàoliàn wèishénme yào huànrén?
> Why does the coach want to make a substitution?

跳绳 跳繩

tiàoshéng to jump rope / to skip / a skipping rope / a jump rope

操场 操場

cāochǎng playground / sports field / drill ground

> 孩子们正在操场上玩。
> Háizimen zhèngzài cāochǎng shàng wán.
> The children are playing on the playground.

热身 熱身

rèshēn to warm up (sports) / to prepare / to get in condition

> 下水游泳前要先热身吗?
> Xiàshuǐ yóuyǒng qián yào xiān rèshēn ma?
> Do you need to warm up before getting in the water to swim?

出汗

chūhàn to perspire / to sweat

> 打球时出汗是很正常的。
> Dǎqiú shí chūhàn shì hěn zhèngcháng de.
> It's quite normal to sweat when playing ball games.

球迷

qiúmí fan (ball sports)

> 球迷们都在门口等着看比赛。
> Qiúmímen dōu zài ménkǒu děng zhe kàn bǐsài.
> The fans were all waiting at the gate to watch the match.

球队 球隊

qiúduì sports team (basketball, soccer, football etc)

> 我们的棒球队很强。
> Wǒmen de bàng qiúduì hěn qiáng.
> Our baseball team is very strong.

队 隊

duì team / line / queue / group / squadron
zhuì to fall / to drop / to lose / tunnel / passage

> 他们队又输了。
> Tāmen duì yòu shūle.
> Their team lost again.

队员 隊員

duìyuán team member

> 我们队有十一名队员。
> Wǒmen duì yǒu shíyī míng duìyuán.
> Our team has eleven members.

队长 隊長

duìzhǎng captain / team leader

> 他被选为队长。
> Tā bèi xuǎn wèi duìzhǎng.
> He was made captain.

HSK 5

游泳池

yóuyǒngchí swimming pool

> 小区里新建了一个游泳池。
> Xiǎoqū lǐ xīnjiàn le yí gè yóuyǒngchí.
> A new swimming pool has been built in our neighborhood.

跳高

tiàogāo high jump

> 跳高的时候，一定要注意安全。
> Tiàogāo de shíhou, yídìng yào zhùyì ānquán.
> When doing the high jump, you must be careful about safety.

跳远 跳遠

tiàoyuǎn long jump (athletics)

> 跳远比赛明天上午在操场举行。
> Tiàoyuǎn bǐsài míngtiān shàngwǔ zài cāochǎng jǔxíng.
> The long jump competition will be held on the sports field tomorrow morning.

瑜伽

yújiā yoga

武术 武術

wǔshù military skill or technique (in former times) / all kinds of martial art sports (some claiming spiritual development) / self-defense / tradition of choreographed fights from opera and film (recent usage) / also called kungfu 功夫

> 武术就是人们常说的功夫。
> Wǔshù jiùshì rénmen cháng shuō de gōngfu.
> Wushu is what people often call kung fu.

体育场 體育場

tǐyùchǎng stadium

> 体育场里挤满了观众。
> Tǐyùchǎng lǐ jǐmǎnle guānzhòng.
> The stadium was packed with spectators.

跑道

pǎodào athletic track / track / runway (i.e. airstrip)

> 飞机慢慢滑上了跑道。
> Fēijī mànmàn huá shàng le pǎodào.
> The plane slowly taxied onto the runway.

球鞋

qiúxié athletic shoes

> 这双球鞋有点儿小。
> Zhè shuāng qiúxié yǒudiǎnr xiǎo.
> This pair of sneakers is a bit small.

训练 訓練

xùnliàn to train / to drill / training

> 要训练狗并不简单。
> Yào xùnliàn gǒu bìng bù jiǎndān.
> It is not easy to train dogs.

体力 體力

tǐlì physical strength / physical power

> 多运动，体力才会越来越好。
> Duō yùndòng, tǐlì cái huì yuèláiyuè hǎo.
> Exercise more, and your physical strength will keep getting better.

力量

lìliang power / force / strength

> 愿力量与你同在。
> Yuàn lìliang yǔ nǐ tóng zài.
> May the force be with you.

肌肉

jīròu muscle / flesh

> 游泳锻炼肌肉。
> Yóuyǒng duànliàn jīròu.
> Swimming develops your muscles.

俯卧撑 俯臥撐

fǔwòchēng push-up / press-up (exercise)

减肥 減肥

jiǎnféi to lose weight

> 减肥成功了吗？
> Jiǎnféi chénggōngle ma?
> Have you lost weight?

球员 球員

qiúyuán player / team member

> 那个球员跑得特别快。
> Nàge qiúyuán pǎo de tèbié kuài.
> That player runs extremely fast.

裁判

cáipàn to judge / to adjudicate / verdict / judgement / to referee / umpire / referee / judge

> 今天的足球比赛由他来裁判。
> Jīntiān de zúqiú bǐsài yóu tā lái cáipàn.
> He will referee today's football match.

规则 規則

guīzé rule / regulation / regular / orderly / fixed

> 这违反规则。
> Zhè wéifǎn guīzé.
> That's against the rules.

骑行 騎行

qíxíng to ride (a bicycle, horse, motorbike etc) / cycling / horseback riding / motorbike riding

> 骑行对身体很好。
> Qíxíng duì shēntǐ hěn hǎo.
> Cycling is very good for your health.

滑板

huábǎn skateboard

毽子
jiànzi a kind of shuttlecock used to play games in which it is kept in the air without using the hands, primarily by kicking / game played with such a shuttlecock

HSK 6

运动服 運動服
yùndòngfú sportswear

> 运动服在哪儿买的?
> Yùndòngfú zài nǎr mǎi de?
> Where did you buy your sportswear?

滑冰
huábīng to skate / skating

> 我想去滑冰。
> Wǒ xiǎng qù huábīng.
> I want to go skating.

滑雪
huáxuě to ski / skiing

> 你能滑雪吗?
> Nǐ néng huáxuě ma?
> Can you ski?

体操 體操
tǐcāo gymnastic / gymnastics

> 该做体操了!
> Gāi zuò tǐcāo le!
> We're supposed to do gymnastics now!

田径 田徑
tiánjìng track and field (athletics)

> 他从小就爱好田径。
> Tā cóngxiǎo jiù àihào tiánjìng.
> He has loved track and field since he was little.

跳水
tiàoshuǐ to dive (into water) / diving / to commit suicide by jumping into water / (of stock prices etc) to fall dramatically

> 这里水太浅，不要跳水!
> Zhèlǐ shuǐ tài qiǎn, búyào tiàoshuǐ!
> The water here is too shallow, so don't dive in!

台球
táiqiú billiards

> 你以前打过台球吗?
> Nǐ yǐqián dǎguò táiqiú ma?
> Have you ever played billiards before?

棒球
bàngqiú baseball

> 我在打棒球。
> Wǒ zài dǎ bàngqiú.
> I am playing baseball.

高尔夫球 高爾夫球
gāo'ěrfūqiú golf / golf ball

马拉松 馬拉松
mǎlāsōng marathon

> 我弟弟下个月要跑马拉松。
> Wǒ dìdi xiàgeyuè yào pǎo mǎlāsōng.
> My younger brother is going to run a marathon next month.

射击 射擊
shèjī to shoot / to fire (a gun)

> 你以前练过射击吗?
> Nǐ yǐqián liànguo shèjī ma?
> Have you ever practiced shooting before?

伸展
shēnzhǎn stretching / extension

扭伤 扭傷
niǔshāng a sprain / a crick / to sprain

> 不热身容易扭伤腿。
> Bú rèshēn róngyì niǔshāng tuǐ.
> If you don't warm up, it's easy to sprain your leg.

投篮 投籃
tóulán to shoot for the basket

射门 射門
shèmén to kick or shoot the ball towards the goal

> 球员接到球后马上射门。
> Qiúyuán jiēdào qiú hòu mǎshàng shèmén.
> The player shot at goal right after receiving the ball.

传球 傳球
chuánqiú to pass the ball

> 请你多传球，别一个人打。
> Qǐng nǐ duō chuánqiú, bié yí gè rén dǎ.
> Please pass the ball more instead of playing alone.

发球 發球
fāqiú to serve / to tee off

> 他发球太快，我接不到。
> Tā fāqiú tài kuài, wǒ jiē budào.
> His serve is so fast that I can't return it.

接球
jiēqiú to receive a served ball (volleyball, tennis etc) / to catch a ball thrown by sb

> 狗跑得很快，还会接球。
> Gǒu pǎo de hěn kuài, hái huì jiēqiú.
> The dog runs fast and can also catch a ball.

守门员 守門員
shǒuményuán goalkeeper

> 守门员扑出了那个点球!
> Shǒuményuán pū chūle nàge diǎnqiú!
> The goalkeeper saved that penalty kick!

登山
dēngshān to climb a mountain / climbing / mountaineering

> 我同事的爱好是登山和拍照。
> Wǒ tóngshì de àihào shì dēngshān hé pāizhào.
> My coworker's hobbies are climbing and taking photos.

跆拳道
táiquándào taekwondo (Korean martial art)

柔道
róudào judo

橄榄球 橄欖球
gǎnlǎnqiú football played with oval-shaped ball (rugby, American football, Australian rules etc)

冰球
bīngqiú ice hockey / puck

> 你看过冰球比赛吗？
> Nǐ kànguo bīngqiú bǐsài ma?
> Have you ever watched an ice hockey game?

手球
shǒuqiú handball (the game or the ball itself) / handball (a foul in soccer)

> 手球的规则你了解吗？
> Shǒuqiú de guīzé nǐ liǎojiě ma?
> Do you know the rules of handball?

垒球 壘球
lěiqiú softball

装备 裝備
zhuāngbèi equipment / to equip / to outfit

> 工厂装备了新的机器。
> Gōngchǎng zhuāngbèi le xīn de jīqì.
> The factory has equipped itself with new machines.

箭
jiàn arrow

> 请小心，别把箭对着人。
> Qǐng xiǎoxīn, bié bǎ jiàn duì zhe rén.
> Be careful, and don't point the arrow at anyone.

场地 場地
chǎngdì space / site / place / sports pitch

> 你们打算在哪儿找婚礼的场地？
> Nǐmen dǎsuàn zài nǎr zhǎo hūnlǐ de chǎngdì?
> Where do you plan to find a place for the wedding?

拉伸
lāshēn to draw / to stretch

> 跑步以后要好好拉伸腿部。
> Pǎobù yǐhòu yào hǎohǎo lāshēn tuǐbù.
> After running, you should stretch your legs well.

HSK 7-9

太极拳 太極拳
tàijíquán shadowboxing or Taiji, T'aichi or T'aichichuan / traditional form of physical exercise or relaxation / a martial art

> 太极拳是一种中国武术。
> Tàijíquán shì yìzhǒng Zhōngguó wǔshù.
> Tai chi is a Chinese martial art.

仰卧起坐 仰臥起坐
yǎngwòqǐzuò sit-up (physical exercise)

> 你一分钟能做多少个仰卧起坐？
> Nǐ yìfēnzhōng néng zuò duōshǎo gè yǎngwòqǐzuò?
> How many sit-ups can you do in a minute?

耐力
nàilì endurance

> 爬山很能锻炼人的耐力。
> Páshān hěn néng duànliàn rén de nàilì.
> Hiking is a great way to build endurance.

拳击 拳擊
quánjī boxing

> 你玩拳击吗？
> Nǐ wán quánjī ma?
> Do you box?

冲浪 衝浪
chōnglàng to surf / surfing

> 冲浪看起来容易，其实很难学。
> Chōnglàng kànqǐlai róngyì, qíshí hěn nán xué.
> Surfing looks easy, but it's actually hard to learn.

摔跤
shuāijiāo to trip and fall / to wrestle / wrestling (sports)

> 地太滑，我差点摔跤。
> De tài huá, wǒ chàdiǎn shuāijiāo.
> The floor was so slippery that I almost fell.

射箭
shèjiàn archery / to shoot an arrow

> 射箭要有的放矢，不能乱射。
> Shèjiàn yào yǒudìfàngshǐ, bùnéng luàn shè.
> When shooting arrows, you must aim at a target and not shoot randomly.

击剑 擊劍
jījiàn fencing (sport)

举重 舉重
jǔzhòng to lift weights / weight-lifting (sports)

> 举重是他最擅长的运动。
> Jǔzhòng shì tā zuì shàncháng de yùndòng.
> Weight-lifting is the sport he is best at.

划船
huáchuán to row a boat / rowing / boating / small boat

> 公园的湖里可以划船。
> Gōngyuán de húlǐ kěyǐ huáchuán.
> You can row a boat on the lake in the park.

健美
jiànměi healthy and beautiful / to do fitness exercises

> 爸爸退休后开始练健美了。
> Bàba tuìxiū hòu kāishǐ liàn jiànměile.
> After retiring, my dad started doing bodybuilding exercises.

球拍
qiúpāi racket / (table tennis) paddle / (cricket) bat

> 我的球拍忘在家里了！
> Wǒ de qiúpāi wàng zài jiālǐ le!
> I left my racket at home!

体质 體質

tǐzhì constitution / underlying physical condition / physical makeup / (of an organization, society etc) structural soundness

> 我体质不好，一变天就感冒。
> Wǒ tǐzhì bù hǎo, yí biàntiān jiù gǎnmào.
> I have a weak constitution and catch a cold whenever the weather changes.

潜水 潛水

qiánshuǐ to dive / to go under water / to lurk

> 你能潜水吗？
> Nǐ néng qiánshuǐ ma?
> Can you swim underwater?

风筝 風箏

fēngzheng kite (lit. "wind zither", traditionally explained as being named after kites fitted with bamboo whistles that produced musical sounds when flown)

> 他擅长放风筝。
> Tā shàncháng fàng fēngzheng.
> He's good at flying kites.

拳

quán fist / boxing

> 我很喜欢北斗之拳！
> Wǒ hěn xǐhuan Běidǒu zhī quán!
> I love Fist of the North Star!

器材

qìcái equipment / material

> 下课后请把体育器材放回仓库。
> Xiàkè hòu qǐng bǎ tǐyù qìcái fàng huí cāngkù.
> After class, please put the sports equipment back in the storeroom.

犯规 犯規

fànguī to break the rules / an illegality / a foul

> 他犯规了，老师很生气。
> Tā fànguīle, lǎoshī hěn shēngqì.
> He broke the rules, and the teacher was very angry.

桨 槳

jiǎng oar / paddle

> 这艘船有六个桨。
> Zhè sōu chuán yǒu liù gè jiǎng.
> This boat has six oars.

体能 體能

tǐnéng physical capability / stamina

> 新兵每天都要训练体能。
> Xīnbīng měitiān dōu yào xùnliàn tǐnéng.
> New recruits train their physical fitness every day.

跳伞 跳傘

tiàosǎn to parachute / to bail out / parachute jumping

> 跳伞是很刺激的运动。
> Tiàosǎn shì hěn cìjī de yùndòng.
> Parachute jumping is a very thrilling sport.

攀登

pāndēng to climb / to pull oneself up / to clamber / to scale / fig. to forge ahead in the face of hardships and danger

> 我们想攀登富士山。
> Wǒmen xiǎng pāndēng Fùshì Shān.
> We want to climb Mt. Fuji.

起跑线 起跑線

qǐpǎoxiàn the starting line (of a race) / scratch line (in a relay race)

> 运动员都站在起跑线后面。
> Yùndòngyuán dōu zhàn zài qǐpǎoxiàn hòumian.
> The athletes are all standing behind the starting line.

爆发力 爆發力

bàofālì explosive power (in athletics, music, dance etc) / dynamic intensity

> 怎样才能提高爆发力？
> Zěnyàng cái néng tígāo bàofālì?
> How can I improve my explosive power?

攀岩

pānyán rock climbing / to climb a rockface

Outside HSK

哑铃 啞鈴

yǎlíng dumbbell (weight)

> 这对哑铃每个五公斤。
> Zhè duì yǎlíng měige wǔ gōngjīn.
> Each of these dumbbells weighs five kilograms.

跑步机 跑步機

pǎobùjī treadmill / running machine

泳衣

yǒngyī swimsuit / bathing suit

单杠 單槓

dāngàng bar / bold line / horizontal bar (gymnastics event)

双杠 雙槓

shuānggàng parallel bars (gymnastics event)

护膝 護膝

hùxī kneepad / knee brace

引体向上 引體向上

yǐntǐxiàngshàng chin-up (physical exercise)