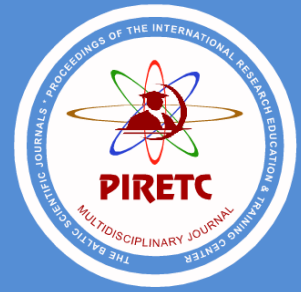


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PROCEEDING OF THE INTERNATIONAL RESEARCH, EDUCATION & TRAINING CENTER

MULTIDISCIPLINARY JOURNAL
REFEREED & REVIEWED JOURNAL



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I never think of the future - it comes soon enough. Albert Einstein

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TABLE OF CONTENTS

Mykola Yaremenko, Kusovska Olga, Mykola Mahinko DYNAMICS OF PERFORMANCES OF THE UKRAINIAN SAMBO NATIONAL TEAM AT THE INTERNATIONAL COMPETITIONS IN 2014-2018.....	04
Marina Naumenko,Irina Kogut FACTORS FOR THE DEVELOPMENT OF THE AQUATHLON	06
Artjom Kolesnik, Oleg Dakalenko PSYCHOLOGICAL AND INTUITIVE DOMINANT OF COASTAL ATHLETES-SPINNING-PLAYERS AS A COMPONENT OF SUCCESSFUL COMPETITIVE ACTIVITY	08
Oksana Solodkaya, Petro Mamotko, Denis Gerak ANALYSIS OF THE TECHNIQUE OF PERFORMANCE BY TIGHTNESS ATHLETIC EXERCISES ON CROSSFIT TRAININGS	10
Olexandra Dzhordzhevitch, Victor Meleshko, Vladlen Samoshkin FUNDAMENTALS OF ATHLETIC NUTRITIONOLOGY	13
Maria Polzikova, Victor Meleshko, Vladlen Samoshkin CARDIOVASCULAR DISEASES AND PHYSICAL TRAINING OF CITIZENS WHO PRACTISE SPORTS	17
Maxim Titarenko, Tatiana Kropivnitskaya REGULATORY AND LEGAL SUPPORT FOR THE DEVELOPMENT OF NON-OLYMPIC SPORTS IN UKRAINE	20
Oleg Dakalenko, Irina Skripchenko ADAPTIVE AND INTEGRATIVE TRAINING OF THE FOREIGN LANGUAGE OF STUDENTS OF THE UNIVERSITIES OF SPORTS PROFILE IN THE LESSONS OF DISCIPLINE "TOURISM"	23
Olena Dorofeyeva, Kseniya Yarymbash, Andriy Kolodijchuk, ⁴Vita Shetinckaya FEATURES OF CORRECTION OF OPERATIONAL STATES OF ATHLETES WHO SPECIALIZE IN IRONMEN 70.3 FOR OPTIMIZATION OF THE TRAINING PROCESS	26

DYNAMICS OF PERFORMANCES OF THE UKRAINIAN SAMBO NATIONAL TEAM AT THE INTERNATIONAL COMPETITIONS IN 2014-2018

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ABSTRACT

The purpose of our study is to analyze the dynamics of the performance of the Ukrainian sambo national team at international competitions in the period from 2014 to 2018.

In our work we used such research methods - analysis of scientific and methodological literature, internet sources and practical experience.

It has been determined that for the last five years, Russia's national team is the undisputed leader in the European Championships in sport sambo, and Ukraine's national team is kept in three of the leaders.

It is proved that the performances of the team in the European Championships are better than in the World Championships. This is connected, in our opinion, with the updating of the team. It is determined that the number of amateurs and professional athletes increases annually. For the qualitative development of the international sports sambo it is necessary to pay attention to the youth. The main task on a global scale today is the inclusion of Sambo in the program of the Olympic Games.

Keywords: sports sambo, dynamics, sporting result, national team

АНОТАЦІЯ

В статті представлено результати виступів збірної команди України зі спортивного самбо на змаганнях різного рівня. Визначено, що період з 2014 по 2018 роки спортивне самбо, як вид спорту, набирає популярності. Кількість медалей збірної команди України на міжнародних змаганнях не зменшується, незважаючи збільшення спортивної конкуренції та оновлення кількісного складу збірної команди. Головним завданням в світовому масштабі є включення самбо в програму Олімпійських ігор.

Ключові слова: спортивне самбо, динаміка, спортивний результат, національна збірна.

Formulation of the problem. Sport Sambo is currently developing very rapidly, both in Ukraine and abroad. Sambo has gained great recognition not only among men, women, but also among children, as evidenced by the ever-increasing number of athletes participating in competitions of various levels. This is due to the spectacle of the sport. Currently, the main task of the International Sambo Federation on a global scale is the inclusion of sambo in the program of the Olympic Games. The staff of FIAS carry out difficult and troublesome work on the recognition of the sambo Olympic sport [3; 4].

The Ukrainian national team successfully participates in competitions of various levels in the international arena, therefore the rapid development of sports sambo forces constantly analyze the dynamics of performances of athletes and improve the methods of their preparation [2].

In this regard, the purpose of our study was to carry out an analysis of the dynamics of the performance of the team of Ukraine on sports self-sambo in the international arena in the period from 2014 to 2018

In our work, we used the following methods of research - analysis and synthesis of data of scientific and methodological literature, internet-sources and experience of best practice.

Research results. The founder of sports sambo is Vasyi Sergeevich Oshechkov, who graduated from the judo school at the Tokyo Institute of Kodokan. His knowledge gained numerous transformations and refinements. So arose a new kind of uniforms - sports sambo [1; 3].

Sambo has been cultivated in Ukraine since 1934. Roman Shkolnikov (student Oschepkova) at the Kharkov Institute of Physical Training began to teach sports sambo at the Department of Defense and Attack [4].

Recently, wishing to take part in competitions in sports sambo becomes more. During the study, the participation of athletes of the national team of Ukraine at the World and European Championships in sport sambo during the last five years (2014-2018) was analyzed.

Conclusions. In the period from 2014 to 2018, according to a study, sports sambo, as a sport, is gaining even more momentum. The number of medals of the national team of Ukraine does not decrease, despite the growth of competition of other countries of the world (Azerbaijan, Armenia, Georgia, France, Byelorussia, etc.) and updating of the quantitative composition of the team. For the qualitative development of the international sports sambo, one should pay attention to the youth.

Currently, sports sambo has a solid foundation for active development. The number of amateurs and professional athletes is increasing every year. The main task on a global scale is to include sambo in the program of the Olympic Games.

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FACTORS FOR THE DEVELOPMENT OF THE AQUATHLON.

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ABSTRACT

The purpose of the study is to confirm the appropriateness of the use of the factors of development of the sport to aquathlon in the world and on the territory of Ukraine by analyzing the data of the conducted expert survey.

Methods of research: analysis and synthesis of scientific-methodical literature and Internet sources; expert survey; deduction; comparison, comparison and analogy; mathematical statistics.

In the article the factors of development of aquathlon are considered. The feasibility of their application for popularization of aquathlon in the world and in Ukraine has been scientifically proved. The degree of influence of the groups of problem factors of the development of the sport on the aquathlon is determined.

According to expert opinions, the degree of influence of groups of the problem factors of the development of the sport on the aquathlon is as follows: economic, organizational, status, socio-political, scientific, moral and ethical, and others.

The factors of development of aquathlon in Ukraine and in the world are as follows: entertainment, high achievements of athletes, financing, coverage in the media, accessibility, applied nature of the sport, duration of sports career and others. The feasibility of their application is confirmed by the results of an expert survey of 13 experts on aquathlon.

Keywords: neolympic sport, aquathlon, popularization, developmental factors.

АНОТАЦІЯ

У статті розглянуто чинники розвитку акватлону. Науково підтверджено доцільність їх застосування для популяризації підводної боротьби у світі та, зокрема, в Україні. Визначено ступінь впливовості груп проблемних чинників розвитку виду спорту на акватлон.

Ключові слова: неолімпійський спорт, акватлон, підводна боротьба, популяризація, чинники розвитку.

Formulation of the problem. Analysis of recent research and publications. Despite the large number of sports available and the level of their popularization, a clear concept of sports development is difficult to distinguish. Because for each particular sport different factors of its development and their priority application will differ.

The analysis of literary sources shows that most modern specialists [1-8] who studied the issues of development and popularization of various sports determine the development of the sport by a complex multilevel model, which is associated with its phased growth, in particular, at the club, regional, national and international levels.

The study analyzed information on the peculiarities of the development and distribution of non-Olympic sport in general and its individual types and disciplines [1, 3-6, 8], as well as hypotheses concerning the promotion of acvallon in Ukraine [7]. However, in the available literature, no information was found that confirmed the appropriateness of the use of submarine fighting these factors and their level of correlation. That is why this topic of research can be considered relevant, which contains elements of novelty and requires research and development.

Relationship of work with scientific plans, themes. The work was carried out within the framework of the scientific complex interuniversity project "Theoretical and methodological foundations of the development of the non-Olympic sport" of the thematic plan of research work in the field of physical culture and sports for 2016-2020 of the Ministry of Education and Science of Ukraine (state registration number 0111U001715).

The purpose of the study is to confirm the appropriateness of the use of the factors of development of the sport to aquathlon in the world and on the territory of Ukraine by analyzing the data of the conducted expert survey.

Objectives of the study:

1. To analyze the scientific and methodological literature and electronic sources of information on the subject of research.
2. Determine the degree of influence of groups of problem factors of development of sports on aquathlon.

3. To confirm the appropriateness of the use of the factors of development of aquathlon and their degree of significance for its popularization.

Methods of research: analysis of synthesis and synthesis of scientific-methodical literature and Internet sources; expert survey; deduction; comparison, comparison and analogy; mathematical statistics.

Results of the research and their discussion. Analysis of scientific and methodological literature and Internet sources allowed to distinguish groups of problem factors of development and popularization of the sport [8] in order to determine their level of influence on the further effective functioning of aquathlon and to determine the general factors of the development of the sport [4] in order to confirm the feasibility of their application to aquathlon in the world and on the territory of Ukraine by analyzing the data of the conducted expert survey. The survey was conducted at the expense of questionnaires of 13 experts, of which 9 from Ukraine, 2 from the Russian Federation and one from Lithuania and Estonia.

Thus, the analysis of the data shows that experts confirm the feasibility of using the above-mentioned factors of development of aquathlon and determine the optimal priority of their application efficiency, however, taking into account the characteristics of the country that cultivates it.

Conclusions:

1. As a result of research, groups of problem factors of the development of the sport and the general factors of its popularization were determined in order to predict the expediency and effectiveness of their subsequent application to the aquathlon.

2. The degree of influence of the groups of problem factors of development of sports on aquathlon according to expert opinions is as follows: economic, organizational, status, socio-political, scientific, moral and ethical, and others.

3. The factors of the development of aquathlon in Ukraine and in the world are as follows: entertainment, high achievements of athletes, financing, coverage in the media, accessibility, applied nature of the sport, duration of sports career and others. The feasibility of their application is confirmed by the data of an expert survey, in which 13 experts from aquathlon participated.

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PSYCHOLOGICAL AND INTUITIVE DOMINANT OF COASTAL ATHLETES-SPINNING-PLAYERS AS A COMPONENT OF SUCCESSFUL COMPETITIVE ACTIVITY.

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АННОТАЦИЯ

В данной статье рассматриваются значимые стороны актуального вопроса о психологической интуитивной доминанте береговых спортсменов-спиннингистов как составляющей успешной соревновательной деятельности. Рассматриваются принципы психологической самокоррекции морального и физического состояния спортсмена-спиннингиста.

Ключевые слова: психология, интуиция, доминанта, самокоррекция, спортивный спиннинг, результат.

ABSTRACT

In this article important parts of the actual question about the psychological intuitive dominant of coastal athletes-spinningists as a component of a successful competitive activity are considered. The principles of psychological self-correction of the moral and physical condition of a sportsman-spinningist are considered.

Keywords: psychology, intuition, dominant, self-correction, sporting spinning, result.

The performance problem. The sporty riverbank fishing is a well-thought-out spinning anglers athlete conversion after the water tank and the search for the predatory fish; Bank fishing, as a rule, is very dynamic and emotional, calculated on the ability to grasp and intuitive approach to the actions and the process of fishing, the more spin fishing athletes, according to his inner intuitive opinion, will fish the perspective fishing points, the more profitable yield which receives at test time.

The analysis of recent research and publications. Psychologists' research on intuition as a dominant of the path of success in sport has generally shown [3, 4, 6, 8, 9, 10] that the intuition of the knowledge and the skills, the love of the most sportive direction, the Persistence, persistence, approach to the subjective psychology of the spider athlete, decisiveness, rigor, self-criticism, fundamentalism, conviction in itself and the team partners, then the process of sport fishing will have the emotional activity. Due to the psychological and initiative dominance of the riverbank athletes, there is an ever-increasing interest in the nature of the inner human condition, under the conditions of extra-sports decision-taking for a short period of time (a repeated throw to attract the Angel, the bait suspension in the water on a certain break etc.).

The aim of the article is to shed light on the preparation of the psychological and initiative dominant of the riverbank athletes as a component of successful competitive activity.

The main material explanation. The bankruptcy athletes of such Ukrainian teams as "Fanatics", "Crazy Fish" "Flagman" "Ibis" show positive results on their apparent positive psychological mood, which points to the oppression of negativity and rest and steadiness for the execution of complex methodological tasks de competitions, which helps to maintain a positive psychological state in the dynamic tone. The psychology researcher A. O. Prokhorov rightly states that "different psychological states can have significant physiological changes. For example, outrage and enthusiasm have identical physiological characteristics, but they are different states "[5].

The conclusions. We come to the following conclusion that the achievement of the high sporting result in the riverbank fishing is impossible without careful intellectual and psychological preparation. The development in the riverbank athletes of the skill utilization of their psychological states and the search for the inner intuitive dominant plays in this process the most important role, which represents the complex psychological-intuitive component especially for the successful competition activity.

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ANALYSIS OF THE TECHNIQUE OF PERFORMANCE BY TIGHTNESS ATHLETIC EXERCISES ON CROSSFIT TRAININGS

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ABSTRACT

The purpose of the study is to study the characteristic errors of athletes involved in crossfit, when performing weight-lifting exercises.

Research methods: theoretical analysis and synthesis of literature and Internet resources, pedagogical observation, video filming, methods of mathematical statistics.

Organization of the study. Studies were conducted in the sports complex "BlaS" and "CrossFit Factory". The study involved 24 men involved in crossfit, age 23-48 years old, workout experience from 6 months to 2 years. The amount of training classes was 3-4 classes per week.

The following methods were analyzed: methods of conducting group and individual classes, planning training sessions, the technique of performing weight-lifting exercises, jerk and push (lifting onto the chest, pushing out from the chest) of the barbell.

In the structure of the jerk and in the ascent to the chest, the phases were distinguished: start, thrust, undermining, squatting, rising, fixing. In the push from the chest, the phases of movement have the following names: half-squat, pushing, leaving, rising, fixing.

We determined that 91.6% of crossfit practitioners performed the barbell tug exercise with critical deviations from the rational rod movement trajectory. 75% of those tested lack a phase of detonation, or after it has been completed, the body is not fully straightened. 83.3% of sportsmen made a mistake when performing a half-ride. An analysis of the execution of the push showed that 91.6% of crossfitters made mistakes in the starting position.

The technique of performing weight-lifting exercises, jerk and push of a bar in athletes crossfitters was investigated. Identified characteristic technical errors that can lead to injuries of the musculoskeletal system. General practical recommendations are given for the study and use of weightlifting exercises in group and individual crossfit training.

Keywords: crossfit, bar, jerk, push, injury, technical error.

АННОТАЦИЯ

В статье представлено исследование техники выполнения тяжелоатлетических упражнений, рывка и толчка штанги у спортсменов, занимающихся кроссфитом. Выявлены характерные технические ошибки, которые могут привести к травмам опорно-двигательного аппарата. Даны общие практические рекомендации для изучения и использования тяжелоатлетических упражнений в групповых и индивидуальных занятиях кроссфитом.

Ключевые слова: кроссфит, штанга, рывок, толчок, травма, техническая ошибка.

Formulation of the problem. Currently, the issue of popularizing a healthy lifestyle and finding new tools and training methods that would improve functional status, increase the level of physical fitness, and as a result improve health, is relevant [2, 3, 12].

One of the new technologies in physical culture is Krosfit, as a method of circuit training [6].

The term "Crossfit" comes from the English words "Cross", which means "cross, cross" and "Fitness", which means "fitness, endurance."

This type of physical activity came to us from the United States as a type of fitness, and is a system of general physical training based on alternating basic exercises from various sports (weight lifting, weightlifting, gymnastics, athletics, rowing, etc.) . Its founder is a personal trainer and a former gymnast Greg Glassman.

The method of training in crossfit harmoniously affects all physical qualities. Occupations include quickly replacing each other blocks of exercises of various directions [9].

However, high-intensity workouts where difficult coordination exercises and exercises with weights are performed, in conditions of both group and individual classes, against the background of insufficient physical and technical preparedness of the students, can lead to disruption and injuries.

Therefore, we consider it relevant to study and improve the methodology for conducting classes in mastering the technique of performing exercises when practicing Crossfit.

Analysis of recent research and publications. The development of physical qualities by means of crossfit attracted the attention of a significant number of scientists both in our country and abroad [1, 4, 9, 10].

Studies by a number of authors have shown that the peculiarity of crossfit is that people of different ages and sexes can do it, since this type of motor activity easily scales to the capabilities of each [3, 5, 10].

According to experts, the use of crossfit in the classroom in physical culture in a secondary school contributes to the integrated development of physical and mental qualities [3, 10].

In the works of some scientists experimentally proved the effectiveness of the educational process of students of higher educational institutions in the classroom on physical education with the use of elements of crossfit [1, 4, 6].

Also, there are studies where possible ways of improving and optimizing the special physical training of the military forces of Ukraine are proposed using crossfit [5, 8].

However, works on the problems of technical preparedness of people involved in this type of motor activity in the available literature have not been identified.

The purpose of this study is to study the characteristic errors in athletes involved in crossfit, when performing weight-lifting exercises.

Research methods: theoretical analysis and synthesis of literary sources and data from the Internet, pedagogical observation, video filming, methods of mathematical statistics.

Organization of the study. Studies were conducted in the sports complex "BlaS" and "CrossFit Factory". 24 men, aged 23-48 years, engaged in crossfit, work experience from 6 months to 2 years took part. The amount of training classes was 3-4 classes per week.

The following methods were analyzed: methods of conducting group and individual classes, planning training sessions, the technique of performing weight-lifting exercises, jerk and push (lifting onto the chest, pushing out from the chest) of the barbell.

In the structure of the jerk and in the ascent to the chest, the phases were distinguished: start, thrust, undermining, squatting, rising, fixing. In the push from the chest, the phases of movement have the following names: half-squat, pushing, leaving, rising, fixation [7, 11].

The presentation of the main material. In the study of the power unit of training sessions, we have identified weightlifting exercises, as the most traumatic and difficult to master the implementation technique.

For the analysis of the technique of performing the jerk and push of the bar, frame-by-frame shooting of athletes was used. It was processed in the program "Iron Patch", displaying the vertical trajectory of the projectile, which is the most informative parameter characterizing the spatial movement of the rod [7].

We determined that 91.6% of crossfit practitioners carried out a jerk of a barbell with critical deviations from the rational movement path of the projectile, which created an unstable position of athletes, forcing them to move forward and backward, thereby creating the risk of injury.

It was found that in 75% of those studied there is no phase detonation, or after it is completed, the body is not fully straightened, and this led to the fact that the speed of movement of the rod was not sufficient to rise to the required height and fixation.

When performing a half-squad, 83.3% of athletes made a mistake by shifting their heel support, thereby creating an unstable position and the likelihood of injury to the shoulder girdle and back.

In group classes from 5 to 20 people with different physical fitness, pedagogical control of the technique of performing weight-lifting exercises, which are performed with high intensity, is not sufficiently effective and does not allow for timely correction of kinematic characteristics.

Findings. Thus, the results obtained during the study showed that both group and individual crossfit training using power units of the jerk and jerk of the bar, without properly mastering the special auxiliary exercises that form the basis of the technique, can lead to characteristic injuries of the musculoskeletal system.

Practical recommendations. 1. Weightlifting exercises - jerk and push of the barbell are difficult to coordinate strength exercises, therefore the inclusion of these exercises in the system of training and training crossfit for beginner athletes can be recommended only by separate elements, allowing to form the basis of the technique of exercise.

2. The phased mastering of the elements of weightlifting exercises will allow one to master the structure of the motor action, to find individual ways to improve the technique without developing pathological and traumatic changes in the body of athletes.
3. Performing difficult-coordination strength exercises on the background of fatigue significantly increases the risk of injuries of the musculoskeletal system, so monitoring the performance of the cardio-respiratory system will avoid the characteristic traumatic injuries.
4. Individual pedagogical control of mastering the technique of performing weight-lifting exercises in the system of training and training sessions with crossfit will ensure not only a reduction in the risk of injuries of the musculoskeletal system, but also increase the efficiency of speed-strength development.

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FUNDAMENTALS OF ATHLETIC NUTRITIONOLOGY

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ABSTRACT

Objective. To systematize modern science information about effectiveness of the use macro- and micronutrients in sports food by athletes according to the principles of the Consensus of the International Olympic Committee on the use of dietary supplements in sport of higher achievements.

Methods. The method of theoretical analysis which is based on the generalization, synthesis, extrapolation and analysis of data problems in modern from scientific and methodological literature, network Internet and normative documents on this issue; the systematic approach.

Results. This scientific work tells about effectiveness of the use dietary supplements in sport of higher achievements, principles of the new independent science - nutritionology of sport and about using macro- and micronutrients by athletes in sports food.

Conclusions. In March 2018, the Consensus of the International Olympic Committee on the use of dietary supplements in sport of higher achievements was presented to the sports and medical community. The Consensus is the expert conclusion and recommendations of the leading sports nutritionists and specialists in the field of sports medicine, which are based on a detailed analysis of the latest achievements of sport science. It should become a regulatory document and a guide to the action for a sports nutritionist and a sports doctor at the same time.

Nutritionology of sport is relatively synthetic, but very actively progressing in recent years, an independent direction of clinical and experimental pharmacology and dietology, in relation to the present moment, was formed in a separate science. The strategy of the nutritional and metabolic support for the athletes is based on the principle of «gradual but steady formation of directed metabolic changes in the body that improve the physical form of a man.» According to the publications of the results of the scientific researches, there is a clear tendency towards the convergence of the means of the nutritional and metabolic support and medicinal products.

Experimental and clinical studies have shown that regular moderate physical activity increases the specific composition of human intestinal microbial by type so-called alpha-diversifications. The microbial component accounts for about 1,5 – 2 kg of body weight. The feces' analysis revealed the presence of 22 types of microorganisms in the cysts of the athletes as compared to 11 and 9 types of microbes in the group of ordinary people with high and low body index, respectively optimizing the composition of the intestines of the microbiome with the help of pre-, pro- and synbiotics is a strategy for improving the physical form and general health of athletes.

It is proved that general provisions on use, requirements and comparative characteristics of the main types, kinetics of the release, effectiveness of the use in different species, impact on immunity a physical activity, interaction with the microbiome of the intestine, conclusion on the effectiveness of the dietary supplements for physical activity for the main macro- and micronutrients of sports food (proteins, peptides, individual amino acids and their ketanalog, fats and fatty acids, carbohydrates, micronutrients, water-electrolyte balance and its regulation in the physical loadings).

Key words. Consensus of the International Olympic Committee, dietary supplements, Athletic Nutritionology.

АННОТАЦІЯ.

В роботі з позиції принципів Консенсусу МОК відносно застосування дієтичних добавок в спорті вищих досягнень і положень спортивної нутриціології систематизована сучасна наукова інформація про ефективне використання атлетами макро- і мікронутрієнтів в спортивному харчуванні.

Ключові слова: Консенсус МОК, дієтичні добавки, спортивна нутриціологія.

Formulation of the problem. Modern sports science requires the development and use of adequate pharmacological and nutritional support to accelerate the processes of adaptation to excessive physical activity, stimulation of physical performance, especially in sport of higher achievements, prevention of fatigue and avoiding the possibility of injuries that interfere with the regimen of the training cycle. The functional state of an athlete's body depends on its qualification level and complicates the expectation of an adequate effect from the use of repetitive training load variations. In the unfavorable development of the adaptation process, signs of adaptogenic pathology may occur, in which, due to the violation of adaptive mechanisms, various degrees of disturbance of homeostatic balance and even tissue destruction may occur, which leads to deterioration of the health status and results of competitive activities. Such phenomena contribute to the early abandonment of sports by promising athletes, in connection with which there is a need for the application of innovative methods for optimizing the biological structure and functioning of the organism in order to improve the efficiency and at the same time to reduce the risk of occupational diseases. It is a nontraining means of biomedical orientation, including nietritologicheskikh [1, 2, 3].

The modern system of training in sports is characterized by high rates of training and competitive loads, which are accompanied by a high level of emotional stress. It is natural that such high loads are a powerful factor in mobilizing the functional reserves of the body, stimulating intensive adaptation processes, increasing endurance, strength, speed reactions and, consequently, sports results. At the same time, an important role in improving physical performance, preventing overwork and accelerating the recovery processes after loads is due to rational nutrition and means of nutritional and metabolic support (NMP). Therefore, for the modern sport of higher achievements characterized by the strengthening of the role of dietary factors in the system of means and methods that provide a high level of performance of the athlete during his career [2, 7, 8].

Changes in the structure of the training process require special attention to catering issues at various stages of the annual training cycle, and during the competition period. The introduction of two and three-time training significantly changed the diet of athletes of high qualification, and the improvement of training methods led to a significant increase in energy consumption of the body. Detection of metabolic features in the process of assimilation of nutrients at the cellular level made it possible to determine the needs of the organism in individual components of the diet, to establish their optimal ratio, necessary for increasing physical performance, accelerating the processes of adaptation to stress and the influence of negative factors of the environment, activation of the processes of recovery of the organism. There was a need for adequate reimbursement of energy expended due to increased energy value of food, which, in turn, caused the need to create specialized nutrition for athletes, the development of special products of high nutritional value and biologically active food additives as important ergogenic factors of the ergogenic orientation. Thus, in the modern sports medical science and practice, the merger of pharmacology and nutritiology [1,2,3].

Analysis of recent research and publications. As a result of intensive numerical research and the introduction of them into the training of athletes, a new, relatively independent branch on the brink of two areas of knowledge - medicine and sports - sports nutritiology - a science that studies sports nutrition and its features. In 2016, as a result of the research, the concept of controlling NMPs of athletes was clearly formulated [2,7,8].

The results of recent studies allow classification of NMP in sport in the following directions: substrates for correction of protein-energy deficit; hydration and rehydration formulas; means that contribute to the increase of the BMD, strength, muscle strength, hypertrophy of muscle fibers; means of increasing endurance; neuroprotectors and neurostimulators; means of prevention of micro-damage and removal of the period of muscle pain; means of prevention of immunity reduction; means for improving the functional state of joints and ligaments; means of controlling the weight and lipid profile of the blood; means for the prevention and reduction of manifestations of bronchodone and bronchial asthma physical activity. Numerous studies suggest that the existing malnutrition slows down the recovery process, poses a threat to the development of various complications, high costs of treatment and a higher mortality rate. All these problems are of undoubted scientific and practical interest [1,2,3,4].

The work is carried out in accordance with the thematic plan of scientific researches of the Dnipropetrovsk State Institute of Physical Culture and Sports for 2016-2020 on the theme of research "Theoretical and Methodological Basis for Improving the Training Process and Competitive Activities at Different Stages of Athletes' Training", the number of state registration 0116U003007.

Goal. To systematize current scientific information from the standpoint of the IOC Consensus on the use of dietary supplements in sport of higher achievements and the provisions of sport nutrition on the main principles of the use of non-forbidden WADA macro- and micronutrients.

Objectives of the study. 1. To give a description of the principles and means of nutritional and metabolic support of athletes in sport of higher achievements. 2. To characterize: an intestinal microbe of an athlete; pre-, pro- and synbiotics. 3. To systematize recommendations on the effective use of macro- and micronutrients in sports nutrition.

Research methods. The method of theoretical analysis, which is based on generalization, synthesis, extrapolation and analysis of the results available on the issues of the problem in modern scientific and scientific-methodical literature, the Internet and normative documents; studying the experience of pharmacology of sport and sport nutrition, systemic approach.

Results of the research and their discussion. Nowadays, it is well known that the individual application of macro, micro and pharmacological intuitions can provide optimization of human capabilities, increase muscle contraction, general and special endurance, both in professional highly skilled athletes and in ordinary people who have an active lifestyle. The strategy of nutritional and metabolic support is an alternative to "cruel" and sometimes prohibited pharmacology, and proceeds from the principle of "gradual but regular formation of metabolic changes in the body that improve the physical form of man." The basis of the NMP contains detailed knowledge of macro-, micro- and pharmacological intuitions, the purpose of which is to increase the functionality of the organism by changing the metabolism of organs and systems in accordance with the tasks of the training process and strictly within its framework [1, 2, 3].

Conclusions. 1. In March 2018, the IOC consensus on the use of dietary supplements in sport of higher achievements was presented to the sports and medical community. The consensus is the expert conclusion and recommendations of leading sports specialists and specialists in the field of sports medicine, based on a detailed analysis of the latest achievements in sport science. It should become a regulatory document and at the same time a guide to action for a sports nutritionist and sports doctor.

2. Nutritionology of sport is a relatively new synthetic, but very actively progressing in recent years, an independent direction of clinical and experimental pharmacology and dietology, with respect to the present moment, formed into a separate science. The strategy of nutritional and metabolic support for athletes is based on the principle of "gradual but steady formation of directed metabolic changes in the body that improve the physical form of man." According to the publication of the results of scientific research, there is a clear tendency towards the convergence of the means of nutritional and metabolic support and medicinal products.

3. Experimental and clinical studies have shown that regular moderate physical activity increases the specific composition of human intestinal microbial by type of so-called alpha-diversification. The microbial component accounts for about 1.5-2 kg of human body mass. The feces analysis revealed the presence in the intestines of athletes of 22 types of microorganisms compared with 11 and 9 types of microbes in a group of ordinary people with high and low body mass index, respectively. Proved the existence of the axis "microbial intestines - the brain" and the axis "microbial intestines - muscles" athletes. Optimization of the intestinal microbial with the help of pre-, pro- and synbiotics is a strategy to improve the physical form and general health of athletes.

4. Proved: general provisions on the use, requirements and comparative characteristics of the main types; release kinetics; efficiency of use in different types; influence on immunity under physical activity; interaction with the microbiome of the intestine; Conclusion on the effectiveness of dietary supplements for physical activity for the main macro- and micronutrients of sports nutrition (proteins, peptides, individual amino acids and their ketanalogues, fats and fatty acids, carbohydrates, micronutrients, water-electrolyte balance and its regulation in physical activity).

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CARDIOVASCULAR DISEASES AND PHYSICAL TRAINING OF CITIZENS WHO PRACTISE SPORTS

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ABSTRACT

Objective. To systematize the modern knowledge about the atherosclerosis of arterial blood vessels as one of cause to development the cardiovascular diseases with citizens who practice sports.

Methods. The method of theoretical analysis which basing on the generalization, synthesis, extrapolation and analysis of data base which accessible for questions of problems in modern from scientific and methodological literature, network internet and normative documents on this issue; the systematic approach.

Results. In article to systematize the modern knowledges about the atherosclerosis of arterial blood vessels as one of cause to development the cardiovascular diseases with citizens who practise sports. To describe the factors to risk of development; the laboratory and instrumental methods of diagnostics; the means of prevention, treatment and recreation of athletes with this disease nosology.

Conclusion. To the main factors of development the cardiovascular diseases of citizens who practice sports are the next factors: the variable factors (the high level of holesterol in human arterial blood; the high blood pressure – hypertension; the overweight and smoking; the low level of holesterol by plasma lipoprotein of high density; the hypodynamia; the pancreatic diabetes; the colossal nervous tension; the hypothyroidism); the constant factors (the heredity; the aging; the male); the other factors (the low size of plasma lipoprotein by low density; the raised by level of blood homosysteine; the blood coagulation disorder; the stress).

For the diagnostic by course of the cardiovascular disease of athletes to use the other methods: the laboratory methods (the determination of level by holesterol, trigliceroles and the main lipoproteins in human arterial blood – chylomicrons; the lipoprotein by very low, by variation, by low and by high density); the instrumental methods (the electrocardiography, the echocardiography, the stress-testing, the angiography) testings.

There is possibility to use the effective methods of prevention, treatment and recreation by citizens with the cardiovascular diseases who practice sports: the ergotherapy methods (the healthing physical culture, the weights exercises, the total developed exercises, to walking, the exercises with long activity); the therapy which to lower the level of holesterol by human of arterial blood (the diet therapy: total fat; saturated, monounsaturated, polyunsaturated fatty acids; high carbohydrate diets; proteins; modification of the way of human life).

Key- words: atherosclerosis, cardiovascular diseases, playing sports.

АНОТАЦІЯ

В роботі систематизовані сучасні знання про атеросклероз артеріальних судин як одну із причин розвитку серцево-судинних захворювань у громадян, що займаються спортом. Описані: фактори ризику розвитку; лабораторні і інструментальні методи діагностики; засоби профілактики, лікування і рекреації спортсменів з цими нозологіями.

Ключові слова: атеросклероз, серцево-судинні захворювання, заняття спортом.

Formulation of the problem. Analysis of recent research and publications.

Cardiovascular disease (CVD) is a general term that covers many different heart diseases and circulatory system. In the United States, coronary heart disease (CHD), or coronary heart disease (CHD), is the most common form of CVD. It causes more than 50% of all deaths from CVD. Other major CPR include hypertension and cerebrovascular disease [4].

Atherosclerosis (Greek αθηρα - kaska and σκληρωσις - hardening) is a chronic disease characterized by the formation of atheromatous plaques due to a violation of lipid metabolism. As a result of a decrease in the lumen of the blood vessel, the blood flow decreases and blood pressure increases, blood circulation in organs is disturbed.

SRS is the main cause of mortality in the world. Every year, more than 17 million people worldwide die from CVD - more than cancer, respiratory diseases and diabetes combined. The lion's share of such deaths falls on middle and low income countries.

Today, heart disease is in the first place among the causes of death in Ukraine. This high figure - 68% - is not in any developed country of the world, and in Europe and America, these figures are on an order of magnitude lower. Infarctions and strokes began to "get" Ukrainians in the 35-40 years [4].

The following clinical forms of atherosclerosis are common: aorta, arteries of the brain, renal arteries, intestinal arteries, arteries of the lower extremities [2].

With the CVS in the blood of citizens there is a redistribution of various forms of lipids. Lipoproteins are macromolecular complexes that consist of various lipids and proteins. The main lipids are triacylglycerol (TAG), sometimes called triglycerol, cholesterol (X), and phospholipids; Proteins in these lipids are called apolipoproteins.

Risk factors for CVD. Age. Smoking Hypertension. Low HDL HD level.

The feedback between the HDL levels and the risk of CKD is established. Chl HDL can potentially reduce the atherogenicity of HL LDL. In addition, low levels of HDL HD can also be associated with elevated levels of LDPD, LDL, and insulin secretion, thereby increasing the risk of disease. NCEP has been identified three levels of HDL HD: normal 35-60 mg / dl (mg%) - desirable; high > 60 mg / dl - protective factor; low < 35 mg / dl is a major risk factor [7].

Stopping smoking, controlling body weight and regular exercises raise the level of HDL HD. Post hormone replacement therapy in postmenopausal women tends to raise HDL cholesterol levels in plasma, and may have a beneficial effect on women with low HDL levels [1].

Diabetes. Overweight. Physical passivity [4].

For the diagnosis of overweight we use the body mass index (BMI). The body mass index is calculated by the formula: $BMI = m / h^2$, where m is the body weight in kg, h is the height in m, and is measured in kg / m^2 .

Using clinical advice, $BMI \geq 25 kg / m^2$ is already at the risk of developing atherosclerosis.

It has been shown that endurance training can prevent the development of atherosclerosis and reduce weight. Exercises raise the level of HL HDL, which removes excess liver, increases the activity of lipoprotein lipase, which promotes the removal of Chl and fatty acids from the circulation and lowers the level of TAG plasma. Exercise increases coronary blood flow and improves the effectiveness of the exchange [O₂] _2. Endurance training reduces thrombosis, aggravating the breakdown of blood clots and reducing the adhesion and accumulation of blood platens [4].

The aim of the study. To systematize the modern knowledge about atherosclerosis of arterial vessels as one of the reasons for the development of cardiovascular diseases among sportsmen.

Objectives of the study. 1. To give a description of the risk factors for the development of cardiovascular diseases. 2. To analyze modern laboratory and instrumental methods of diagnosing the occurrence of cardiovascular diseases. 3. To propose effective methods of prevention, treatment and recreation of citizens with cardiovascular diseases involved in sports.

Research methods. The method of theoretical analysis, which is based on generalization, synthesis, extrapolation and analysis of the results available on the issues of the problem in modern scientific and scientific-methodical literature, the Internet and normative documents; system approach

Results of the research and their discussion. Laboratory diagnostics.

Clinico-laboratory factors are of particular interest to the physician and the patient, since influencing them can significantly reduce the risk of these diseases. These clinical and laboratory factors include.

Cholesterol is common. This is a fraction of all blood lipoproteins, including low, high, intermediate and very low density lipoproteins, as well as Chl, which is part of the lipoprotein (a). This is an integral indicator of Chl blood exchange. A high level of total HI (more than 240 mg / dL) is one of the most significant risk factors for atherosclerosis. The desired concentration of total HI should not exceed 200 mg / dl [5].

Conclusions. 1. The main risk factors for the development of cardiovascular diseases of the sports involved are: variables (high blood cholesterol, high blood pressure - hypertension, overweight and smoking, low cholesterol high density lipoprotein, hypodynamia, diabetes mellitus, overstrain of the nervous system; hypothyroidism); constant factors (heredity, aging, male sex); other factors (small particles of low density lipoprotein, increased homocysteine in blood, impaired blood coagulation, stress)

2. For the diagnosis of cardiovascular diseases, athletes use: laboratory methods (determination of the content of cholesterol, triacylglycerols and major lipoproteins of serum - chylomicrons, very low, variable, low, high density lipoproteins); instrumental methods (electrocardiography, echocardiography, stress testing, angiography) testing.

3. Proposed effective methods of prophylaxis, treatment and recreation of citizens with cardiovascular diseases involved in sports: ergotherapy (recreational physical activity, exercises on overcoming resistance, walking, general development

exercises, exercises with prolonged activity); low-cholesterol therapy (diet therapy: total fat, saturated, monounsaturated, polyunsaturated fatty acids, high-carbohydrate diet, modification of lifestyle).

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REGULATORY AND LEGAL SUPPORT FOR THE DEVELOPMENT OF NON-OLYMPIC SPORTS IN UKRAINE

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ABSTRACT

Regulatory and legal provision of sport is one of the main elements that stimulates the development of sport, creates the basis for the regulation of relations and defines the rights, responsibilities of the subjects of the sphere, etc.

The purpose of the work is to analyze normative and legal documents regulating the development of the non - Olympic sport in Ukraine.

It is revealed that the majority of documents influencing the development of the non-Olympic sport are general and develop the sphere of physical culture and sports in general. For the development of the non-Olympic sport the Regulations "On the rating of non-Olympic sports in Ukraine", "Plan of measures for the development of non-Olympic sports for 2018-2022" and the decrees of the President of Ukraine on the awarding of state awards by members of the national team of Ukraine on the World Games of non-Olympic kind of sports were adopted.

It is noted that most acts are subordinate. Most of the orders were issued by the Ministry of Sport. Also, non-Olympic sport is influenced by other branches of law -administrative, economic, environmental and others.

Keywords: non-Olympic sport, normative-legal act.

АНОТАЦІЯ

Систематизовано основні нормативно-правові акти, що становлять підґрунтя для розвитку і функціонування неолімпійського спорту в Україні.

Ключові слова: неолімпійський спорт, нормативно-правовий акт.

Formulation of the problem. Analysis of recent research and publications.

Regulatory and legal provision of sport is one of the main elements that stimulates the development of sport, creates the basis for the regulation of relations and defines the rights, responsibilities of the subjects of the sphere, etc. There is no exception to the non-Olympic sport.

The analysis of scientific and methodological literature made it possible to reveal that a number of scientists were investigating the problems and prospects of the development of the non-Olympic sport in Ukraine. Thus, Bayramov R. Kh. [1] studied the organizational principles of the functioning of this area of sport in Ukraine. Imas Ye.V., Borisova O.V., Kogut I.O. [6] define the legal framework for the operation of non-Olympic sport at the international level. Dolbysheva N.G. [2] considered the hierarchy of management of the non-Olympic sport in Ukraine. Imas E.V., Matveev SF, Borisova OV, Kogut IO, Marinych VL, Goncharenko Y.V., Kropivnitskaya T.A. [7] reveals some issues of the legal regulation of the non-Olympic sport in Ukraine, but not all legal acts that shape its legal basis today are discussed and their influence on the development of the non-Olympic sport is not disclosed. Therefore, there is a need for a more in-depth study of the legal regulation of the non-Olympic sport, which significantly influences its development.

The research was carried out within the framework of the scientific theme of the thematic plan of the Ministry of Education and Science of Ukraine for 2019-2020. "Contemporary Neolympic Sports: European and National Context" (state registration number 0119U100412).

The purpose of the work is to analyze normative and legal documents regulating the development of the non - Olympic sport in Ukraine.

Research results and their discussion. The analysis of the legal and regulatory framework for the operation of the non-Olympic sport has shown that all documents can be distributed: 1) in legal force - on legislative (laws) and by-laws (orders, regulations, etc.); 2) conditionally in the sphere of influence - in general (covering the whole sphere) and special (related only or predominantly to non-Olympic sport).

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Regulatory and legal provision of sport is one of the main elements that stimulates the development of sport, creates the basis for the regulation of relations and defines the rights, responsibilities of the subjects of the sphere, etc. There is no exception to the non-Olympic sport.

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The procedure for recognition of sports, including them in the Register of recognized sports in Ukraine, and the procedure for keeping it in clause I, paragraph 5, indicates the benefits of the recognized sport in Ukraine. Paragraph IV of this order includes such important aspects as: grounds for the recognition of sport (sub-paragraph 6) and the abolition of recognition of sport in Ukraine (sub-paragraph 9). Also in this normative legal act, in point V, subpoint 2, the documents in which the register is drawn up are Olympic, non-Olympic and national sports [11].

In the Regulations on the Children's and Youth Sport School, approved by the Cabinet of Ministers of Ukraine on November 5, 2008, No. 993, in paragraph 2 of the general part the structure and normative documents, which guides the sports school, are presented. Since the youth sports school can open a non-Olympic sport, this document should also be considered [8].

In addition, each non-Olympic sport organization has its own charter, which outlines its goals and objectives, governance structure, funding, etc. In addition, regional and local authorities adopt various regulations and distribute them to the respective territories. There are a number of statutory acts that have lapsed, but they could once play a role in the development of the non-Olympic sport (for example, the Concept of the National State Chess Program "The Intelligence of the Nation". for 2013-2020 years). There are draft documents that are debated or approved (Neolympic Games Development Strategy).

Conclusions. An analysis of the regulatory framework for non-Olympic sports has shown that most of the documents affecting the development of the non-Olympic sport are common, that is, they develop the field of physical culture and sports in general. The Regulations on the rating of non-Olympic sports in Ukraine, the Plan of measures for the development of non-Olympic sports for 2018-2022 and the decrees of the President of Ukraine on the awarding of state awards by members of the national team of Ukraine to the World Games in the field of non-Olympic sports were adopted directly for the development of the non-Olympic sport . .

It should also be noted that most acts are subordinates. The largest number is the orders of the Ministry of Municipal Sports. Within the same article it is impossible to present them and give a description. In addition to the sports regulatory framework, non-Olympic sport is influenced by other branches of law (administrative, economic, environmental, etc.).

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ADAPTIVE AND INTEGRATIVE TRAINING OF THE FOREIGN LANGUAGE OF STUDENTS OF THE UNIVERSITIES OF SPORTS PROFILE IN THE LESSONS OF DISCIPLINE "TOURISM"

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Recently a problem of adaptive integration of intersubject joints, harmonies and integrations in educational process, psychological and pedagogical innovations, doctrines, methods and socialized didactic systems takes a powerful place. Realization of the complex approach to the psychological interrelation of such concepts "a subject in a subject", "discipline in discipline" creates a primary step to an input into integrative model of training as such, namely, - compelled necessity of application of the newest approaches to such problem as training to one discipline means another adaptive an integrative, even partly in something integral and adjacent. Tourism, sports tourism as discipline, more all approaches for evident training in foreign language of competitors of higher education of higher schools of a sports structure, for the reason, that the tourism makes active a social and psychological component of the future experts in the field of sports, creates conditions of certain „first team stuff" in a consequence of steadier and rallied employment and creative work on occupation with offered psychological and pedagogical model. "The discipline in discipline" or integratio (restoration, completion) can be meant as a certain global component of scientific and pedagogical representation about essence of each subject, separately, and in their compatibility of representations that creates an original skeleton for transformation of essential and main ideas and tasks as one, and another subject; their difference and similarity for contextual and situational submission of a necessary material of one subject to another therefore as development of inclusive or integrative adoption of educational tasks demand wide sights of educational forces in different pedagogical forms: „knowledge in knowledge" miscellaneous, as uniform, essence support trained in individual elimination of the blanks in this or that subject, or at once in both. The given thesis is presented very actual, ambiguous and debatable. It is necessary to notice, that such basis out either from the particular to the general, or from the general to the particular, the maintenance is gradually enriched with new data communications and laws. Differently, competitors of higher education of higher schools of a sports structure can improve skills of speaking, verbalizations, dialogizations, speech training at a level of "an educational background" and the certain pedagogical algorithm of the basis purposes and tasks of discipline "Tourism" for it adaptive and integrative approach and is that integration of the purposes which supplements and increases depth of the contents of means and methods of training as such.

Keywords: adaptive integration, educational process, tourism, foreign language, higher education.

АННОТАЦИЯ

В последнее время проблема адаптивной интеграции межпредметных сочленений, соразмерностей, равно и интеграций в учебном процессе, психолого-педагогических инноваций, доктрин, методов и социализированных дидактических систем занимает весомое место. Реализация комплексного подхода к психологической взаимосвязи таких понятий, как «предмет в предмете», «дисциплина в дисциплине», создают первичную ступень для входа в интегративную модель обучения как таковую, а именно – вынужденная необходимость применения новейших подходов к такой проблеме, как адаптивно-интегративное обучение одной дисциплине средствами другой, даже отчасти в чем-то неотъемлемой и смежной. Туризм, спортивный туризм, как дисциплина, более всего подходит для наглядного обучения иностранному языку соискателей высшего образования вузов спортивного профиля, по той причине, что туризм активизирует социально-психологическую составляющую будущих специалистов в области спорта, создает условия некой «командности», в последствии более устойчивой и сплоченной занятости и творческой работы на занятии с предлагаемой психолого-педагогической моделью. «Дисциплина в дисциплине» или integratio (восстановление, восполнение) может

подразумеваться как некий глобальный компонент научно-педагогического представления о сути каждого предмета по отдельности и в их совместимости представлений, что создает своеобразный остов для трансформации существенных и главных идей и задач, как одного, так и другого предмета; их разности и сходности для контекстуальной и ситуативной подачи необходимого материала одного предмета другому, потому как разработка инклюзивности или интегративной адаптационности учебных задач требует широких взглядов учебных сил в разных педагогических формах: «знания в знании» разного, как единого, суть поддержка обучаемых в индивидуальных устранении своих пробелов в том или ином предмете, или сразу в обоих. Данный тезис представляется очень актуальным, неоднозначным и дискуссионным. Следует заметить, что «такая форма интеграции построена на основе принципа концентричности. Познание осуществляется или от частного к общему, или от общего к частному; содержание постепенно обогащается новыми сведениями, связями и закономерностями. Иными словами, соискатели высшего образования вузов спортивного профиля смогут улучшить навыки говорения, вербализации, диалогизации, речевого тренинга на уровне «учебного фона» и некоего педагогического алгоритма основных целей и задач дисциплины «Туризм», ибо адаптивно-интегративный подход и есть та интеграция целей, которая дополняет и приумножает глубину содержания средств и методов обучения как таковых.

Ключевые слова: адаптивная интеграция, учебный процесс, туризм, иностранный язык, высшее образование.

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FEATURES OF CORRECTION OF OPERATIONAL STATES OF ATHLETES WHO SPECIALIZE IN IRONMEN 70.3 FOR OPTIMIZATION OF THE TRAINING PROCESS.

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ABSTRACT

The article deals with the actual issues of sports medicine - the correction of the operative states of athletes against the background of adaptive capacity of the body at the performance of a powerful physical activity.

The purpose of the article is to determine the features of the correction of the operative states of the functional systems of the body of athletes who specialize in IRONMEN 70.3 to enhance the competitive outcome and optimize adaptation processes to high physical activity.

The evaluation of the functional state of the organism and the level of physical condition athletes who specialize in IRONMEN 70.3. The evaluation of the functional state of the cardiovascular, respiratory systems and the level of physical condition was carried out with the help of the computer program SHVSM and SHVSM integral, as well as the program "Cardio +".

Athletes who have violations of adaptation are detected. It has been established that 70.3% of athletes have the strain of adaptive mechanisms for performing physical activity.

The proposed correction of the existing changes should include medical-biological (pharmacological agents) and pedagogical (correction of the training process) methods of correction. During the 4 weeks of the basic mesocycle, a pharmacological correction of certain operative states of the leading systems of the body was proposed: the administration of "Adatol" and "Magnesium V6 antistress" preparations and the correction of the training process

The efficiency of the proposed correction scheme has been proved, which was reflected in the increase of the functional state of the cardiovascular, respiratory and nervous systems of the main group athletes, and also contributed to the increase of their fitness level.

Keywords: functional state, athletes "Masters", fitness, level of physical preparedness, operational state, correction.

В статті розглянуті актуальні питання спортивної медицини – корекція оперативних станів спортсменів на фоні напруги адаптаційних можливостей організму при виконанні потужного фізичного навантаження. Проведена оцінка функціонального стану організму та рівня тренуваності спортсменів, які спеціалізуються в IRONMEN 70.3. Виявленні спортсмени, які мають порушення адаптації, запропонована корекція існуючих змін фармакологічними та педагогічними методами, доведена ефективність запропонованої схеми корекції.

Ключові слова: функціональний стан, спортсмени «Masters», тренуваність, рівень фізичної підготовленості, оперативний стан, корекція.

Постановка проблеми. Аналіз останніх досліджень та публікацій. Слід зазначити, що все більше людей в віці 40+ ставлять за мету покращення рівня свого здоров'я, фізичної підготовленості, роботоздатності.

Високий рівень функціонального стану основних систем організму спортсменів «Masters» 40+, які спеціалізуються в IRONMEN 70.3 є запорукою досягнення високого спортивного результату в умовах важкої змагальної діяльності [1, 2, 3].

В умовах змагань, з метою оптимізації процесів відновлення під час тривалого фізичного навантаження, корекція оперативних станів спортсменів є найважливішою запорукою не тільки адекватної адаптації до високоінтенсивного та тривалого змагального навантаження але і збереження здоров'я атлета [1, 4, 5].

Мета дослідження – визначити особливості корекції оперативних станів функціональних систем організму спортсменів, які спеціалізуються в IRONMEN 70.3 для підвищення рівня змагального результату та оптимізації процесів адаптації до високих фізичних навантажень.

Методи та організація дослідження. Дослідження проводилися на базі НМУ ім. О.О. Богомольця на кафедрі фізичної реабілітації та спортивної медицини. В дослідженні прийняли участь спортсмени (27 чоловік), які

спеціалізуються в IRONMEN 70.3, що характеризується великими обсягами роботи та високою інтенсивністю навантажень. Вік спортсменів склав 43-47 років, тривалість занять IRONMEN від 6 місяців до 2 років.

Результати дослідження та їх обговорення.

Аналіз динаміки функціонального стану серцево-судинної системи визначив, що на початку дослідження спортсмени основної групи мали нижче за середній рівень (таблиця 1). Найнижчі показники були ІР (індекс Робінсона), що характеризує рівень функціонування серцево-судинної системи та індекс Скібінського (адаптаційні можливості). Всі показники в порівнянні зі спортсменами контрольної групи були суттєвими. З метою визначення ефективності запропонованої корекції оперативних станів спортсменів наприкінці дослідження був проведений аналіз цих показників і виявлені позитивні достовірні зміни. Рівень функціонального стану серцево-судинної системи в спортсменів основної групи відповідав вище за середній, а різниця з показниками спортсменів контрольної групи була не суттєва.

ВИСНОВКИ

1. На початку дослідження було встановлено, що 70,3% спортсменів мають напругу адаптаційних механізмів щодо виконання фізичного навантаження.
2. Запропонована схема повинна містити медико-біологічні (фармакологічні засоби) та педагогічні (корекція тренувального процесу) методи корекції.
3. Впровадження запропонованої схеми корекції в тренувальний процес спортсменів «Masters», які спеціалізуються в IRONMEN 70.3 дозволило довести її високу ефективність, що відобразилося на підвищенні рівня функціонального стану серцево-судинної, дихальної та нервової систем спортсменів основної групи, а також сприяло підвищенню рівня їх тренуваності.

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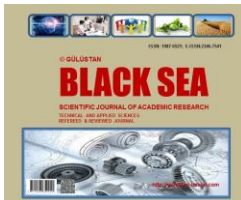
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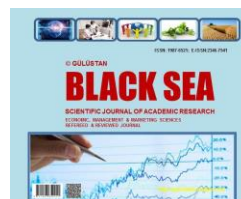
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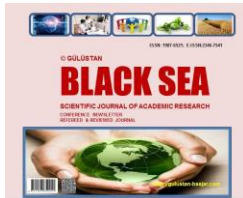
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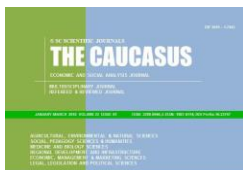


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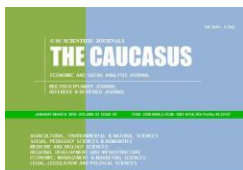


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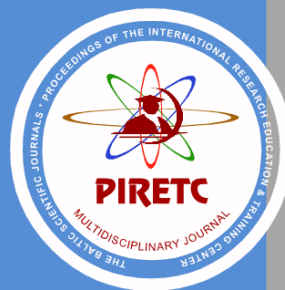
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