## **CONTENTS**

| THEORY AND METHODOLOGY OF ATHLETES TRAINING  |
|--|
| Features of the nutrition of gymnasts educating at the olympic college   |
| Batrona D. O., Hruzevych I. V6   |
| Modern methodological approaches to the systematic training of athletes specializing in bodybuilding Karaulova S. I., Troian A. Ye   |
| Improving the physical fitness of young athletes with the help of a strength training program  Maleniuk T. V   |
| Peculiarities of teaching the educational discipline "General theory of training athletes" in the conditions of martial law <b>Ponomarov V. O.</b>   |
| Analysis of psychological characteristics of girls who play beach volleyball Samokhvalova I. Yu  |
| Theoretical and methodological foundations of the development of student football in Ukraine  Chopilko T. H., Chos M. V., Shvets S. V  |
| HUMAN HEALTH, FITNESS AND RECREATION, PHYSICAL EDUCATION OF DIFFERENT GROUPS OF POPULATION, PHYSICAL REHABILITATION  Experiences of physical education teachers in the use of formative assessment |
| Hrabyk N. M., Hulka O. V., Hrubar I. Ya  |
| The influence of sports and ballroom dance activities on the dynamics of physical health of 11–12-year-old pupils  Diedukh M. O., Brychuk M. S., Bylyna I. A                                       |
| Peculiarities of psychoemotional state of women in the first period of mature age who are engaged in mental activity  Dziuba L. V  |
| Integration of modern fitness technologies and methods into the process of physical education of students <b>Dolzhenko L. P., Masiuk K. R.</b> 41  |
| Nutrition of students of the specialty 017 "Physical culture and sports" <b>Zviahin S. M., Hruzevych I. V.</b> 46  |

| for children aged 8–11 with intellectual and physical developmental disabilities  | on   |
|---|------|
| Kachur Ye. Yu., Kovalchuk B. R., Sushchenko L. P  | 49   |
| Sport is a source of health, pleasure, and beauty  Kozub S. V   | . 53 |
| Modern approaches to the formation of curriculum for physical education in preschool education institutions in European countries  Matsola K. V   | . 57 |
| Rehabilitation of military personnel with spinal injuries using kinesiotherapy  Mishyn M. V., Hunchenko V. O., Khachatryan A. Kh  | . 61 |
| Aspects of the formation of physical recreation  Moroz Yu. M  | . 64 |
| Discipline "Gymnastics with teaching methods" as the main means of physical education of students 18–19 years old in institutions of higher education  Pavelko O. M., Ponomarov V. O  | . 68 |
| Health tourism classes in physical education of middle school students  Perehinets M. M., Dolzhenko L.P., Kuznetsova L. I   | . 71 |
| Physical therapy of patients after arthroscopic treatment of Baker's cyst  Pustovoit B. A., Shevich D. A  | . 75 |
| Features of physical and sports rehabilitation for athletes with visual impairments in "invasport" centers  Sushchenko L. P., Zhelizko A. L., Bobrovnyk L. P  | . 79 |
| The use of various types of motor activity with students in the adaptation cycle of basic secondary education  Trachuk S. V., Holub V. A., Holoborodko M. Yu  |      |
| Analysis of personal propensity to conflicts of players of the student mini-football team   |      |
| Kharchenko S. M.  | . 87 |
| Organization of sports and recreational activities in general secondary education institutions as a necessary component of the professional trainin of a future specialist in physical recreation  Sheremet I. V., Vasylenko K. S., Chelnokova M. S | •    |
| Sheremet 1. v., vasyienku K. S., Chemukuva IVI. S   | ・フリ  |

| SPORT MEDICINE, PHYSIOLOGY AND BIOCHEMISTRY OF SPORT  |
|---|
| Rational nutrition of athletes  Babalich V. A94   |
| MODERN PROBLEMS OF POPULATION RECOVERY AND WAYS TO SOLVE IT Study of indicators of biological age of students and improvement   |
| of their level of physical fitness  Babich T. M97   |
| Improving the health of students: the status of the problem and ways of its solution  Bilyk V. H., Omelchuk O. V., Pryimakov O. O   |
| The role of some plants in the process of phytorecreation under the condition of the military state  Megalinska A. P., Bilyk Zh. I., Bilyk V. G                           |
| Analysis of the main factors of the natural environment and their effects on human health  Mordvinova D. M  |
| MODERN INFORMATION TECHNOLOGIES IN PHYSICAL CULTURE AND SPORTS The use of fitness apps for smartphones to increase the level of physical activity among middle-aged women |
| Dolgopolova N. V., Moshenska T. V   |
| and health and sports and mass work in educational institutions  Prystynskyi V. M., Prystynska T. M., Kozub M. V115   |