



СУМСЬКИЙ ДЕРЖАВНИЙ
ПЕДАГОГІЧНИЙ УНІВЕРСИТЕТ
ІМЕНІ А.С. МАКАРЕНКА

ISMA
ANNO 1994

**Sumy State Pedagogical University
named after A. S. Makarenko**

**ISMA University
of Applied Sciences**

**PROMISING AREAS
FOR THE DEVELOPMENT
OF PHYSICAL CULTURE, SPORTS,
FITNESS AND RECREATION**

Scientific monograph



**IZDEVNIECĪBA
BALTIJA
PUBLISHING**

2023

*Recommended for printing and distribution via Internet
by the Academic Council of Baltic Research Institute
of Transformation Economic Area Problems according
to the Minutes № 3 dated 28.03.2023*

REVIEWERS:

Djakons Romans – Dr.sc.ing., Professor, Academician, President of ISMA University of Applied Sciences;

Rybalko Petro Fedorovych – Doctor of Pedagogy, Professor, Professor at the Department of Theory and Methods of Physical Culture, Sumy State Pedagogical University named after A. S. Makarenko;

Tomenko Oleksandr Anatoliiovych – DSc (Physical Education and Sports), Professor, Head of the Department of Theory and Methods of Physical Culture, Sumy State Pedagogical University named after A. S. Makarenko;

Liannoï Mykhailo Olehovych – PhD in Pedagogy, Professor, Director of the Institute of Physical Culture, Sumy State Pedagogical University named after A. S. Makarenko;

Bermudes Diana Valeriivna – PhD in Pedagogy, Associate Professor, Head of the Department of Theory and Methods of Sports, Sumy State Pedagogical University named after A. S. Makarenko.

Promising areas for the development of physical culture, sports, fitness and recreation : Scientific monograph. Riga, Latvia : «Baltija Publishing», 2023. 460 p.