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FITNESS TERMS IN ENGLISH AND THEIR ADAPTATION INTO SERBIAN²

Abstract: Having gained enormous popularity since the 1980s, “fitness” has become one of the most widespread words when used in relation to physical exercise, beneficial for both physical and mental health. Since the worldwide emergence of fitness coincided with the English language used as the lingua franca, many fitness terms were taken from English and adapted into other languages. Therefore, the aim of this paper is to analyse fitness terminology in English and different ways of adapting it into Serbian. The corpus used for the research consists of 200 fitness terms in English and their Serbian translation equivalents, collected from relevant literature in both languages. According to the results, there are four different procedures employed when transferring terms from English into Serbian – transshaping, direct translation, structural translation, and functional approximation. Furthermore, findings show a significant number of variant forms of the terms used in Serbian, which is a clear indicator of the necessity of their standardisation. Therefore, one of the primary goals in the field of sports terminology should be to compile a register of fitness terms in English and Serbian and analyse it within the contrastive linguistics framework, in order to set future guidelines for its

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² A concise version of this research was presented at the Fourth international conference on English language and Anglophone literatures today (ELALT 4), under the title “Adaptation of fitness-related terminology from English into Serbian”.

standardisation and possible inclusion into an updated version of Novi englesko-srpski rečnik sportskih termina [A New English-Serbian Dictionary of Sports Terms] (Milić et al., 2021) planned for the future.

Key words: *terminology, English, Serbian, fitness, adaptation, standardisation, lexicography, sport.*

1. Introduction

In the modern world, being physically fit and active is an advantage. Apart from providing us with a higher quality of everyday life, stronger physical and mental function, and a pleasant appearance, it generally leads to better health and increased longevity (Glassman, 2002). Since ancient times, fitness has been a prerogative for fulfilling different tasks, but it wasn't before the 19th century that it began to take shape as a sports discipline (Dalleck & Kravitz, 2002). The popularisation of fitness began in the United States of America, mostly in the form of bodybuilding, aerobics training and fitness clubs, and then, due to the process of globalisation, it spread all over the world, reaching its peak in the 20th century. Apart from the fact that fitness emerged worldwide predominantly because of the global influence of American culture, it is worth mentioning that the majority of fitness terms entered lexicons of other languages after being taken from the English language, as English has, at approximately the same time, gained the status of the modern lingua franca, i.e. the first language of international communication across the globe (Prčić, 2014a:p.13). Moreover, due to its properties of ready audio-visual availability, dual acquisition, and supplementary language function, English can be considered “*the nativised foreign language*”, that is, a foreign language which has, unlike other foreign languages, become an integral part of many other languages and cultures all around the world, including Serbian (Prčić, 2014a:p.14). Therefore, English had a large impact on Serbian, leading to the Anglicisation of Serbian in the form of the use, overuse and misuse of English words in almost all registers, as well as of English names in domestic names and slogans of all kinds (Prčić, 2014a:p.15). In order to stop such Anglicisation, it is of utmost significance to build the so-called “*contact linguistic competence*”, which will help speakers of Serbian to use words and names from English in a standardised and consistent way (Prčić 2014b:p.143).

As English had an influence on the entire lexical system of Serbian, it affected sports terminology as well (Milić & Kardoš, 2019), including the register of fitness. Taking a linguistic approach to terminology, some research was already done in different fields of sports terminology (Jonić, 2012; Kolarić, 2010; Milić & Kardoš,

2019; Panić Kavgić, 2021), indicating the need to carry out the standardisation of Serbian sports terms. Furthermore, a standardisation model was created and implemented on the compiled registers of various sports disciplines, firstly in *Englesko-srpski rečnik sportskih termina* [English-Serbian Dictionary of Sports Terms] (Milić, 2006), and then in *Novi englesko-srpski rečnik sportskih termina* [A New English-Serbian Dictionary of Sports Terms] (Milić et al., 2021). As the register of fitness was not included in the mentioned dictionaries, this paper will analyse fitness terminology in English and different ways of adapting it into Serbian, with the aim to set guidelines for its standardisation and possible contribution to a future version of *Novi englesko-srpski rečnik sportskih termina* [A New English-Serbian Dictionary of Sports Terms] (Milić et al., 2021).

2. Theoretical aspects

When dealing with terminology, it is necessary to begin with defining the basic concept of a term, which is considered a lexical unit with specialised meanings (L'Homme, 2005), that is, a lexical unit which acquires terminological meanings when activated by the pragmatic characteristics of a discourse (Cabré, 2003:p.189). Although there are many different approaches to terminology, this paper will observe terminology from the standpoint of linguistics, where terminology is said to refer, among other things, to the set of terms of a particular special subject (Cabré, 1999:p.32). Due to a common misconception of experts in different specialised fields that the meaning of terms can be successfully conveyed only by means of English terms (Milić et al., 2018:p.265; Prčić, 2019:p.156), there is a considerable number of borrowed English terms that are not used appropriately, which is why their standardisation is necessary. Standardisation can be defined as the process of establishing a set of solutions to actual or potential problems and intending that these solutions are repeatedly used by the parties for whom they are intended (De Vries, 1997). In the field of English-Serbian contrastive linguistics and, furthermore, Serbian lexicography, some progress was made when it comes to the standardisation of various specialised registers, including computer terminology (Prčić, 1996), economic terminology (Silaški, 2018), as well as sports terminology (Milić, 2006; Milić et al., 2021), which is of particular interest for this paper.

Based on a study grounded in corpus analysis of ball game terms in English and Serbian, and after consulting relevant sources of the existing terminological standardisation models, a new standardisation model of sports terms was theoretically elaborated in the MA thesis (Milić, 2004) and practically applied

in *Englesko-srpski rečnik sportskih termina* [English-Serbian Dictionary of Sports Terms] (Milić, 2006), which encompasses terminology from five ball games: football, basketball, water polo, handball, and volleyball. With the aim of updating and expanding the mentioned dictionary, a significant number of corpus-based studies of sports terminology in English and Serbian was subsequently conducted in other sports disciplines, thus leading to the same standardisation model being applied in *Novi englesko-srpski rečnik sportskih termina* [A New English-Serbian Dictionary of Sports Terms] (Milić et al., 2021), which includes terms from thirteen sports disciplines: athletics, basketball, boxing, football, gymnastics, handball, judo, karate, tennis, skiing, volleyball, water polo, and wrestling.

The standardisation model consists of six hierarchically ordered principles (bi-univocity, transparency, systematicity, productivity, concision, and frequency), and leads to the reordering of existing translation equivalents and bringing them into accordance with the valid linguistic standard of Serbian. The former is due to the fact that a single English term often matches more than one unit in Serbian, whereas the latter has to do with the imported English-based standard in Serbian. As the existing translation equivalents initially may represent a random set of translation equivalents, where some terms are semantically maladapted or have English-based spellings, the application of the model results in the proposed term occupying the first place in the list of translation equivalents (Milić et al., 2015:p.34). A detailed explanation of the six principles is provided in Milić (2016) and Milić et al. (2015). From this point onwards in this paper, when illustrating a principle of standardisation or a translation procedure, English and Serbian examples will be written in italics respectively, with a symbol > in between, indicating the direction of adaptation (from English into Serbian). The primary principle of bi-univocity indicates that one term should represent only one concept in a register (e.g. before the standardisation: *trainer* > *trener*, *coach* > *trener*, where the same term refers to two different concepts; after the standardisation: *trainer* > *kondicioni trener*, *coach* > *trener*, where one term represents one concept only). The next principle, which is known as transparency, refers to the requirement that a term should designate a concept which can be inferred without the necessity of providing a definition (e.g. before the standardisation: *ear protector* > *zaštitnik za uši*, where *zaštitnik* is semantically inadequate due to its semantic feature [human]; after the standardisation: *ear protector* > *štitnik za uši*, where *štitnik* appropriately contains the semantic feature [object]). When it comes to systematicity, it implies that a term must be systematic, that is, in accordance with the linguistic system of Serbian, on the levels of orthography, phonology, and morphosyntax (e.g. before

the standardisation: *trampoline* > *trampolina*, which is a newly created English-based form; after the standardisation: *trampoline* > *trambulina*, which is a nativised Italianism used as the standard form in Serbian (Klajn & Šipka, 2006:p.1253)). According to the principle of productivity, a term should be productive in terms of having a high derivational and combining potential, which means it can enable communicators to encode and decode the maximum number of terminological units of a higher order (e.g. before the standardisation: *defending team* > *ekipa koja se brani*, which is a multi-word unit with a lower combining potential; after the standardisation: *defending team* > *odbrambeni tim*, which is a two-word unit with a higher combining potential). The principle of concision reflects the importance of language economy, thus pointing out that a term should not be too long (e.g. before the standardisation: *w-formation* > *položaj igrača u cikcak formaciji*, which is considered a rather long term; after the standardisation: *w-formation* > 1) *cikcak rasposed*, 2) *položaj igrača u cikcak-formaciji*, where the shorter term occupies the first place). Lastly, the principle of frequency states that, if there are several terms for the same concept, the preference should be given to a term with the highest frequency of use (e.g. before the standardisation: *corner kick* > several variant terms; after the standardisation: *corner kick* > 1) *korner*, 2) *udarac sa ugla*, where the most frequently used term is placed first).

3. Analysis of the corpus

For the purpose of this contrastive research depicting fitness terms in English and their translation equivalents in Serbian, a corpus of 200 fitness terms was compiled from relevant literature in both languages. Namely, the English fitness terms were collected from the books *K.I.S.S. Guide to Fitness* (Parker, 2002), *All Around Fitness* (Bartecck et al., 1999) and *Fitness & Health* (Sharkey & Gaskill, 2013), whereas the Serbian terms were taken from the books *Aerobik* [Aerobics] (Cvetković, 2009) and *Terminologija prostih vežbi sa terminološkim rečnikom i 342 crteža* [Terminology of Simple Exercises with a Terminological Dictionary and 342 Drawings] (Sedlaček, 1966). However, apart from the mentioned primary sources in Serbian, online fitness glossaries (e.g. <https://www.fitnessavantura.com/recnik-pojmova/>) and *Fitness Management International* magazines were used as secondary sources, with the aim of obtaining a realistic overview of fitness terms used in practice. In other words, as online glossaries and fitness magazines are the sources the majority of people come across, using them enabled us to employ a descriptive approach in the research.

The criterion used for including a term in the corpus was that both sportsmen and other people need to be familiar with it, based on the fact that fitness is practised by so many people that its vocabulary has entered the general lexicon of both languages. Furthermore, in order to enter the corpus, each term needed to have more than three counts of search results in different sources on the internet, which would be an indicator of the frequency of its use (Prčić et al., 2021). The collected fitness terms can be classified into five semantic fields: fitness components (e.g. *muscular endurance* > *mišićna izdržljivost*), fitness programmes (e.g. *aerobics* > *aerobik*), fitness exercises (e.g. *squat* > *čučanj*), fitness equipment (e.g. *flat bench* > *ravna klupa*), and workout elements (e.g. *stretching* > *istezanje*). In the research, the terms were analysed with regard to their rendering into Serbian, that is, their adaptation into the system of the Serbian language at the level of form, which is known as *transshaping* (Prčić, 2019), and at the level of content, which is called *translation*. The text that follows will provide more detail on both adaptation types.

3.1. Transshaping

Transshaping can be defined as the process of orthographic, phonological, morphological, and semantic adaptation of a term borrowed from English into Serbian, e.g. *file* > *fajl* (Prčić, 2019:p.121). In other words, when borrowing a word from the English language as the source language, its form and inherent content are taken from English, but it needs to be adapted into the system of Serbian as the target language. However, one of the biggest problems that emerge after borrowing words from other languages is the common lack of their adaptation to the orthographic standard of the Serbian language. The general standard is set primarily by *Pravopis srpskoga jezika* [Orthography book of Serbian] (Pešikan et al., 2020), whereas the additional rules that specifically apply to Anglicisms, i.e. words borrowed from English, are elaborated first in the dictionary *Du yu speak anglosrpski? Rečnik novijih anglicizama* [Do You Speak Anglo-Serbian? A Dictionary of Recent Anglicisms] (Vasić et al., 2018), and then, later on, in the dictionary *Srpski rečnik novijih anglicizama* [A Serbian Dictionary of Recent Anglicisms] (Prčić et al., 2021).

Based on the results of the analysis, the corpus contains 30 examples of Serbian terms created by transshaping, some of which occurring in two or three different forms of writing. Approximately one half of the borrowed terms are used in one written form only, which obeys the orthographic rules of Serbian and was thus successfully adapted into the system of Serbian (e.g. *aerobics* > *aerobik*, *pilates*

> *pilates, plank* > *plank, training* > *trening*). On the other hand, the other half of the terms have several alternative forms of writing, with only one being the correctly transcribed one, which is listed first, while the other ones do not follow the transcription model of Serbian (e.g. *bodybuilding* > *bodibilding, bodi bilding, bodybuilding, deadlift* > *dedlift, deadlift, treadmill* > *tredmil, treadmill, wellness* > *velnes, wellness*). Such terms either represent raw Anglicisms, i.e. forms borrowed from English without any adaptation into the system of Serbian at the level of orthography, partial adaptation at the levels of morphosyntax and phonology, and full adaptation at the levels of semantics and pragmatics (Prčić, 2019:pp.122–123) (e.g. *stretching* > *stretching, powerlifting* > *powerlifting*), or are inadequately adapted to the orthographic standard of Serbian (e.g. *body pump* > *bodi pamp*, which should be written as one word, following the rule that each Anglicism that represents one semantic unit should be written as one word (Prčić, 2019:p.215; Prčić et al., 2021:p.18; Vasić et al., 2018:p.11)). The existence of several different written forms for one fitness Anglicism confirms the lack of knowledge regarding the aforementioned adaptation to the orthographic standard of the Serbian language. It is also true that a number of English terms have dually adapted variants in Serbian, one of which is obtained by transshaping, while the other is a translation equivalent (e.g. *plank* > *plank, izdržaj na podlakticama*). Therefore, there is an alarming need for standardisation, which will be discussed further on in this paper.

3.2. Translation

According to Prčić (2019:p.195), translation can be defined as the process of transferring meanings from the source language (L1) into the target language (L2), with the goal of establishing functional-communicative equivalence between them. There is a significant number of publications that have laid the foundations for the theory of translation in English and Serbian, and, among other things, presented various typologies of translation procedures (e.g. Hlebec, 1989; Newmark, 1981, 1988; Prčić, 2019; Wilss, 1982). As none of these typologies is a generally accepted one, the analysis in this paper will be based on Prčić's typology (2019), as it was already used for analysing different sports registers (Milić, 2006; Milić & Kardoš, 2019; Milić et al., 2019). It includes three basic procedures: direct translation, structural translation, and functional approximation, which will be elaborated on within the following text.

3.2.1. Direct translation

Direct translation is, as its name suggests, the procedure of direct translation of literal or transferred meanings from English into Serbian, including possible additional semantic features contained in monomorphemic or polymorphemic words from English, e.g. *mouse* (computer device) > *miš* (Prčić, 2019:p.178). The results of the analysis show that the corpus includes 46 examples of Serbian fitness terms directly translated from English (e.g. *barbell* > *šipka*, *cool-down* > *hladenje*, *smirivanje*, *curl* > *pregib*, *gym* > *teretana*, *lunge* > *iskorak*, *rep* > *ponavljanje*, *set* > *serija*, *sit-up* > *trbušnjaci*, *squat* > *čučanj*, *warm-up* > *zagrevanje*).

What needs to be pointed out is that certain terms are not written in accordance with the orthographic rules of Serbian, which can be exemplified with the term *kardio trening*, created from the English term *cardio training*. According to the rules of writing Anglicisms (Prčić, 2019:p.216; Prčić et al., 2021:p.18; Vasić et al., 2018:p.11), each Anglicism that represents one semantic unit, but in which a semantic link exists between its elements in Serbian, needs to be written with a hyphen between the elements. The semantic link between the elements “kardio” and “trening” in this term is based on hyponymy, i.e. the state of being a subcategory of a more general class. In other words, *kardio trening* represents a type of *trening*, and this is why it needs to be written as *kardio-trening*, with a hyphen between its elements.

Furthermore, a remark should be added in relation to the fact that there are instances of one English term having several translation equivalents in Serbian (e.g. *kettlebell* > *girja*, *rusko zvono*). As the existence of several terms denoting the same concept can lead to a possible confusion among language users, it is necessary to give preference to one term over others, which is yet another reason for a required standardisation. Further elaboration on this matter will be provided later on in the paper.

3.2.2. Structural translation

Structural translation, which is only applicable to polymorphemic words (derived, compound or phrasal), involves a literal translation of the elements in English words by means of the corresponding elements in Serbian, e.g. *printer* > *štampač* (Prčić, 2019:p.179). Frequently, English compounds are translated into Serbian as phrasal words (e.g. *username* > *korisničko ime*), especially in the form of “noun + preposition + noun” – in these cases, the surface structure of the Serbian word reflects the deep structure of the English word (e.g. *ice diving* > *ronjenje pod ledom*, reflecting the underlying structure ‘diving under the ice’).

According to the results of the analysis, the corpus involves 90 examples of Serbian terms that were translated by means of structural translation. The findings show that there is an approximately equal number of Serbian terms which have the same surface structure as the English ones (e.g. *aerobic endurance* > *aerobna izdržljivost*, *elliptical crosstrainer* > *eliptični trenažer*, *flat bench* > *ravna klupa*, *leg curl* > *nožni pregib*, *muscular strength* > *mišićna snaga*), and terms whose surface structure reflects the underlying structure of the English terms (e.g. *barbell curl* > *pregib šipkom*, “*curl with a barbell*”, *incline bench press* > *potisak sa kose klupe*, “*press from an incline bench*”, *rowing machine* > *sprava za veslanje*, “*machine for rowing*”, *weight lifting* > *dizanje tegova*, “*lifting of weights*”).

In addition, this translation procedure has a subtype called partial structural translation, which is a hybrid procedure where one English element is translated by means of the corresponding Serbian element, whereas the other element is borrowed from English, e.g. *workaholic* > *radobolik* (Prčić, 2019:p.179). The corpus contains only one term that can be classified as an example of partial structural translation, and that would be *side plank* > *bočni plank*, where the element “side” is translated as “bočni”, while the element “plank” has been borrowed from English. Based on the lack of examples of partial structural translation in the corpus, we can deduce it is not commonly used in the register of fitness.

3.2.3. Functional approximation

Another common translation procedure, known as functional approximation, represents the procedure of expressing English content with Serbian lexical resources, so as to reflect as closely as possible the function of the referent, either by keeping the original conceptualization, e.g. *airbag* > *vazдушna vreća*, or by changing it, e.g. *showroom* > *prodajni salon* (Prčić, 2019:pp.179–180). The analysis indicates that the corpus includes 50 Serbian terms that were created by means of functional approximation (e.g. *chin-up* > *zgib sa pothvatom*, *seated calfraise* > *podizanje na prste iz sedećeg položaja*, *plank* > *izdržaj na podlakticama*). Although most Serbian terms preserve the original conceptualisation from English terms (e.g. *resistance band* > *elastična traka za vežbanje*, *skipping* > *preskakanje vijače*, *weight machine* > *sprava za dizanje tegova*), the corpus also contains examples where the conceptualisation is changed (e.g. *jumping jack* > *poskok sunožno-raznožno*, *preacher bench* > *Skotova klupa*, *treadmill* > *traka za trčanje*).

Similarly to the note given in the section dealing with direct translation, one can notice that sometimes there are two Serbian terms corresponding to one

English term (e.g. *exercise mat* > *strunjača, prostirka*), so it is of great importance to determine which one is preferred, to standardise their use.

3.3. Analysis results

The analysis results primarily demonstrate a predominance of Serbian fitness terms formed using structural translation, then a relatively even distribution of fitness terms created by direct translation and functional approximation, and, lastly, a lower number of Serbian fitness terms formed by transshaping, which will be shown in Table 1.

Table 1. Distribution of translation procedures

Type of adaptation	Number of examples
transshaping	30
direct translation	46
structural translation	91
functional approximation	50

What can be deduced from the frequency of transshaping occurrences is that there is a limited number of words that needed to be borrowed from English into Serbian, as Serbian already has the lexical means needed to describe the fitness register. Apart from that, based on the dominant number of structural translation examples, it can be assumed that there is a growing tendency of copying English structures into Serbian, as a consequence of a general trend of surface translation from English into Serbian (Prčić, 2019:pp.54–55), which focuses on form instead of meaning.

The results reveal a growing need for a standardisation of fitness terms in Serbian, which was expected based on the findings of earlier research done in the field of sports terminology. Due to the fact that 200 English fitness terms were collected for this analysis, and that Table 1 indicates a larger number of Serbian terms, it is evident that certain English terms have several translation equivalents in Serbian. As mentioned earlier in the text, when there are several terms denoting the same concept, it is necessary to establish which one is preferred over the others, which can be done by means of standardising fitness terms. However, the most alarming need for standardisation is related to the variant terms of the same concept which are not written according to orthographic rules of the Serbian language, probably due to a common lack of linguistic knowledge, and a general shortage of dictionaries containing standardised terms. These cases primarily include raw Anglicisms that retain the original English form, which can be seen on examples such as *workout*

and *crossfit*, as well as Anglicisms which do not follow the transcription model of the Serbian language (Pešikan et al., 2020; Prčić et al., 2021; Vasić et al., 2018), such as *bodi pamp*, which should be written as one word, and *bodi fitnes*, which should be written with a hyphen. All of these problems can be solved by implementing the standardisation model of sports terminology which was applied first in *Englesko-srpski rečnik sportskih termina* [English-Serbian Dictionary of Sports Terms] (Milić, 2006), and then in *Novi englesko-srpski rečnik sportskih termina* [A New English-Serbian Dictionary of Sports Terms] (Milić et al., 2021). Finally, standardising fitness terms in Serbian would lay the foundations for including them in a possible updated version of *Novi englesko-srpski rečnik sportskih termina* [A New English-Serbian Dictionary of Sports Terms] (Milić et al., 2021) in the future.

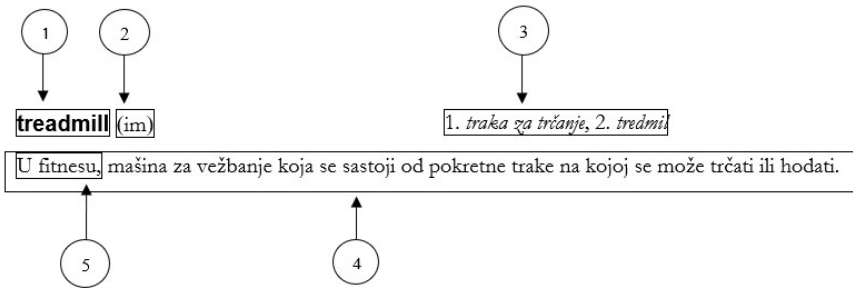
4. Standardisation and lexicographic description of fitness terms

Following the described principles of the standardisation model of sports terms (bi-univocity, transparency, systematicity, productivity, concision, and frequency) (Milić, 2006; Milić et al., 2021), all the collected Serbian translation equivalents for each English fitness term should be ordered in such a way that the term which is designated with number 1 is the standard one, while the other alternative terms are listed under numbers 2, 3, and so on. The implementation of the standardisation model will be shown with the example of two Serbian translation equivalents for the English term *treadmill*, as follows: *treadmill* > 1. *traka za trčanje*, 2. *tredmil*.

The standard term *traka za trčanje* listed under number 1 is given preference over the other term – despite the fact that it does not satisfy the principles of productivity and concision, it complies with the other four principles. Firstly, the term shows compliance with the principle of bi-univocity because it refers to one concept, as well as with the principle of transparency, as it straightforwardly clarifies the concept behind it. Furthermore, the term is compliant with the principle of systematicity, as it aligns with the linguistic system of Serbian. Finally, it satisfies the principle of frequency, due to the fact that it has the highest frequency of use (based on the collected fitness corpus, expert opinion, and the internet). When it comes to the variant term *tredmil* listed under number 2, it is transcribed in a correct way, and is thus in accordance with the linguistic system of Serbian. However, the same cannot be said for the term *treadmill*, also found in the corpus, which represents a raw Anglicism and as such does not follow Serbian orthographic rules. Therefore, due to its substantial deviation from the linguistic standard of Serbian, it should be excluded from the dictionary entry.

After applying the standardisation model in the represented way, all fitness terms will be listed in order of their recommended use, and will thus be ready to be incorporated in a sports dictionary. However, when compiling an English-Serbian dictionary of sports terms, apart from having Serbian translation equivalents listed in order of priority, each entry should also contain other information needed for a full understanding of a term's meaning and its lexical features (Milić et al., 2023). This is why, based on the model used in *Novi englesko-srpski rečnik sportskih termina* [A New English-Serbian Dictionary of Sports Terms] (Milić et al., 2021), the microstructure of a typical dictionary entry representing a term in the fitness register is exemplified below.

Figure 1. Microstructure of a dictionary entry



As can be observed from Figure 1, a typical dictionary entry contains five elements: (1) English term, (2) Grammatical information, (3) Serbian terms, (4) Gloss, and (5) Diatechnical label. In addition, what needs to be pointed out is that entries can contain other elements, in the cases when they have a synonym (i.e. a word with the same meaning as theirs), an antonym (i.e. a word with the opposite meaning from theirs), or a variant (i.e. British and American English). In those situations, the element called Cross reference is included immediately after (2) Grammatical information. It is represented by abbreviations *syn.*, *ant.* or *var.*, which are sometimes additionally coded with a preceding subscript arrow, indicating that the cross reference is also a headword. Further explanation for each element shown on Figure 1 is provided below.

(1) English terms are listed in alphabetical order. In order to be distinguished from the rest of the information about the entry which is in Times New Roman, they are set in Arial bold typeface.

(2) Grammatical information includes abbreviations which reveal the word class that the single-worded and phrasal units belong to – (*im*) refers to nouns, (*gl*) represents verbs, (*prid*) stands for adjectives, (*pril*) signifies adverbs, (*uzv*) denotes

interjections, (*predl. sint*) symbolises prepositional phrases, and (*isk*) indicates statements. Based on the analysis of the collected corpus, it appears that the register of fitness predominantly consists of nouns, while verbs are the second most numerous word class, thus mirroring the patterns observed in other sports disciplines as well.

(3) Serbian terms are listed numerically, starting with the standard term, which is then followed by other variant terms. They are set in Times New Roman italic typeface. As previously explained, their order is decided on the basis of the six principles of the existing model of standardisation of sports terms (Milić, 2006; Milić et al., 2021). Non-standard variants are included only when they show a high frequency of use and if they do not deviate substantially from the linguistic standard of Serbian. They are additionally labeled with the symbol ☹, in accordance with the lexicographical convention used in Vasić et al. (2018), and Prčić et al. (2021).

(4) Gloss represents a single-sentence definition of the meaning of the unit. Following the ‘genus-and-differentia’ model (Atkins & Rundell, 2008), each term is defined by means of a hypernym which is followed by the additional features of the term which distinguish it from other hyponyms.

(5) Diatechnical label refers to an adverbial at the beginning of the definition which follows the pattern “in + name of a sport / a group of related sports / sport in general”, thus being a necessary part of the definition of a term’s meaning. In the case of the fitness register, each term would have the diatechnical label in the form of “in + fitness”.

5. Concluding remarks

To sum up, as being fit or fitness represents one of the first goals when picking a physical activity in the fast-paced life of the 21st century, fitness terms have become an inevitable part of everyday vocabulary in many languages, including Serbian, which is why this paper dealt with the analysis of fitness terms in English and their adaptation into Serbian, thus taking a descriptive approach and demonstrating the realistic use of fitness vocabulary in both languages. The results indicate that Serbian terms are adapted from English by means of transshaping, direct translation, structural translation, and functional approximation, with the procedure of structural translation being the most frequent one. As the corpus shows instances of variant forms for the same fitness concept, as well as raw Anglicisms and Anglicisms that do not follow the orthographic rules of the Serbian language, it can be deduced that there is an obvious need for standardising fitness terms in Serbian. This is why the final section of this paper turns to a descriptive approach with elements

of prescriptivism, and provides guidelines for the future standardisation of fitness terms on the example of the lexical unit *treadmill*, and, furthermore, a representation of the microstructure of the term *treadmill* as a dictionary unit. Therefore, further steps in the management of the English-based fitness register in Serbian could involve the implementation of the existing model of standardisation of sports terminology (Milić, 2006; Milić et al., 2021), with the final aim of incorporating the fitness register into a future updated edition of *Novi englesko-srpski rečnik sportskih termina* [A New English-Serbian Dictionary of Sports Terms] (Milić et al., 2021).

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FITNES TERMINI U ENGLESKOM JEZIKU I NJIHOVA ADAPTACIJA NA SRPSKI JEZIK

Rezime

Zahvaljujući velikoj popularnosti koju je postigao nakon osamdesetih godina dvadesetog veka, fitnes je danas među najzastupljenijim vidovima vežbanja kao fizičke aktivnosti, poznat po pozitivnom uticaju ne samo na fizičko već i na mentalno zdravlje. Kako se fitnes razvio u gotovo isto vreme kada je engleski jezik postao lingua franca, veliki broj fitnes termina prenet je iz engleskog jezika u druge jezike. Stoga je cilj ovog rada da analizira fitnes terminologiju u engleskom jeziku i načine na koje se adaptira u srpskom jeziku. Korpus korišćen za istraživanje sastoji se od 200 fitnes termina u engleskom jeziku i njihovih prevodnih ekvivalenata u srpskom jeziku, prikupljenih u relevantnoj literaturi na oba jezika. Kako rezultati pokazuju, pri adaptaciji fitnes termina iz engleskog na srpski jezik koriste se četiri postupka – preoblikovanje, direktno prevođenje, strukturno prevođenje i funkcijska aproksimacija. Pored toga, zapaža se znatan broj varijantnih oblika istog termina u srpskom, što upućuje na potrebu za terminološkom standardizacijom. Samim tim, sledeći korak u oblasti sportske terminologije trebalo bi da bude prikupljanje registra fitnes termina u engleskom i srpskom jeziku te njihova analiza iz perspektive kontrastivne lingvistike, sa ciljem postavljanja jasnih smernica za njihovu standardizaciju i moguće uključivanje u proširenu verziju *Novog englesko-srpskog rečnika sportskih termina* (Milić i dr., 2021), planiranu u budućnosti.

► **Ključne reči:** terminologija, engleski, srpski, fitnes, adaptacija, standardizacija, leksikografija, sport.

Preuzeto: 11. 4. 2024.
Korekcije: 17. 12. 2024.
Prihvaćeno: 26. 12. 2024.