

**BALNEOLOGY AND REHABILITATION**

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**THE IMPORTANCE OF BIOFEEDBACK AND ELECTRIC PULSE  
STIMULATION OF THE PELVIC FLOOR MUSCLES IN THE  
PREVENTION OF RECURRENT PERINEAL PTOSIS IN WOMEN IN  
THE MENOPAUSE AFTER SURGICAL TREATMENT (LITERATURE  
REVIEW)**

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**Key words:** biofeedback, electric pulse stimulation, extracorporeal magnetic stimulation, genital prolapse, menopause, pelvic floor surgery.

**Annotation.** The review is devoted to a relevant problem of modern gynecology – medical rehabilitation of menopausal patients, who do not go through the hormone replacement therapy and who have undergone surgical treatment of perineal ptosis. The authors of the article analyzed not only the main risk factors contributing to the recurrence of perineal ptosis after surgical correction, but also the sources of induction of perineal tissue failure in menopausal women. Features are examined, significant aspects of the health of the menopausal period of a woman's life are highlighted. Particular attention is paid to conservative hardware methods of medical rehabilitation of perineal tissues in the late postsurgical period as a way to optimize the prevention of recurrence of genital prolapse and repeated surgical intervention in this regard in the future.

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**EFFECT OF SELENIUM-MODIFIED MINERAL WATER  
"KRASNOARMEYSKAYA NOVAYA" ON THE LEVEL OF  
ANTIOXIDANT PROTECTION OF THE LIVER AND BRAIN TISSUE  
CELLS DURING THE RECOVERY PERIOD AFTER EXPERIMENTAL  
NORMOBARIC HYPOXIA**

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**Keywords:** selenium, mineral water, antioxidant protection, liver, brain,  
hypoxia, experiment.

**Annotation.** The purpose of the study is to evaluate the antioxidant potential of liver and brain tissue in the posthypoxic period under the influence of a course of internal intake of selenium-modified mineral water (MW) from the spring "Krasnoarmeyskij Novyj" in the experiment. The multidirectional reaction of the liver and brain tissue to the interval hypoxic load lasting 17 days and in the long-term period 14 days after its completion are determined. The least resistance to hypoxia and rapid recovery are observed in the liver tissue. The intake course of native MW decreases the antioxidant protection of the liver, and the addition of selenium to MW leveled its stressful effect. In the brain tissue, the intake course of native and selenium-modified MW unidirectionally increases the reserve of antioxidant protection, reducing the intensity of spontaneous and induced lipid peroxidation.

## **SPORTS MEDICINE**

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UDC 796.332+612.172.6

### **SPECIAL FEATURES OF THE MORPHOFUNCTIONAL STATE OF THE CARDIOVASCULAR SYSTEM OF SOCCER PLAYERS ACCORDING TO THE RESULTS OF ECHOCARDIOGRAPHY**

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**Keywords:** echocardiography, false chords, false trabeculae, small anomalies of heart development.

**Annotation.** Cardiological examination of elite athletes, including echocardiography and electrocardiography, is an extremely important diagnostic procedure, since they are included in the risk group for sudden death. One of the leading positions among many sports is soccer. In our study, a high percentage of detected false chords and false trabeculae (40%) in athletes drew attention to themselves. According to the results of echocardiography examinations, in order to prevent cardiac disorders, it is recommended to form a "risk group" among athletes with signs of connective tissue dysplasia, taking into account the family background, the number of markers of connective tissue dysplasia, the presence of small anomalies.

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### **HEART RATE VARIABILITY AS THE MAIN METHOD OF ASSESSING THE FUNCTIONAL STATE OF ATHLETES PARTICIPATING IN EXTREME SPORTS**

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**Keywords:** functional state, differential diagnostics, athletes, adaptation.

**Annotation.** The aim of this study is to develop a model for early diagnosis of the functional state of extreme sports athletes, based on heart rate variability

(HRV) data. Athletes had been examined with diagnostic device “Varicard 2.51”, linear discriminant analysis was made on HRV data. Statistics were calculated with the “Statistica 7” software. According to discriminant analysis, athletes were divided into 4 groups by their functional state (FS) with a level of classification ability 90,66%. Developed model is precise and accurate: match of calculated results with actual FS is 80,27% for optimal FS, 97,08% for acceptable FS, 84,05% for premorbid condition, 77,08% for critical FS. The change in FS is due to the processes of athletes’ adaptation to environmental conditions and the intensity of physical and psycho-emotional stress associated with the readjustment of the regulation mechanisms, which is confirmed by HRV analysis. Significant ( $p < 0,05$ ) predictive indicators of HRV (SI, SDNN, HR, CV, pNN50, Xmax, Mean RR, Xmin, AMo50, Mo, MxRMn, HFmx, RMSSD, LF/HF, CC1), which values must be used in developed LDF model, were identified. The developed forecasting model is characterized by a high informational ability (90.1%), which allows reliable ( $p < 0,05$ ) forecasting of the FS dynamics in extreme sports athletes. Developed model has a strong correlation ( $r > 0,70$ ,  $p < 0,05$ ) between FS levels, extreme sports and stress reaction in premorbid and critical state, indicated by stress-hormone concentration in saliva.

## **PHYSIOLOGY**

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### **EVALUATION OF THE INDICATORS OF THE MUNICH CHRONOTYPE QUESTIONNAIRE IN MEDICAL STUDENTS**

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**Keywords:** chronotype, Munich Chronotype Questionnaire, sleep-wake cycle, sleep characteristics, students.

**Annotation.** The aim of the study was to assess the chronotype in the transition period of 2019 (March-May), taking into account the BMI of medical students living in the city of Vladikavkaz (43°01'00" N 44°41'00" E), North Ossetia-Alania. A voluntary survey of 270 medical students (210 girls, 60 boys) was carried out with the Munich Chronotype Questionnaire (MCTQ). The indices of the entire group were evaluated, separately for boys and girls on weekdays and weekends – the duration of sleep, the time of falling asleep, the middle of sleep,

which determines the chronotype, and "social jetlag". Analysis of the data showed significant sex-based differences, the duration of sleep in the mixed group is shorter on weekdays, but for boys it is significantly less than for girls on weekends. The time of falling asleep in the mixed group was shifted to a later time (29 minutes); for girls – by 22 minutes, and for boys – by 51 minutes. In the mixed group, significant differences were found between the duration of sleep on weekdays and weekends (by 29%), the shift in the middle of sleep to the morning hours (by 1 h 36 min). Students have "slightly late" (girls) and "moderately late" defined chronotypes. The prevalence of "late" chronotypes among medical students is accompanied by low resistance to the social environment; a chronic difference between endogenous and external biorhythms leads to an increasing tension of adaptation, which forms dysregulatory disorders, and is a risk factor for the development of pathology of the NEIM system.

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**SEX- AND AGE-RELATED SPECIAL FEATURES OF SPINAL CURVATURES IN THE FRONTAL PLANE IN CHILDREN AND YOUNG PEOPLE OF THE NORTHERN REGION WITH UNDIFFERENTIATED CONNECTIVE TISSUE DYSPLASIA**

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**Key words:** undifferentiated connective tissue dysplasia, spine, children, north.

**Annotation.** The aim of the study was to assess the influence of northern factors on the development and formation of postural disorders in the frontal plane in children and adolescents in association with undifferentiated connective tissue dysplasia. A high prevalence of scoliosis was established, characterized by an increase in the number of cases from the period of the second childhood to adolescence. During the second childhood and adolescence, deformities mainly affect the thoracic section and do not have sex-related differences, while in the adolescent period, sexual dimorphism begins to appear. Undifferentiated connective tissue dysplasia complicates scoliotic deformity of the spine with the involvement of all its parts in the pathological process and a greater spread of S-shaped and Z-shaped forms.

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**PLACEBO-CONTROLLED STUDY OF THE EFFECT OF BIOFEEDBACK TRAINING ON THE ALPHA RHYTHM OF THE BRAIN ON THE ELECTROENCEPHALOGRAM OF ATHLETES WITH MEAN LEVELS OF RELATIVE POWER OF THE SPECTRUM OF HEART RATE VARIABILITY**

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**Key words:** athletes, heart rate variability, biofeedback, electroencephalogram, alpha rhythm.

**Annotation.** In a placebo-controlled study, the effect of a biofeedback course according to the protocol for increasing the power of alpha activity of the electroencephalogram in the C<sub>3</sub>A<sub>1</sub> lead on the patterns of background electroencephalogram in elite athletes was studied. The initial functional state of the study participants was characterized by average levels of relative power of the spectrum of heart rate variability in the very low, low and high frequency ranges. The study included 102 participants of both sexes. It was found that the course of biofeedback compared to placebo exposure did not demonstrate statistically significant effects on the type of background electroencephalogram of the subjects.

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**ANALYTICAL REVIEW AND SYSTEMATIZATION OF DATA FROM PROSPECTIVE STUDIES RELATED TO THE EXAMINATION OF THE FUNCTIONAL STATE OF THE CARDIORESPIRATORY SYSTEM OF ASTRONAUTS**

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**Key words:** astronauts, space flight, adaptation, cardiovascular system, hemodynamics, respiratory system, hemic system.

**Annotation.** The purpose of this study was the analytical review and systematization of data from prospective studies related to the examination of the

functional state of the cardiorespiratory system of astronauts. Results of the theoretical study show that the conditions of zero gravity and gravitational loads during space flight cause significant physiological changes in the cardiorespiratory system of astronauts. There are changes in the cerebral, central and regional hemodynamics, a shift in the type of blood circulation towards the hyperkinetic type. Unfavorable disorders on the part of the ankle veins, consisting in an increase in capacity and extensibility, were revealed. The negative influence of the detrained cardiovascular system on the orthostatic tolerance of astronauts is shown, which is recommended to be used as a significant parameter of the functional state of the organism. The study of heart rhythm variability under the influence of space flight factors makes it possible to predict the probability of the transition of the functional state of the astronauts' organism from the state of physiological norm to the pre-nosological or premorbid state. At the present moment, the influence of space flight factors on the functional state of the respiratory and hemic systems, as well as the features of post-flight recovery of these systems, is insufficiently studied.

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UDC 612.8+612.2

## **FUNCTIONAL STATE OF THE CARDIORESPIRATORY SYSTEM OF YOUNG FENCERS**

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**Key terms:** 14-15-year old fencers, cardiovascular system, external respiration system, adolescent years, functional state.

**Annotation.** The aim of the study was to assess the functional state of the cardiovascular and respiratory systems of young fencers aged 14-15 years. The specificity of loads is reflected in indicators of main functional systems of the athlete's organism. Moreover, the athlete performs actions in the fencer's special outfit, which consists of a protective mask, weapons and a jacket. This creates an additional load on the athlete's organism and causes more intense work of the main functional systems: cardiovascular and respiratory. Signs of economizing the functioning of the cardiovascular system were identified in fencers by the age of 15. Positive dynamics in the increase in indicators of the respiratory system of fencers was registered. Indicators of the functional state of the external respiration system do not reliably differ from their peers.

## **PHYSICAL EDUCATION AND SPORTS**

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### **DEVELOPMENT OF MICROCYCLES AND THEIR IMPLEMENTATION IN THE TRAINING PROCESS OF 13-14 YEARS OLD SOCCER PLAYERS AT THE SPECIAL PREPARATORY STAGE OF PRE-SEASON**

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**Key words:** young soccer players, special preparatory stage, competitive activity, microcycle.

**Annotation.** The article presents the structure of training microcycles used to prepare young soccer players for competitive activity at the special preparatory stage of pre-season. When developing these microcycles, the following points were taken into account: sensitive periods in the development of the physical qualities of children, the peculiarities of the special preparatory stage of the annual periodization of training, as well as the basic level of physical fitness of young soccer players. The orientation of microcycles remained unchanged for six weeks, only the operating mode varied, it was chosen based on the current functional state of the team and had a developing or supporting character.

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### **IMPACT OF ADAPTIVE PHYSICAL CULTURE AND SPORTS ON THE SOCIAL ADAPTATION OF PEOPLE WITH HEARING IMPAIRMENT**

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**Key words:** social adaptation, adaptive physical culture, people with disabilities, people with hearing impairment, motive, volitional self-regulation.



**Annotation.** The article deals with problems of social adaptation of people with disabilities through adaptive physical culture. The purpose of this work is to theoretically substantiate and practically test the influence of adaptive physical culture and sports on the social adaptation of people with hearing impairment. According to the results of the study, the authors come to the conclusion that adaptive physical culture helps people with hearing impairment to solve many problems: it allows you to eliminate or weaken the nervous and emotional overload; distracts from the tedious and negative consequences of everyday life; cultivates a sense of collectivism, curiosity, patriotism, thirst to overcome obstacles and other valuable moral and volitional qualities.

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## **INFLUENCE OF HIPPO THERAPY TRAINING ON THE DEVELOPMENT OF COORDINATION ABILITIES IN PRIMARY SCHOOL CHILDREN WITH AUTISM**

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**Key words:** hippotherapy, primary school children, autism, coordination abilities, program, pedagogical conditions.

**Annotation:** The article examines the influence of hippotherapy classes on the development of coordination abilities in primary schoolchildren with autism. The experimental hippotherapy program included six modules of classes: "Acquaintance – Meeting", "Horseman", "Walk", "Joyful Rider", "Smart Horse", "Visit the Horse". The program was implemented in compliance with the developed pedagogical conditions. The implementation of the experimental program has shown its positive effect on the development of coordination abilities in children with autism in all five indicators. Most of them have medium and high levels.

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## **DEVELOPMENT OF PHYSICAL QUALITIES AMONG 20-22 YEARS OLD GOALBALL PLAYERS**

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**Key words:** physical qualities, exercises, physical fitness, methodology, goalball players, pedagogical experiment.

**Annotation.** The results of the study of the methodology aimed at the development of the physical qualities of goalball players, which consisted in the use of exercises in facilitated and complicated conditions, are presented. The study involved 24 athletes, aged 20-22 years. The results of the study showed a statistically significant improvement in all indicators in athletes of the experimental group, which allows us to state the positive and effective application of the experimental methodology for developing physical qualities.

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## **MORPHOFUNCTIONAL STATUS OF ELITE FEMALE SKI RACERS**

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**Key words:** morphofunctional status, female ski racers, biomedical control, training process.

**Annotation.** Current changes in the development of ski racing at the present stage due to the intensification of the competitive process, increased competition on the international arena, reinforcement of anti-doping events and tendency to the universalization of ski racer's training dictate the relevance of updating and supplementing information about the specifics of the morphological and functional indicators of athletes in ski racing. The purpose of this study is to determine quantitative indicators characterizing the morphological and functional status of elite female racers. The morphological and functional status of female racers was

determined, taking into account their sports performance. The information obtained can be used to optimize biomedical control in the training process of female skiers.

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## **EXPERIENCE OF APPLICATION OF HYDROKINETIC THERAPY FOR RESTORING THE SKILL OF INDEPENDENT WALKING AFTER THE ENDOPROSTHESIS REPLACEMENT OF JOINTS OF LOWER EXTREMITIES**

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**Key words:** hydrokinetic therapy, hip joint, knee joint, stereotype of walking, rehabilitation.

**Annotation.** The analysis of the effect of exercises in conditions of specially equipped swimming pool on the effectiveness of physical exercises after the total endoprosthesis replacement of large joints of lower extremities was conducted in this study. Forty patients went through rehabilitation after the joint replacement surgery in the medical center "Preodoleniye" for 3 years, positive results in the formation of optimal stereotype of walking at various stages of recovery were achieved. Hydrokinetic therapy, being included into the individual rehabilitation program, has shown its effectiveness at all stages of treatment in such criteria as range of motion, reducing of pain syndrome, muscle strength, confidence in walking without support and the process of forming normal stereotype of walking. Data of observation allows to assess the significance of complex rehabilitation after the total joint replacement using physical exercises in conditions of gravity unloading.

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## **THE METHOD OF PHYSICAL THERAPY CLASSES FOR THE PREVENTION OF EMOTIONAL BURNOUT SYNDROME AMONG SPECIALISTS IN ADAPTIVE PHYSICAL CULTURE**

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**Key words:** methods of therapeutic exercises classes, prevention of emotional burnout syndrome, specialists in adaptive physical culture.

**Annotation.** This article analyzes modern studies of "emotional burnout", developed and tested a set of therapeutic exercises with the use of psychological training aimed at preventing emotional burnout syndrome in specialists in adaptive physical culture. The obtained results were analyzed and proven for effectiveness of suggested methods.

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## **DEVELOPMENT OF AUTOMATED INFORMATIONAL SYSTEM OF TESTING THE PSYCHOFUNCTIONAL FITNESS OF CHILDREN FOR PHYSICAL CULTURE CLASSES WITH BEGINNER JUDO EXERCISES**

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**Key words:** judo, sports for children and young people, psychological testing, functional diagnostics, sports orientation, sports selection, stage-based control in sports.

**Annotation.** The purpose of this study was to develop scientifically based suggestions and the testing information system in order to implement beginner judo exercises into physical culture programs and training of minors based on their psychofunctional fitness within the sports reserve training. As a result of the conducted research, based on relevant Russian and Foreign methods for determining psychofunctional maturity and fitness of the child to engage in judo classes, the hardware and software complex "Sports orientation of children to judo" was developed. The hardware and software complex identifies and evaluates psychological, psychophysiological state, functional and morphological status, as well as the physical development of children. Using the data obtained, the software forms a clear conclusion on psychofunctional fitness and progress when engaging judo classes, allows implementing the stage-based control.

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## **RUSSIAN FITNESS INDUSTRY IN THE CONTEXT OF CHANGES RELATED TO THE COVID-19 PANDEMIC**

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**Key words:** fitness club, fitness service, market analysis, fitness industry, fitness services market.

**Annotation.** At the present stage of the development of economic relations, the issues of the development of the sphere of physical culture and sports are of great relevance, in particular, in the context of the problems caused by the COVID-19 pandemic. This article presents the analysis of key economic indicators of the Russian market of fitness services, disproportions in its development were revealed, factors of its destructive impact were also identified.

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UDC 37.013

## **CHARACTERISTICS OF THE COMPETENCE-BASED APPROACH TO THE TRAINING OF YOUNG SOCCER PLAYERS**

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**Key words:** competence approach, young soccer players, personalized competence, professional competencies.

**Annotation.** The article deals with the issues of a competence-based approach to the training of young soccer players. To justify the feasibility of such an approach, it offers new terms and definitions that characterize the key concepts. The development of the competence approach aims at concretizing the content of the training process for young soccer players and involves defining a strategy for further research in this direction.

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## **AGE- AND SEX-RELATED FEATURES OF ANTHROPOMETRIC INDICATORS AND COORDINATION QUALITIES IN 12-15 YEARS OLD GYMNASTS AND CHEERLEADERS**

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**Key words:** gymnasts, cheerleaders, 12-15 years old, anthropometric indicators, coordination qualities.

**Annotation.** The purpose of this study was to analyze age- and sex-related differences in coordination qualities among 12-15 years old gymnasts and cheerleaders during the training process. Anthropometric, stabilographic indicators, as well as indicators of special agility and running time for 30s were assessed. Using analysis of variance (ANOVA), it was found that by the age of 14-15, the features of special agility improve in boys and girls within the background of changes in stabilographic indicators. The age- and sex-related differences in the relationship between anthropometric and coordination indicators (average angular and linear velocities) were shown.

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## **THE INFLUENCE OF THE BALL SERVE IN VOLLEYBALL ON THE RESULT OF THE MATCH**

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**Keywords:** student games, volleyball, tactics of the game, result of the match, effectiveness of the ball in volleyball, the championship of the Association of Student Sports Clubs of Russia.

**Annotation.** In this study, the influence of the ball serve effectiveness indicator on the final result in volleyball matches is identified. The ball serve has a

number of differences from other technical elements in volleyball, since the serve is the only element that is performed individually in team sports, and the organization of the opponent's attack and defensive actions of the serving team depend on it. The authors give specific examples of the analysis of seven games in the final of the Championship the Association of Student Sports Clubs of Russia and the cup of the Student Volleyball Association, where the actions of players on the serve led to positive and negative consequences. The definition of such an indicator as "the serve effectiveness" is given, which can be studied using the information and statistical system "Volleyball analyzer". As a result of the study, it was revealed that the Pearson coefficient is equal to 0,6, which indicates an average close correlation between the statistical data on the serve and final results of the match. Thus, when organizing the training process of volleyball players, it is necessary to increase the amount of work on the ball serve, because it serves as one of means of the active offense, with which you can gain a point or disrupt the organization of offensive actions of the opponent, which will allow you to gain an advantage in the score and more likely to achieve a high sports result.

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## **ANXIETY PREVENTION IN PRIMARY SCHOOL CHILDREN, WHO PLAY SOCCER**

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**Key words:** primary school children, soccer, anxiety, motivation.

**Annotation.** The purpose of this study is to identify soccer's impact on the state of anxiety and to improve the motivation level in order to reduce anxiety in children of primary school age. The experiment was carried out in two stages. At the first stage, soccer players and non-soccer players were compared for the presence of their anxiety level's manifestation. The second stage included comparing data of two groups of soccer players, in one of which the anxiety level was reduced by increasing motivation. Results of the study indicate the fact that soccer sessions have a positive effect on the anxiety level's decrease. The suggested method, direct application of conversations on patriotic topics and psychotechnical games contribute to the significant anxiety decrease in children of primary school age.

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## **IMPROVING THE BALL SERVE IN 12-13 YEARS OLD VOLLEYBALL PLAYERS BY TRAINING GOOD DISTANCE JUDGING**

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**Key words:** volleyball, ball serve, training process, technical training, good distance judging, square- and triangle-shaped targets, stretching barrier tapes.

**Annotation.** The authors examined a specific technique – the ball serve and the method of its improvement by training good distance judging of young volleyball players at the training stage of preparation. The article describes in detail the means and methodological approaches that make it possible to increase the level of precision of the ball serve to the most vulnerable areas of the court. The article presents a methodology using targets, which were applied in the training process of female volleyball players of 12-13 years old. It was revealed that the improvement of the ball serve by training good distance judging improves the ability of volleyball players to estimate "by eye" the spatial features associated with the remoteness of objects, which affected the effectiveness of the precision of the ball serve.

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## **COMPREHENSIVE PROGRAM OF PHYSICAL FITNESS IMPROVEMENT IN PRIMARY SCHOOL**

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**Key words:** primary school children, physical development, comprehensive program of training.

**Annotation.** The existing system of physical culture nowadays requires a serious update, which was dictated by a number of facts: new life reality, prevalence of sedentary lifestyle among children of different age, harmful influence of electronics (gadgets, computers), deterioration of general state of health in children, identification of a number of diseases of the musculoskeletal system in the early stages of development. Modern children require a selection of modern means of



training, which would be able to attract them, to interest them in any kind of motor activity. Considering all aforementioned facts, it follows that the given issue is multi-level in nature and requires a comprehensive approach and solution.

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## **FUNCTIONAL STATE OF THE AUTONOMIC NERVOUS SYSTEM IN CHILDREN 11-16 YEARS OLD IN SPORTS**

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**Key words:** autonomic nervous system, functional state, children and adolescents, sports activities.

**Annotation.** During the study, the functional state of the autonomic nervous system was evaluated in children 11-16 years old, who do and do not do sports. The study involved young athletes (n=100) and adolescents not involved in sports (n = 104). It was revealed that an additional mode of motor activity (training 5 times a week) positively affects the formation of regulatory mechanisms in adolescents 11-16 years old, accelerates the maturation of adrenergic regulatory mechanisms. The usual mode of motor activity (physical culture lessons 3 times a week) limits the adaptation capabilities of the body due to a decrease in the functional state of the sympathetic department of the autonomic nervous system.

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## **ANALYSIS OF COMPETITIVE ACTIVITIES OF BASKETBALL TEAMS OF DIFFERENT QUALIFICATION USING INTEGRAL INDICATORS**

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**Key words:** statistics, technique, tactics, basketball.

**Annotation.** The purpose of this study was to reveal the composition of individual and team competitive activities of basketball players of different qualification using specific integral indicators. Among indicators, the following were revealed: a way to begin a team possession of the ball; numbers of players,

who participated in the current possession; time, taken for the possession; a way to end the team possession; zone, from which the attack was delivered; amount of points gained with a successful attack. In order to make additions to integral indicators, a formula, which reveals the effectiveness coefficient, was used. As a result, ways to begin the team possession of the ball, as well as positive and negative aspects of the technical and tactical activities of basketball players of different qualification, were identified.

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## **THE USE OF HYPERCAPNIC EFFECT FOR OPTIMIZING ORGANISM'S PERFORMANCE IN THE MODE OF EDUCATIONAL ACTIVITY**

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**Key words:** hypercapnia, regulated control of breathing, oxy-pause, functional state of students, motor activity culture, distance learning.

**Annotation.** This study demonstrates how functioning of organism systems depends on the level of CO<sub>2</sub> in blood. Various methods of influencing this level, which are used internationally, were examined. The specific attention was given to the issue of health problems of students and searching a way for solutions, which could be easily adapted and used during the learning process. The use of oxy-pause is the most suitable way to solve this task. Results of the experiment on implementation of the given method within the "Physical culture and sports" subject are presented in this study.