SOCIAL RESPONSIBILITY AND SPORTS DEVELOPMENT IN POLAND AND UKRAINE

Academy of Applied Sciences
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Admiral Makarov National University of Shipbuilding

SOCIAL RESPONSIBILITY AND SPORTS DEVELOPMENT IN POLAND AND UKRAINE

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INTRODUCTION

Modern sports serve not only as an arena for physical competition but also as a powerful tool for social change, cultural development, and the formation of national identity. In the context of global challenges such as social inequality, the need for inclusion, and the promotion of a healthy lifestyle, sports take on special significance as a means of uniting communities, fostering youth development, and strengthening societal values. This monograph is dedicated to a comprehensive analysis of social sport responsibility, the development of Olympic sports in the Mykolaiv region, a historical-retrospective review of extracurricular physical culture and sports activities in Ukraine during its independence, and the psychological aspects of preparing Paralympic track and field athletes with musculoskeletal disabilities.

The first part of the monograph examines key aspects of social sport responsibility. Particular attention is given to sports club management strategies, the essence and goals of social sport responsibility, and the role of stakeholders and sponsors in implementing socially oriented initiatives. These issues are crucial for understanding how sports can serve as a platform for positive societal change.

The second part focuses on the development of Olympic sports in the Mykolaiv region, an area with a rich sporting history and unique traditions. It analyzes the evolution of sports such as sailing, track and field athletics, football, boxing, equestrian sports, and the influence of the Hellenic Olympic movement and education in ancient times on the territory of the modern Mykolaiv region.

The third part provides a historical-retrospective analysis of extracurricular physical culture and sports activities in Ukraine from 1991 to 2022. It explores the peculiarities of extracurricular education in current conditions and the regulatory framework that has shaped its development over the years of Ukraine's independence.

The fourth part addresses the psychological management of Paralympic track and field athletes with musculoskeletal disabilities during the competitive period. It covers the historical development of track and field in Paralympic sports and the components of psychological training programs designed to support these athletes.

This monograph aims to contribute to the academic and practical understanding of sports as a multifaceted phenomenon that transcends competition to encompass social, cultural, and psychological dimensions. By exploring these diverse aspects, we seek to highlight the transformative potential of sports in fostering inclusive, resilient, and vibrant communities.

Part 1

SOCIAL SPORT RESPONSIBILITY

Introduction

Sport holds a special place in the lives of many people – it evokes intense emotions, and as a result, it regularly attracts a wide audience to the events and in front of the screens. Sport is attributed with many other specific qualities: its ability to reach groups particularly at risk of social exclusion, it is perceived as an effective educational and health-promoting tool, and an instrument for promoting fair play. The distinct impact of sport on people's lives leads many institutions (such as the European Commission) to distinguish it from other economic sectors. This belief in sport's role is shared not only by educators and coaches; entrepreneurs and politicians also rely on it. Sports clubs are part of this network of complex expectations, within which they traditionally attempt to combine the goals of sporting excellence, economic goals, and social impact. A sports club is generally the organization that generates the greatest local interest and is inextricably linked to it. Management decisions are widely commented on, residents identify with the organization, and its sporting results are experienced by entire cities. This gives clubs a privileged position that can be leveraged in many ways. On the other hand, examples of poor management, financial problems within organizations, and hooliganism during competitions resonate widely. All these characteristics make a professional sports club a particularly interesting entity in the context of analyzing social responsibility. Despite this, even internationally, there have been only a few attempts to analyze this phenomenon, let alone to summarize it. This section of our book is an attempt to analyze the social responsibility of sports clubs.

1.1. Sports club management strategies

A sports club is a formalized or not, an organization whose task is to carry out social and market functions in sports. It can be an association or an entity under commercial law. A product, on the other hand, is defined as a service, an object or a combination of them, through which it is possible to satisfy the needs of the customer, and which is traded. It is also a set of properties trimming the value of use, trademark, design and price, as well as services. It is all that the seller has to offer, which is the satisfaction of the buyer's needs. Putting the two definitions together,

one can conclude that the sports club product has a complex structure. Its components are interdependent elements such as the competence of the team and players, the attractiveness of the show and the club's trademark, which are produced and disseminated through institutionalization. According to different approaches to the activities of a sports club, they can be considered as organizations susceptible to constantly occurring changes, which are the result of the development of sports in the sense of a social and market phenomenon.[1] Originally, sports clubs were an area of unforced activity of members who were interested in sports. In recent times, however, sports clubs have increasingly been viewed as commercial legal entities. Along these lines, sports development proceeds along three dimensions - public, market and social.

Sports clubs, through participation in competition, can have two legal forms. The first is a physical culture association, and the second is a sports joint-stock company. The first form is taken by clubs, organizing sports at the competitive and amateur level. They have the opportunity to conduct profitable business, but it is not their profitability that is the necessary factor for their existence. The second form refers to clubs organizing sports at the professional level and only within one field or sport. In this situation, it is income that is the significant factor for the existence or liquidation of the entity. Activities are conducted for commercial purposes. "Strategic management of a sports club is a comprehensive disposition of its resources causing significant consequences at the level of tactical and operational management, undertaking to achieve overarching goals."

It is possible to choose one of several available strategies for managing a sports club. The choice depends on the discipline of the dispute, the personnel and financial situation, but also the equipment and base. One of the strategies concerns the management of intensive development of the club. The necessary management period for its possible implementation is one to three years. This model involves paving the way to achieve in a fairly short period of time a significant increase in the level of sports, as well as an incremental increase in the attractiveness of the sports spectacle it creates.[2] According to the promotion of a club in a classified competition by up to two classes over a period of up to three competition cycles, the intensive development of a club is measured. On the other hand, the intensity of popularity development is provided by the increase in interest in the club among the public over a period of two or three years. This includes the presentation of the club in the national and especially international media. The increase in the number of fans who

[1] R. W. Griffin, Podstawy zarządzania organizacjami, Wydawnictwo Naukowe PWN, Warszawa 2017, s. 10

[2] M. Dołhasz, J. Fudaliński, M. Kosała, H. Smutek, Podstawy zarządzania. Koncepcje – strategie – zastosowania, Wydawnictwo Naukowe PWN, Warszawa 2009, s. 54

regularly attend the club's sports shows and the increase in interest from sponsors are also not insignificant. The strategy of managing intensive development involves taking a lot of risk, but it can also be called a "high-flying" strategy. This is due to the fact that it hardly has a margin for error or second chances. However, in a positive course it usually brings very good results. Its main premise is the transfer to the club of several members with a higher sporting ceiling than represented. It is important to attract players with an established good position in the media, as well as having popularity among supporters. One of the principles of this strategy is to rely on contacts with outstanding coaches, players, specialists and managers in the field of sports, and to spot and implement new opportunities extremely early to create an efficient and attractive team. Another strategy is that of managing the club's extensive development. Its implementation time is four to eight years Such management consists in following a path to achieve, over a fairly long period of time, a significant increase in the level of sports presented by a given club, as well as an increase in the effectiveness of the sports show. The measurement factors are similar to those in the intensive development management strategy, although a longer time is assumed for their achievement. To be effective with this strategy, a club must achieve a competitive advantage.[3] Considering the type of this advantage, we distinguish two types of strategy - creative imitation and gaining an advantage in terms of cost and market quality. In the type of the first, the club attaches importance to perfecting and properly presenting in the games a method of play that is already well known to itself, without looking for a new and more attractive one. This allows it to locate itself appropriately in the sports services market. This strategy is most often used by clubs of lower competition classes. On the other hand, lower costs, which can be an advantage of extensive development management, can be obtained, for example, through lower player preparation costs and small wages. By lowering costs, clubs using this strategy are forced to take specific team-building measures.[4]

The main task of the club is to create a club organizational unit to train talented players. It is also important to conduct regular cooperation with clubs that represent a lower level of sports. These are sources of acquiring new players, a

[3] M. Łuczak, J. Oleksiuk, Zarządzanie Klubami Sportowymi w warunkach gospodarki rynkowej- analiza przypadku Klubów sportowych w Polsce, Wydawnictwo AWF Warszawa, 2020, s. 31, M. Klisiński, M. Szwaja, Wybrane aspekty zarządzania Klubem sportowym jako przedsiębiorstwem, AWF Poznań, Poznań 2012, s. 23

[4] M. Hopej, Kształtowanie struktur organizacyjnych zgodnie z zasadą prostoty, Zeszyty Naukowe Politechniki Śląskiej, Politechnika Wrocławska, Wrocław 2017, s. 102, A. Koźmiński, W. Piotrkowski, Zarządzanie. Teoria i praktyka, Wydawnictwo Naukowe PWN, Warszawa 2013, s. 380

priority for the club. In addition, there is the possibility of buying talented players for not too much money, who are expected to raise the sports level of the club, as well as its attractiveness, within a few years. This is a factor in the effectiveness and spectacularity of the game. Another option is a strategy for managing the stabilization of the club. Its implementation time is determined by the club depending on its capabilities and needs. Its main principle is to strive for a constant level of sports and social interest. According to the strategy, the club should maintain itself in a certain playing class and have a constant number of fans. This strategy is most often adopted by clubs that have relatively constant sources of funding, such as - "patronage and sponsorship of local businesses, ticket and pass sales for competitions, and individual player transfers to higher-class clubs." This usually applies to such clubs, which do not have the ability to obtain funds for expensive transfers of talented players, as well as for the creation of their own organizational unit, for the purpose of educating talented youth in sports.

According to the strategy, the club should maintain itself in a certain class of competition and have a constant number of fans. This strategy is most often adopted by clubs that have relatively constant sources of funding, such as - "patronage and sponsorship of local businesses, ticket and pass sales for competitions, and individual player transfers to higher-class clubs." This usually applies to such clubs, which do not have the ability to obtain funds for expensive transfers of talented players, as well as for the creation of their own organizational unit, for the purpose of educating talented youth in sports. According to this strategy, the formation of a team involves transferring players with a lot of experience at the end of their careers from higher competition classes or players over 25 years old from lower competition classes who have not been interested in clubs with intensive or extensive development. Another strategy concerns the management of club regression. It is used game a sports enterprise is directed to reduce its activities for a difficult time for the sake of avoiding problems that could arise in the near future. The regression process itself can be years long. It can also, in a small number of cases, take an intensive form and mean the bankruptcy of the club.[5] Extensive regression involves a continuous decline in the club's sports level, as well as interest from sponsors, supporters and the media. One of the hallmarks of a club's regression is the transfer of its own players to other clubs, resulting in a significant weakening and the use of accumulated funds for current business purposes. This strategy is most often the result of errors in transfer policy or the sudden loss of a leading sponsor. Currently, most sports clubs are using

[5] M. Łuczak, J. Oleksiejuk, Zarządzanie Klubami Sportowymi w warunkach gospodarki rynkowej- analiza przypadku Klubów sportowych w Polsce, Wydawnictwo AWF Warszawa, 2020, s. 32,

a combination of several strategies due to the challenging situation.[6] The competitive environment motivates clubs to achieve growth in the level represented, and strategies for regression or stabilization are a complementary factor.

1.2. The essence and goals of social sport responsibility

In the aspect of the above-presented sports development strategies, which take place in three dimensions – public, market and social, the next part of the chapter will focus on its social dimension, i.e. the social responsibility of sport.

In Europe since the 1990s and in the United States since the 1950s, sport as a specific sphere began to be considered a fully-fledged sector of the economy. In the past, sports clubs were created by the local community, they constituted a single cohesion. They often performed non-sporting functions. However, the commercialization of sport in the second half of the 20th century caused most of these clubs to distance themselves from local communities. At the beginning of the 21st century, sports entities themselves began to notice that fans were moving away from them, and in order to prevent this, they began to take action again to build the local community and its involvement in the activities of these organizations.

Modern sport is definitely bolder in its scope of influence beyond professional and common participation in physical activity. Its penetration into the market economy is increasingly noticeable, which in consequence causes its greater visibility in the space of social projects. This means that sport is entering completely different, new areas of influence on people's lives. The advantage over the competition is gained by those sports organizations that adapt the rules prevailing within the structure to the constantly changing reality. If sports clubs change their attitude from reactive to proactive, they also create an opportunity for partnership between the company and the sports club. Clubs that react, that anticipate the expectations of business towards social partners, will be able to prepare for cooperation, realize

[6] Z. Pierścionek, Zarządzanie strategiczne w przedsiębiorstwie, Wydawnictwo Naukowe PWN, Warszawa 2011, s. 29, A. Stabryła, Zarządzanie strategiczne w teorii i praktyce firmy, Wydawnictwo Naukowe PWN, Warszawa – Kraków 2000, s. 27 - 28

intended goals and become a partner for business[7]. Sport is not only a form of competition and entertainment, but also a powerful tool influencing the formation of attitudes, values and social norms. Nowadays, we increasingly talk about the social sport responsibility[8] **(SSR)**, which covers a wide range of activities undertaken by sports organizations, clubs, athletes, as well as institutions managing sports. Responsibility is a concept known to everyone today to a greater or lesser extent. For people practicing various sports, responsibility becomes a concept that affects coexistence in the community. Social responsibility of sport means not only caring about sports results, but also about social development, the natural environment, education and ethics. It therefore refers to consciously taking actions that have a positive impact on the social and economic environment. This includes both activities at the individual level (athletes) and organizational level (sports clubs, federations, international organizations). Sport has a unique ability to unite people regardless of cultural, social or political differences. Thanks to its popularity and reach, it can serve an educational function, promote a healthy lifestyle, support charitable initiatives and contribute to building social cohesion. Social responsibility of sport is not only about caring about the sporting result, but above all about the common good.

The source of the above-mentioned approach, based on similar values, is company management within the framework of the **Corporate Social Responsibility** concept (CSR)[9], which takes into account both business and social aspects in the company's policyOnce mutually exclusive, today (when properly planned) economic, social and management values complement each other. The assumption that corporate social responsibility is not treated as an obligation and cost, but as a competitive advantage and investment, usually causes its development and universality in creating good practices. CSR therefore focuses on the responsibility of companies towards society and the environment in the context of economic activity, while SSR concerns the impact of sport on shaping social attitudes, education, health, integration and ethics. It is therefore about using the power of sport to build a better society.

[7] Pawlak G., Sport w strategiach CSR przedsiębiorstw. Wybrane aspekty komunikacji z interesariuszami, Szkoła Główna Handlowa, Warszawa 2015. s.252-253

[8] Pokusa T., Społeczna odpowiedzialność w sporcie i przejawy jej realizacji na przykładzie klubu siatkarskiego X, [w] Międzynarodowa analiza społecznej odpowiedzialności biznesu w wybranych rejonach woj. morawskiego i opolskiego, WSZiA, Opole 2021 s. 19-35

[9] Pokusa T. Burski K., Istota i modele społecznej odpowiedzialności biznesu, [w:] Соціальна відповідальність бізнесу і адміністрації - створення інноваційного управління, БДПУ, Berdiańsk 2015. s.178-196

In a document issued by the European Commission in 2001, CSR is defined as *"voluntary, planned and conscious action aimed at ensuring not only better relations with stakeholder groups, but also actions taken for the benefit of society and the natural environment"*[10]. According to it, the application and observance of CSR principles leads to an increase in the competitiveness of the organization in six areas that affect the success of the organization: cost structure, available human resources, perception of the organization by customers, innovation, risk management and financial efficiency[11].

The origins of the concept of corporate social responsibility can be found in works from the United States, as this term was first used by A. Carnegie in his book *The Gospel of Wealth*. There he stated that CSR is based mainly on the principle of charity and trust [12], although in the literature in subsequent studies the definition of this CSR is described more broadly, in different ways. The main and recurring assumption, however, is the fulfillment of criteria that affect the sustainable development of the company. The organization must therefore constantly improve itself because its environment is also constantly changing [13] and social responsibility is associated with taking care of the system that surrounds it [14]. For example, according to S. Black, the main aspect of CSR is the area of contact with local communities. In general, actions taken within its framework should bring stability to the local society. Local actions in the field of environmental protection should be based on tasks that lead to improving the quality of life in the immediate surroundings.[15] W. Grzybowski, in turn, presents the definition of CSR as an element to be recognized, which helps to achieve the economic goals of the organization and takes care of positive relations among various groups that influence business success[16]. It can also be stated that CSR is part

[10]. Hope E., Społeczna odpowiedzialność firm- narzędzie public relations, czy coś więcej?, [w:] Wpływ społecznej odpowiedzialności biznesu i etyki biznesu na zarządzanie przedsiębiorstwami, red. P. Kulawczuk, Poszewiecki A., Instytut Badań nad Demokracją i Przedsiębiorstwem Prywatnym, Warszawa 2007, s.167-176.

[11] Skrzypek A., CSR jako element strategii organizacji [w:] Zrównoważony rozwój organizacji- aspekty społeczne, red. T. Borys, T. Brzozowski, S. Zaremba- Warnke, Prace Naukowe Uniwersytetu Ekonomicznego we Wrocławiu, Nr 378, Wydawnictwo Uniwersytetu Ekonomicznego we Wrocławiu, Wrocław 2015, s. 193.

[12] Rybak M., Etyka menedżera. Społeczna odpowiedzialność przedsiębiorstwa, Wydawnictwo Naukowe PWN, Warszawa 2011, s. 124.

[13] Rudnicka A., CSR- doskonalenie relacji społecznych w firmie, Oficyna, Warszawa 2012, s. 15.

[14]. Griffin R. W., Podstawy zarządzania organizacjami, Wydawnictwo Naukowe PWN, Warszawa 2004, s. 117.

[15] Por. Black S., Public Relations, Oficyna Ekonomiczna, Kraków 2011, s. 116-117.

[16] Por. Grzybowski M.i, Firma odpowiedzialna społecznie. Filozofia przedsiębiorstwa XXI wieku, [w:] Współczesna odpowiedzialność współczesnego marketingu. Materiały

of an organisation's strategy that responds to stakeholder expectations and has an action plan for environmental and social issues[17]. B. Rok believes that the essence of CSR is to find a "golden mean" that will be achieved by taking specific actions that meet the expectations of stakeholders. The environment around an organization recognizes it as socially responsible when it operates on the basis of ethical principles[18]. K. Davis and R. Blomstrom define corporate social responsibility as "the obligation of managers to choose decisions and actions that promote the interests of the organization and contribute to the protection and enhancement of social well-being".[19] Studying the literature on the subject, it can be assumed that the division of CSR issues based on references to various theories includes:

- institutional theory; here the enterprise/company is not only focused on business that brings profits/benefits, but also has a positive impact on the common good of its stakeholders and the entire environment,
- stakeholder theory; the theory was created by R.E. Freeman, and is based on the idea that a company has obligations towards all its stakeholders (e.g. investors, shareholders, managers, customers, suppliers, etc.). They influence a given organization. A stakeholder group is made up of people who are connected to a given organization, and people at the strategic level who represent the company externally must take these people into account[20],

konferencyjne, red. T. Kamiński, W. Pomykało, Fundacja Innowacja, Warszawa 2004, s. 34-35.

[17]. Kazojć K., Powiązania między public relations a społeczną odpowiedzialnością biznesu, „ Prace Studentów i Młodych Pracowników Nauki" 2012, [w:] Teoria i praktyka zarządzania przedsiębiorstwem. Wybrane zagadnienia, red. P. Bartkowiak, T. Bernat, s. 36.

[18] Por. Rok B., Odpowiedzialny biznes w nieodpowiedzialnym świecie, Akademia Rozwoju Filantropii w Polsce- Forum Odpowiedzialnego Biznesu, Warszawa 2004, s. 18. , A. Herbuś, B. Ślusarczyk, Zastosowanie koncepcji społecznej odpowiedzialności biznesu w zarządzaniu przedsiębiorstwem, Polish Journal of Management Studies, Częstochowa, 2012 s. 25.

[19] Jabłoński A., Modele zrównoważonego biznesu w budowie długotrwałej wartości przedsiębiorstw z uwzględnieniem ich społecznej odpowiedzialności, Difin, Warszawa 2013, s. 61-71., [19] K. Babiak, R. Wolfe, Perspectives on Social Responsibility in Sport, [w:] Routledge Handbook of Sport and Corporate Social Responsibility, Routledge 2016, s. 154-155.

[20] Borys T., Brzozowski T., Zaremba-Warnke S., Zrównoważony rozwój organizacji-aspekty społeczne, Prace Naukowe nr 378, Wydawnictwo Uniwersytetu Ekonomicznego we Wrocławiu, Wrocław 2015, s. 194.

- servitude theory; decision-makers support people who have an impact on the success of the organization/company, train them, are happy with their successes, encourage people to work together to achieve common goals of the organization[21] ,
- resource theory; belongs to the strategic management trend. The creator is E. Penrose, who claims that an enterprise/company has certain resources and capabilities of a unique nature and are related to a specific development path of a given company. They often decide about the advantage over the competition. These resources must be valuable, difficult to copy, rare[22] .

CSR (Corporate Social Responsibility) is constantly gaining popularity. Actions undertaken within CSR are often identified exclusively with organizations conducting business activities, and usually other than micro and small enterprises. However, after a deeper analysis of this issue, it turns out that the assumptions of the concept of corporate social responsibility are implemented by organizations from very different sectors, including sports clubs. In general, we can assume that corporate social responsibility is a concept that is based on the organization establishing a dialogue with the environment. The most important are relations with stakeholders, which allow for the implementation of the goals of all parties[23]. It should be added that the most important problems that prevent the development of socially responsible business are: too little knowledge about CSR activities, lack of specific tools for implementing CSR, emphasis mainly on short-term goals, lack of support from managers for the idea of CSR[24].

The **social sport responsibility** is a topic that is gaining importance in Polish scientific literature. For example, publications that address this issue include the already cited "*Social responsibility in sport*" - an article by Grzegorz Botwina,[25] published in "Prace Naukowe Uniwersytetu Ekonomicznego we Wrocławiu" in 2018.

[21] Zaleśna A., Przywództwo służebne i etyczne oraz CSR. Wyniki badań, [w:] Prace Naukowe Uniwersytetu Ekonomicznego we Wrocławiu, nr 288, Wydawnictwo Uniwersytetu Ekonomicznego we Wrocławiu, Wrocław 2013, s. 104.

[22] Stefańska M., Podstawy teoretyczne i ewolucja pojęcia społeczna odpowiedzialność biznesu (CSR), [w:] Z. Pisz, M. Rojek-Nowosielska, Społeczna odpowiedzialność organizacji. W poszukiwaniu paradygmatów, metodologii i strategii, Prace Naukowe Uniwersytetu Ekonomicznego we Wrocławiu, nr 288, Wydawnictwo Uniwersytetu Ekonomicznego we Wrocławiu, Wrocław 2013, s. 201.

[23] Gołaszewska-Kaczan U., Zaangażowanie społeczne przedsiębiorstwa, Wydawnictwo Uniwersytetu w Białymstoku, Białystok 2009, s. 52.

[24] Bogdanienko J., Odpowiedzialność społeczna a strategia organizacji [w:] Społeczna odpowiedzialność biznesu. Krytyczna analiza, red. M. Bernatta, J. Bogdanienki, T. Skoczny, Wydawnictwo Naukowe Wydziału Zarządzania Uniwersytetu Warszawskiego, Warszawa 2011, s. 16-18.

[25] Botwina G., Społeczna odpowiedzialność w sporcie, …op. cit. s. 20-26.

The author reviews the literature on CSR in sport, drawing attention to the diversity of research approaches and the need for a critical look at this phenomenon. "*Social responsibility in sport*" - an article by Paweł Kuźbik,[26] available in the BazEkon database. The author analyzes the role of contemporary sport in the social and economic context, emphasizing the importance of social responsibility in sports activities. *„CSR perspective in the context of the social media ecosystem. Selected examples of good practices in large, medium and small companies implementing CSR activities in the field of sports*" (2016) by Katarzyna Gajek and Gabriel Pawlak [27] is an article that tries to answer the question of how an organization can use social media to build an effective relationship with the environment in the area of sport. They present model solutions in the field of social media and their potential in building bilateral relationships between the organization's stakeholders and itself in the aspect of rational and effective undertaking of CSR activities and building one's own identity. Kurowicki G., in the article "*Corporate social responsibility in Polish football clubs*" or Lubaś, M.[28] in the study "*The importance of CSR in shaping the identification of a fan with a club*" attempted to define the essence of the concept of corporate social responsibility and present practical aspects of its application in the activities of football clubs. The considerations undertaken are of theoretical nature and were developed based on a review of available Polish and foreign literature in this area. To identify practical aspects of the application of the concept of corporate social responsibility in the activities of football clubs, the desk research method was used, based on the analysis of available source data. You can also cite the article "Social responsibility of sport" - published on the Responsible Business Forum website,[29] analyzing various aspects of social responsibility in sport, including the issues of human rights, environmental protection and ethics in the organization of sports events. Of course, it is also worth mentioning the article "*Social responsibility in sport and manifestations of its implementation on the example of the volleyball club X"* by

[26] Kuźbik P., Odpowiedzialność społeczna w sporcie, Prace naukowe Uniwersytetu Ekonomicznego we Wrocławiu Nr 338, s.130-140

[27] Gajek K., Pawlak G., Perspektywa CSR w kontekście ekosystemu mediów społecznościowych. Wybrane przykłady dobrych praktyk w dużych, średnich i małych firmach realizujących działania CSR w obszarze sportu, Prace Naukowe Uniwersytetu Ekonomicznego we Wrocławiu, Research Papers of Wrocław University of Economics, 2016, Nr 430, s. 117-125

[28] *Kurowicki* G., *Społeczna odpowiedzialność biznesu w polskich klubach piłkarskich*. Lubaś M.,[w] Młodzi o Sporcie 2019: Nowe zasady gry - czyli innowacje na rynku sportu Konferencja Uniwersytet Jagielloński, Kraków, 28.04.2021

[29] Andrejczuk M., "Społeczna odpowiedzialność sportu" - Forum Odpowiedzialnego Biznesu 12.04.2014

the Author[30] of this part of the work, who emphasizes that "the involvement of a sports club in the implementation of the CSR concept includes: greater activity in the sphere of communication, physical activity and a healthy lifestyle among its internal stakeholders, also bringing specific economic benefits".

The study entitled "Analysis of the social responsibility of professional sports clubs - a research report"[31] prepared by Sportimpakt, a unit of the Social Challenges Center of the University of Warsaw, seems to be very interesting in relation to the analyzed problem. The publication presents the results of research on the social responsibility of sports clubs in Poland, showing trends and practices in this area. This study shows that a lot is happening in the area of social responsibility of professional clubs and it is not a challenge to find interesting, valuable practices. The sheer number of interviews - in this study - is also a reflection of the interest in the subject on the part of clubs. The results also suggest that social responsibility is not reserved for large entities that establish a "corporate" foundation in addition to their main activity. On the other hand - it seems that many clubs and even leagues do not respond to the specific challenges that arise in relation to the core of their activities. However, despite the existence of studies referring to the topic of CSR in sport, research on the impact of applying CSR principles on the level of fan identification with a sports club, it seems, has not been clearly conducted so far.

Sport is more than just a result. It's, as mentioned, values that shape us all. The social responsibility of sport is a topic of great importance, especially in times of global challenges such as social, ecological or economic crises.

Nowadays, the sphere of sport in human life is constantly changing and expanding its impact. Sport is increasingly visible in the economic and social sphere. Creating common strategies for the development of all spheres of life and work, including the sphere of sport, is rooted in the desire to achieve the chosen goals of a given community. The activities of many different organizations, including sports organizations, influence the formulation of market regulations. The group of recipients is specific to the sphere of sport, which is why responsibility for the actions of entities related to sport is so important in terms of society and business.[32]

„When viewing sports organizations as commercial organizations, they must be managed appropriately. The main product of every sports organization is simply sport, physical activity associated with positive emotions. Therefore, it is a good

[30] Pokusa T., Społeczna odpowiedzialność w sporcie i przejawy jej realizacji…op. cit, WSZiA, Opole 2021 s. 19-35

[31] Zembura P. i zespół, Analiza odpowiedzialności społecznej profesjonalnych klubów sportowych – raport z badań, Uniwersytet Warszawski, 2019 ss 37

[32] Skałecka K,, Społeczna odpowiedzialność biznesu w sporcie, Uniwersytet Śląski, Przegląd współczesnych problemów zarządzania",Vol.3,2017,s.23.

factor in building social values, and consequently in building relationships with clients, partners or local authorities."[33] Existing management concepts related to social responsibility must take into account social needs. Responsibility in business is similar to responsibility in sports. Fulfilling the appropriate rules and principles in responsibility continues the actions aimed at sustainability within the development processes.[34]

Properly planned and implemented social responsibility activities allow for obtaining a properly directed competitive advantage, as described earlier. A stable position on the market, supported by social responsibility and influence in the sphere of sports, is divided into:

- CSR through sport;
- CSR in sport.

The above division of two concepts of conducting responsibility is a conscious separation of the function that sport itself performs in CSR activities. Fulfilling the assumptions of social responsibility through sport treats this sphere subjectively, which means that sport takes on the main executive role. Taking part in social responsibility through sport enables the implementation of all assumptions, values, and ideas of sport that have a positive impact on communities. Recognizing social responsibility as a more important aspect of inter-entity cooperation can be included in the assumptions of conducting sport. In this approach, sport becomes a medium carrying values and principles of conducting social responsibility. As you can see, this trend can be conducted in many areas of life. In this approach: in sport, activity, physical culture.[35]

Hence, the activities of sports organizations combined with the idea of corporate social responsibility can be perceived in two ways, i.e. CSR in sports and CSR through sports. In the first case, we are dealing with activities undertaken by sports clubs or entities established by these clubs, such as foundations established by clubs or sports associations. The second case tells us about activities carried out by other entities, e.g. private companies or famous sports stars.[36] Moreover, it can be added that the literature on the subject distinguishes three ways of implementing CSR by sports organizations:

[33] Tamże s.24

[34] Sport impakt, Jak wygląda odpowiedzialność społeczna klubów sportowych w Polsce, https://sportimpakt.org/odpowiedzialnosci-spolecznej-klubow-sportowych/,dostęp21.02.25

[35] Skałecka K,, Społeczna odpowiedzialność biznesu w sporcie, Uniwersytet Śląski, „Przegląd współczesnych problemów zarządzania",Vol.3,2017,s.23.

[36] Breitbarth T., Harris Ph., The role of Corporate Social Responsibility in the football business: Towards the development of a conceptual model, European Sport Management Quarterly Vol. 8(2), 2008, s. 179-206.

- establishing a foundation that carries out activities in the social sphere,
- delegating CSR tasks to the marketing department,
- establishing a new organizational unit that will implement the assumptions of corporate social responsibility[37].

Sport, as a universal language understood by people all over the world, has an extraordinary power to influence social change. Activities for equality, integration, environmental protection or promotion of a healthy lifestyle show that sport is not only competition, but above all a tool for building a better world, through the implementation of CSR goals in sport, which include above all:

- Promoting a healthy lifestyle and physical activity.
- Supporting education and youth development.
- Fighting marginalization and a tool for social integration
- Fighting discrimination and promoting equality.
- Protecting the natural environment.
- Building a positive image of personalities and sports organizations.

In relation to the most common CSR activities in sports, it is organizing campaigns promoting physical activity. Companies finance street runs, sports tournaments or training programs for children and adults. An example of this is free fitness classes organized by clothing brands or gym chains, which encourage regular exercise and building healthy habits. In addition, CSR in sports often includes educational activities, such as workshops on healthy eating, body regeneration or sports psychology. Another important aspect of CSR in the context of sports is supporting access to physical activity for people from various social groups, including children, seniors or people with disabilities. Companies and organizations are increasingly investing in sports infrastructure, modernizing pitches, building bike paths or financing sports scholarships for young people from less privileged environments. As a result, sports are becoming more accessible and democratic, which contributes to improving the quality of life in society. CSR activities related to sports bring benefits to both companies and communities. Promoting a healthy lifestyle is in line with trends related to conscious health care, and at the same time builds a positive image of brands involved in social initiatives.

Corporate Social Responsibility (CSR) in sports also plays a key role in the education and development of young people, offering not only financial support but also opportunities for personal and social development. Sports clubs, federations and

[37] Pawlak G., Sport w strategiach CSR przedsiębiorstw. Wybrane aspekty komunikacji z interesariuszami, Wydawnictwo Akademii Wychowania Fizycznego we Wrocławiu, Wrocław 2014, s. 63-66.

sponsors engage in initiatives that promote a healthy lifestyle, shape values such as fair play, cooperation and determination, and help to equalize educational opportunities for children and young people from different backgrounds. Thanks to scholarship programs, training and free sports activities, young people gain a chance for a better start in adulthood. Many sports organizations combine CSR activities with education, offering various training programs, development workshops and classes on time management, healthy lifestyle or a responsible approach to career. Examples include football academies or club foundations, which, in addition to sports training, organize foreign language lessons, entrepreneurship classes or psychological workshops. Such activities allow young athletes not only to develop their sports skills, but also to acquire competences that will be useful to them in the future – regardless of whether they become professional athletes.

Sport also plays an important role in social integration, especially in the context of combating social exclusion. It can connect people from different backgrounds, cultures and ethnic groups, promoting understanding and tolerance. Many sports organizations implement projects aimed at supporting people at risk of marginalization, such as:

- People with disabilities – development of Paralympics and adaptive sports.
- Children and youth from poor families – scholarship programs and free sports activities.
- Immigrants and refugees – initiatives supporting their integration through sports.

An example is the work of the UEFA Foundation for Children, which supports sports projects that help children in difficult life situations around the world. Sport also has a therapeutic function. Sports programs are used in work with young people at risk of crime, helping them develop social skills, discipline and self-esteem.

Modern sport, importantly, is actively involved in promoting equality and combating all forms of discrimination. These activities include both gender equality issues and the fight against racism, homophobia and xenophobia. Organizations such as FIFA and the International Olympic Committee (IOC) introduce educational programs and social campaigns that aim to promote tolerance. Campaigns such as "Say No to Racism" are an example of a global initiative against racial discrimination in football. Another important aspect is the pursuit of gender equality in sport. Although women are increasingly successful on the international stage, they still face problems such as unequal pay or limited access to some sports disciplines. In response to these challenges, initiatives supporting women in sport or campaigns promoting women's sport have been created.

In addition to the social aspects, sport plays an important role in protecting the environment. Organizing major sports events, such as the Olympic Games or the World Championships, has a huge impact on the natural environment. For this reason, more and more emphasis is being placed on sustainable development and ecological management of sports infrastructure. An example is the "Green Games" strategy implemented during the Olympic Games in London, Tokyo and Paris, where solutions were used to minimize CO_2 emissions, recycling was promoted and renewable energy sources were used.

Sports clubs also take action to protect the environment, for example by:

- Reducing water and energy consumption in sports facilities.
- Promoting public transport for fans.
- Educational programs on environmental protection.

Athletes have a huge influence on their fans, especially the youth, who often see them as important authorities. As a result, many athletes engage in charity and social activities, using their popularity to promote positive values. Their actions show that athletes can be ambassadors for social change, inspiring others to get involved in helping those in need. However, it is important for athletes to be aware of their responsibility, both on and off the pitch. Their attitude, behavior and values can have a real impact on shaping social attitudes.

1.3. The role of stakeholders and sponsors in social responsibility in sport

Stakeholders and their activity play a key role at all stages of defining and implementing CSR principles. Corporate social responsibility from a management perspective is dynamic in nature, it is based on continuous relations with stakeholders, constant cooperation and improvement of dependencies. In scientific literature, terms such as partnership, common goals, commitment, dialogue, cooperation, but also sponsorship or patronage appear very often.

There are many classifications of stakeholders in publications, which in practice distinguish two most important groups. The first group includes, among others: employees, investors, customers (fans), i.e. people who provide income - they are called "primary, contractual, technical, internal stakeholders." Representatives of the second group include representatives of the local community, media, public administration institutions, non-governmental organizations, the natural environment and many others on whom the company influences its activities or is influenced by them - these are the so-called "secondary, contextual, institutional, external stakeholders" (Fig. 1. presents the cited division of stakeholders). However,

these divisions are becoming increasingly complicated, because everything depends on the specificity of a given industry, the level of development or the type of markets[38].

The key moment at the stage of starting to build appropriate and proper communication between stakeholders (e.g. in the field of sports, wishing to jointly implement the CSR policy) is to agree on the key areas of engagement, establish common cooperation goals and expectations towards each other and the justification for taking certain actions[39]. Generating an integrated strategy of action and communication is a big challenge for both partners. On the one hand, the activities concern a specific project (e.g. equipping a sports club, co-organizing a sports event), on the other hand, they mean the possibility of broad and clearly defined cooperation. This is quite a challenge in achieving an appropriate and satisfactory level of dialogue. In order to achieve the assumed, mutual goals and enter into a partnership relationship, it is necessary to meticulously develop a joint communication and CSR strategy on both sides. Such an approach to building communication will minimize the risk of problems and will regulate mutual expectations. Communication in the process of building a CSR strategy in the sphere of sport concerns both the relations between entities that jointly implement CSR strategies, as well as the external and internal communication of individual entities.

[38] Rok B., Podstawy odpowiedzialności społecznej w zarządzaniu, Poltext, Warszawa 2013 s.24

[39] Gasiński T., Piskalski G., Zrównoważony biznes. Podręcznik dla małych i średnich przedsiębiorstw, Ministerstwo Gospodarki, Warszawa 2012 s.11, Pawlak G., Sport w strategiach CSR przedsiębiorstw. Wybrane aspekty komunikacji z interesariuszami, Szkoła Główna Handlowa, Warszawa 2015 s.252, Pokusa T., Społeczna odpowiedzialność w sporcie i przejawy jej realizacji na przykładzie klubu siatkarskiego X, [w] Międzynarodowa analiza społecznej odpowiedzialności biznesu w wybranych rejonach woj. morawskiego i opolskiego, WSZiA, Opole 2021 s.21-33, Rybicki J. (red.), „Region Gdański NSZZ Solidarność", 2013 s.27

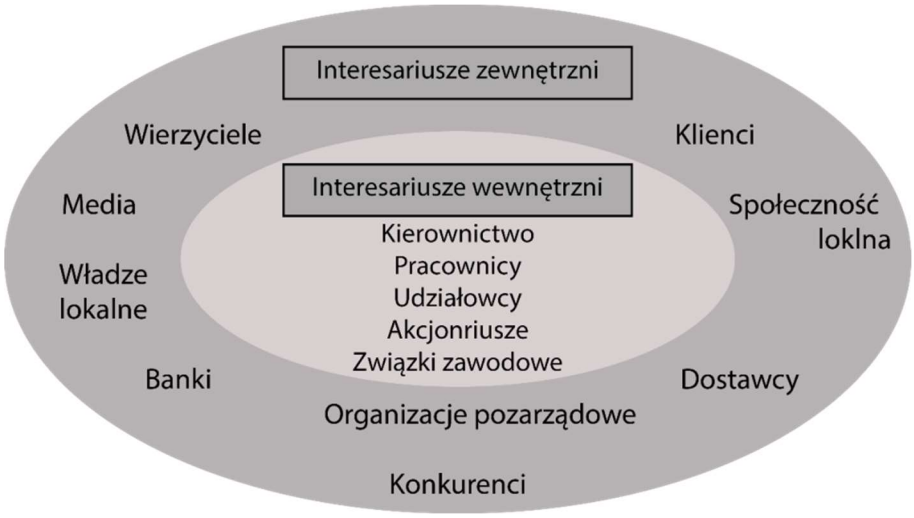


Figure 1. Stakeholder Division.

Source: Own work.

Interesariusze zewnętrzni -External stakeholders, Interesariusze wewnętrzni – Internal stakeholders, Klienci – Clients / Customers, Społeczność lokalna – Local community, Dostawcy – Suppliers, Wierzyciele – Creditors, Media – Media, Władze lokalne – Local authorities, Banki – Banks, Kierownictwo – Management, Pracownicy - Employees, Udziałowcy / Akcjonariusze – Shareholders, Związki zawodowe - Trade unions

The ability to create an appropriate implementation space for all involved entities will determine the shape of further stages of development of creating CSR tasks between partners. The personal business and project experience of individual entities and specific bilateral activities in the field of creating common values will be of great importance here. Defining and establishing a common understanding of the CSR concept and intersectoral cooperation is also an important element. The stage of creating and composing a communication strategy must result from the business goals of the entity. The assumptions of the strategic goals of entities cannot be diminished or marginalized or, even worse, supplanted by the goals of the CSR strategy – they must complement each other in such a way as to create synergy of actions. Identification of the approach to dialogue with stakeholders, the adopted strategy, the formula, including the method and scope of involvement in this process, resulting from the strategic directions of entities, will also be of key importance. Matching the goals and needs of entities to the conditions related to the implementation of joint actions of responsible business in the field of sports and beyond can be divided into areas and stages:

Stage 1: Problems and experiences inside and outside the organization;
Stage 2: Matching the CSR strategy to the overall strategy and business specifics of the organization;
Stage 3: Ways to communicate progress and results of cooperation;
Stage 4: Engaging employees in the CSR concept.

There is a certain reluctance of companies and non-governmental organizations to build communication with external and internal stakeholders. This is most often due to the very reason for undergoing changes and reformulating the business model. On the one hand, improving certain communication and relational channels encourages joint actions, on the other hand, it strongly engages entities organizationally and time-wise[40]. Not all organizations and companies, including sports clubs, are ready and open to this. On the business side, we are dealing with certain specific expectations, and the long-term perspective clearly limits this. Such cooperation takes time, teaches patience and consistency in action.

After presenting the general assumptions and philosophy of CSR in the sphere of sport, the next part of the chapter will address the issue of closer relations in relation to sponsorship and CSR in sport. As it results from the study of Western literature, European and American scientists have only recently, i.e. at the beginning of the 21st century, confirmed the importance of CSR in sport by examining the activities of this CSR in sports clubs. For example, M.B. Walker[41] surveyed various stakeholders of NFL clubs to determine fan perceptions and reactions to their teams' CSR. The results indicated that CSR had a positive impact on reputation, word of mouth, purchase intentions, and merchandise consumption, but not on systematic media sourcing. In a similar vein and approach K. Babiak i R. Wolfe[42] examined the scope of the influence on the social initiatives of the Super Bowls and the NFL in the

[40] Zob. Dialog z interesariuszami, Forum Odpowiedzialnego Biznesu, [online:] http://odpowiedzialnybiznes.pl/wp-content/uploads/2020/03/,Publikacje_FOB_Dialog-z-iteresariuszami.pdf, s. 10 [dostęp: 11.02.2025]. Pawlak G., Sport w strategiach CSR przedsiębiorstw. Wybrane aspekty komunikacji z interesariuszami, Szkoła Główna Handlowa, Warszawa 2015, s. 253.

[41] Walker M.B., Assessing the influence of corporate social responsibility on consumer attitudes in the sport industry; unpublished thesis, State University, Published 1 November 2009 Business, Journal of Sport Management 2009. https://www-semanticscholar-org.translate.goog/paper

[42] Babiak K., Wolfe R., More than just a game? Corporate social responsibility and Super Bowl XL, "Sport Marketing Quarterly" 2006, 15, Wolfe R., More Than Just a Game? Corporate Social Responsibility and Super Bowl XL,Sport Marketing Quarterly, 2006, 15, 214-222, © 2006 West Virginia University

United States, arguing its purpose in stating that "sports organizations must treat CSR activities as an integral part of their activities." Other articles from the first decade of the 21st century show the usefulness of the CSR concept in the sphere of sports. For example, A. Smith i H. Westerbeek[43] outline the unique characteristics of sport through CSR and its potential to deliver wider benefits for fans and the community. The concept of the CSR model in the research of T. Breitbarth and P. Harris [44] concerned its benefits in relation to professional football and was tested through case studies in four countries.

Initial research on CSR in sports entities coincided with the initial interest in CSR as an important comparative measure of sponsorship effectiveness and the answer to the question: "Do sponsors aim to enhance the perception of CSR (when they start supporting sports) or not?" In a paper summarizing the initial research undertaken and devoted to global best practices in sponsorship, presented in Harvard Business Review by F.J. Farrelly and S. Greyser (Farrelly F.J., Geyser S.A., 2007), the authors write that "generally speaking, large sponsors have recognized the importance of CSR as an important goal and this finding now needs to be confirmed by broader empirical research"[45]. If sponsors perceive CSR effects as an important measure of sponsorship effectiveness, then the question is how to achieve this? One option recently identified in the literature is to apply sports-related background marketing through sports sponsorships related to social causes (CRSS). Irwin, Lachowetz, Cornwell, and Clark (Irwin R.L., Lachowetz T., Cornwell T.B., Clark J.S., 2008) examined the relationship between sports marketing and CSR in a nonprofit sports event. Considering the triad of organizations in this area, i.e. the sports event (St. Jude Classic, PGA Tour event), the sponsor (FedEx), and the charity (St. Jude Children's Research Hospital), their synthetic results indicated positive aspects of CRSS. A current example of this approach is McDonald's promotion of the "Community Shield" as an event in which, among other things, the league is developing. The winner of this match will play against the winner of the FA Cup. This funding programme, which combines sponsor, sporting event and charity, enables, for example, the ongoing development of around 8,000 young, new coaches. McDonald's also benefits from the huge exposure it gains from its social benefit activities. Other

[43] Smith A.C.T., Westerbeek H.M., Sport as a vehicle for deploying corporate social responsibility, „The Journal of Corporate Citizenship" 2007, 25.

[44] Breitbarth T., Harris P., The role of corporate social responsibility in the football business: Towards the development of a conceptual model, "European Sport Management Quarterly" 2008, 8 (2).

[45] Farrelly F.J., Geyser S.A., Sport sponsorship to rally the home team, "Harvard Business Review" 2007, 85 (9), s. 25.

examples include the sponsor's long-standing links with an international charity, such as Vodafone, which works with the blind and hard of hearing.

When considering sports sponsorship in the context of CSR, its specific features should be recalled. Namely, the number and diversity of people practicing sports, attendance at sports events - are unmatched in any other field, providing a wide range and opportunities for companies to reach their target group. In addition, sports generate emotions that are more intense, more intrusive and more durable compared to other forms of social activity. It is emotions that allow for a strong sponsorship response. Sponsors who treat CSR as a measure of the outcome of their activities may therefore choose a specific event, such as the Paralympics, which has a special meaning for stakeholders, the near and far community, and fans. The choice of event may also be determined by humanitarian considerations or environmental challenges, e.g. the French bank Le Credit Lyonnais sponsors the Tour of Birkina Fasau, an African country[46], although it has no branches there. Some sponsors also run sports programs with schools around the world, support markets that promote healthy activities and lifestyles as an educational program for children, showing care and social responsibility in the process.

The perception of CSR by different stakeholders may result not only from direct sponsorship, but also from related campaigns. For example, Credit Lyonnais got involved a few years ago during the Tour de France in a campaign encouraging children to wear bicycle helmets. When considering CSR effects as a desired result of sports sponsorship, it should be emphasized that the basis and conditioning in this respect are promotional campaigns using sponsorship primarily with an emphasis on social responsibility.

Characteristic features of CSR activities in sports clubs

The essence of CSR largely stems from a range of specific and unique characteristics of sport, which is a multifaceted socio-cultural phenomenon.
These characteristics include:

- the constantly increasing importance of sport in the global mass media, which is reflected in the growth in the number and geographical reach of sports-related coverage (It is recognised that sports coverage can offer excellent conditions for disseminating and promoting the idea of corporate social responsibility among stakeholders around the globe);

[46] Sponsorship and CSR: Is there a link? A conceptual framework Carolin Plewa, The University of Adelaide Business School Pascale Quester, The University of Adelaide

- the possibility of positively influencing young people through involvement in competition and providing examples to follow (Sport rewards such personality traits as: perseverance in pursuing a goal, self-discipline, self-denial, strong will, the ability to adapt and subordinate ambitions to the rest of the team members and goals that are inherent in the rules defining the sporting game. Sport is therefore a form of activity whose aim is socialization and shaping attitudes needed in the adult, individualized world);
- the possibility of promoting activities aimed at protecting human health and promoting preventive measures against lifestyle diseases (a holistic approach to man and his nature obliges us to treat sport as an important factor that allows individuals to achieve good psychophysical condition, improve the quality of life and ensure their development);
- influencing the building of positive social relations, promoting the so-called "local patriotism" and creating conditions that favor the development of social capital;
- influence on promoting cultural understanding and social unification (The obligation of sport is to support understanding and tolerance through activities aimed at eliminating social antagonisms);
- the possibility of providing immediate benefits in the form of satisfaction and contentment for participants and spectators of sports competitions (This feature is related to the concept of sport as fun that provides a unique, festive character);
- the growing popularity of the concept of sustainable development and pro-ecological concepts through participation in sports
- Despite the prevailing belief that CSR enhances a company's image, enables easier access to capital, increases the attractiveness of a business to potential investors, etc., competitive pressures cause a significant portion of businesses to be judged by the interests of their owners. In the case of sports clubs, this rule does not hold true. It is therefore accurate to say that the preferences of sports club stakeholders differ from the expectations of stakeholders in typical manufacturing or service companies [47] .

[47] Comporek M., Zarządzanie i Finanse, “Journal Management and Finance” 2015, Vol. 13, No. 1, s. 105.

Table 1. Stakeholder expectations: commercial enterprise and sports club

stakeholder	**Stakeholders expectations**	
	Commercial enterprise	**Sports club**
owner	changes in income equal to at least the market interest rate	achieving sporting success
	lack of interest in exercising power in the enterprise and achieving pro-social goals when its profitability decreases	focus on generating profits
		respect and recognition in the eyes of the community
customers	benefits resulting from purchasing a product or service	being part of a sports community
	additional benefits (warranty, service, discounts)	experiencing sports emotions and fulfilling sports dreams
employees	obtaining income and non-wage benefits	obtaining income and non-wage benefits
	job security	participation in sports competitions at the highest level
	opportunities for self-development and advancement	
government, local governments	tax revenues	protecting and emphasizing the social and cultural values of sports clubs

Source: Own work based on: Comporek M., *Zarządzanie i Finanse,* "Journal Management and Finance" 2015, Vol. 13, No. 1, s. 105.

Changes

The changes that have taken place in economic, sports, and social life in recent years, along with easier access to information and communication methods, have generated in society a value known as knowledge capital. This capital has become the most valuable asset for organizations, creating a new quality that can bring significant benefits to both organizations and companies. In Poland, the importance of responsible business-often mistakenly equated with the concept of sustainable development–emerged in an atmosphere of ongoing or incomplete reforms and dynamic integration with other European Union countries. The nature of a company's activities and the products it offers to society will also shape its mission and the significance of responsible business principles.

One of the ways to implement the vision of Corporate Social Responsibility (CSR) is through engagement in the area of sports. A company's strategy can be tailored so that it can develop both in the social sphere (external stakeholders) and within its own organization (internal stakeholders). Involvement in CSR initiatives that promote the values associated with activity and sport can be a key element of a company's strategy. Encouraging physical activity and a healthy lifestyle among internal stakeholders–namely, employees–can generate tangible economic benefits for the company. An active, healthy, and satisfied employee is less prone to illness, and their overall vitality and well-being are higher.

Part II

Development of Olympic sports in the Mykolaiv region

Mykolaiv has a rich sports history and traditions. Many Mykolaiv athletes have achieved high results in various competitions, including the Olympic Games, World and European Championships, as well as national championships. Their achievements are an example to follow and inspire the younger generation. Traditionally, the most popular sports in Mykolaiv have always been sailing, football, athletics, boxing, and equestrian sports.

It is important to consider the milestones on the path of sports development in Mykolaiv, analyze the periods of rise and decline, and ways to stimulate the growth of sports results in order to understand the prospects for the further development of these and other sports in the future.

Mykolaiv's sports infrastructure includes sports complexes, stadiums, swimming pools, halls, and specialized sports schools. Despite the challenges, local sports institutions provide opportunities for practicing various sports at both the professional and amateur levels.

For the further development of sports in Mykolaiv, it is necessary to continue work on improving sports infrastructure, building new sports facilities, repairing existing ones, and ensuring access to sports for all segments of the population.

2.1. Development sailing sports in Mykolaiv

Sailing is a professional sport for sailors and shipbuilders. The forerunner of sails on the territory of Ukraine and Mykolaiv were anti. Possessing for long-term period Black Sea coast from Danube to Don, anti have gained significant seaworthy experience.

Millennium ago were built sailing military ships, merchant sailing ships were created. For many peoples shipping always was not only necessity, and and entertainment. Often sailboats were used for walks and recreation. But only at the end of the 15th century did a special type of sailing develop with special yachts intended for competitions or sailing for pleasure.

Thanks to two navigable rivers, Southern Bug and Ingulu, What surround city Mykolaiv with three parties, it it was always favorable for development in it sailing. Historical basis development sailing sports in Mykolaiv there are sailors and shipbuilders.

Wits 1887 river began gradual development sailingsports in the Mykolaiv region and it continues to this day, having gone through various stages. The Mykolaiv region has a rich military and maritime history, which contributed fast development and distribution sailing sports in Mykolaiv.

In 1789, on the peninsula at the confluence of the Ingul and Southern Bug, Mykolaiv had to become a shipyard city, the cradle of the Black Sea Fleet, one of the shipbuilding centers of Russia, and later the Soviet Union. Such specificity imposed imprint on fate, nature and even external appearanceMykolaiv.

Intensive settlement Mykolaivskyi peninsulas started in last quarters XVIII century, already after liberation Northern. The Black Sea region from the Turkish conquerors and the entry of the Russian state into Black Sea. Russia needed its own fleet. Before the city received official status, it was called the shipyard on the Ingul. This place was near the mouth of the rivers Ingul, when it falls into Bug estuary. On the day of the foundation of the New Shipyards, What subsequently became Mykolaiv, is considered 27 April 1789 river Hereby by number dated order Potemkin Faleev "Start" shipyard on Inguli".

The city received its name a year after the victorious storming of Ochakov by Russian troops under the command of A. Suvorov. In December 1788, on the day of St. Nicholas, the protector of sailors. In his honor called new city.

The name of Saint Nicholas is also associated with the name of the first church built in 1770 and the first ship built - the 46-gun frigate "Saint Nicholas". It was launched in August of the same year, and in July 1791 near Cape Kaliakria it received its first baptism of fire[48].

The life of the city was completely subordinated to shipbuilding and the fleet. Almost hundred years here deployed headquarters Black Sea fleet. WITH Mykolaiv related names outstanding naval commanders F. Ushakova, P. Nakhimova, V. Kornilova, M. Lazareva , G. Butakova .

The opening of a commercial port in the city in 1862 served as an impetus for transformation of Mykolaiv into a large commercial port. This fact was reflected in the city's coat of arms, which was approved in 1883 and restored in 1997. The permanent elements of the city's coat of arms were: a miter, a staff, and a ship.

Already At the end of the 19th century, the port of Mykolaiv ranked third after St. Petersburg. and Odessa by in volume trade from abroad, and with export grains, whose suppliers were the steppe provinces, - the first place in the country. And he himself Mykolaiv is becoming big industrial center in the south Ukraine.

[48] Traspov L. Yacht club. Materials on the history of sailing and the Mykolaiv yacht club. Mykolaiv : Lev Traspov , 2012. 576 p.

The names of many prominent people are associated with Mykolaiv, which has reflected in the city's monuments, the names of its streets, squares and public gardens. Here served and worked admirals A.S. Greig and M.P. Lazarev , discoverer Antarctica F.Bellinshausen and creator tactics of the armored fleet Admiral G. Butakov, heroes of the defense of Sevastopol of the times Crimean War, Admirals P. Nakhimov and V. Kornilov , compilers of the "Atlas Black Sea" Manganar brothers , corresponding member Petersburg Academies sciences, first director Mykolaiv Observatory K. Knorre and the creator of the first in world marine gas turbine installations S.D. Kolosov [1] .

The first major sea crossing was made by the people of Mykolaiv back in 1848 Then the admiral's yacht "Oreanda" set off from the city around Europe to Kronstadt and, having won main prize sailing racing, that by ourselves by returned back. Almost 140 years later, in 1987, the yacht "Ikar", designed and built by students and staff of the Mykolaiv Shipbuilding Institute, completed a circumnavigation of the world for the first time in Ukraine.

The favorable conditions of its location played an important role in the development of the sea sports club in Mykolaiv. Two shipping rivers, the Southern Bug and the Ingula, surround it on three sides. They have almost no currents that would interfere with navigation and control of a sailing vessel.

Historically Mykolaiv was shipyard city. Thanks to this city was filled with various courts. Between officers fleet, based in the city, sometimes friendly competitions were held. Information about these races found its way into reflected in the history of the city, and also became the basis of the idea of establishing in the city yacht club. An example is the achievement of the crew of the yacht "Oreanda" which wonrecognition Mykolaiv yachtsmen long time ago to establishment in city yacht club [1] .

Already in 1895 river in workshops yacht club started build small sports ships. On March 3, 1896, the general meeting instructed the committee to initiate The main commander Black Sea fleet and ports petition about allocation yacht club territories marine departments in Spasskaya .

Because yacht club in Mykolaiv was one with the first in the extreme, sailing had not yet gained much popularity among the population and officers fleet . It was very difficult to attract new members to the yacht club due to strict selection criteria. To popularize the yacht club, a decision was made to open additional sports sections on its territory. In 1897, a sailing school was organized on the basis of the yacht club. It was managed byby a former artillery officer. Because 3 years at yacht club opened friend school swimming.

22 August 1888 year marine ministry approved regulations yacht- club. Its first paragraph stated that "the river yacht club Mykolaiv aims to spread swimming on rowing, sailing and steam ships. With this purpose club establishes race ships, suits conversations with marine affairs, prescribes because of border ships and their models [1].

7 May 1889 year yacht club celebrated yours official discovery. After solemn parts took place first sailing race on fours and twos for participation 8th ships.

In 1902, the question of erecting a building at the harbor was raised , which could be used in winter conditions. But the fees not approved the presented committee project. But in 1904 the yacht club building was completed and opened. This the event allowed him to increase his popularity in the city and among officers fleet and became an impetus for further progress [49].

7 May 1904 year pond special, festive for Mykolaiv Yacht Club. This day was marked by a reception new buildings club and race yacht Mykolaiv, Odessa (Black Sea and Catherine) yacht clubs.

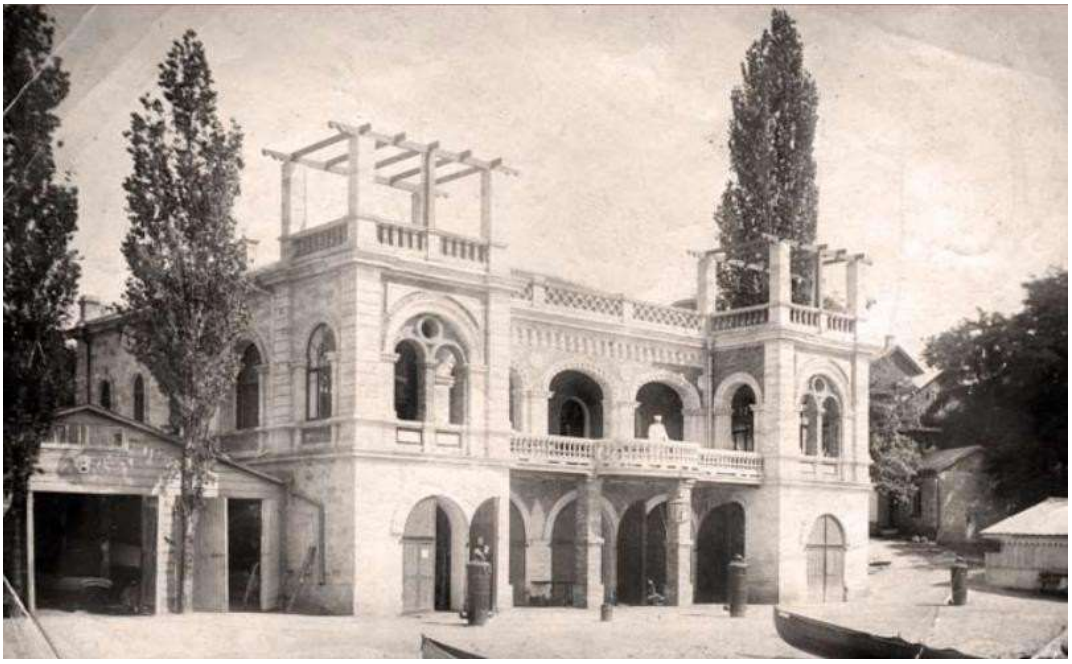


Fig. 1 - **Building yacht club (May 7 , 1904)**

[49] Golubov A. Twentieth anniversary of the native yacht club of the city of Mykolaiv. Mykolaiv, 1907. 26 p.

The building was built in the Italian Renaissance style and had an elegant view. The building was facing the river. On the left side there was a spacious lobby led to the upper floor, where there was a large dining room, a living roomfor libraries, advisory room, restrooms and rooms for buffet. On A large terrace was arranged on the northern side along the entire length of the building. Loft was adapted under sailing workshop, its area gavepossibility to cross out even big sails. Built also all necessary services, great barn for ships, with devices for their lifting, hanging and launching. The building and others buildings was erected under leadership Leopold Leopoldovich Rode, by its same project [2].

In 1910 river absence national classifications sports ships contributed spontaneity development sailing sports, because No quantitativegrowth or the quality of the sailing fleet of yacht clubs, nothing and no one was regulated. Yachts were bought or were built on own discretionshipowners yachtsmen, which were guided own taste or simply desire to put up for sale the yacht in that or another class with by calculation to beat weaker competitors. This led to a large number of classes, each from whose was presented in small numbers ships.

Participation in races of different types yacht reduced interest to competitions. Many spectators wondered why they were the first to cross the finish line. alone ships, and prizes received others. It forced commission yacht club divide all ships on classes by their racing characteristics, Introduction of regulations on the classification of yachts for races in 1910 r. made the struggle between athletes more active and interesting for spectators.

In 1913 The Maritime Ministry launched a project for the Mykolaiv Yacht Club prize – Transitional cup. Next year became popular rowing race secondary educational institutions of Mykolaiv.

At the beginning of the First World War II, the yacht club committee decided not to carry out the racing program until the end of the year. On August 24, emergency The general meeting expelled 19 Austrian and German members from the yacht club subjects, among whose was honorable member yacht club Windshield [50].

The First World War of 1914 limited the activities of yachts club. Many racing athletes were mobilized into the army and the fleet. The race was held until 1917, but with fewer participants. participants and not regular. But the organization them not changed.

[50] Report on the activities of the summer club of the city of Mykolaiv for 1906, 1907, 1910, 1912, 1914. Mykolaiv: 1915. P. 1–31.

July 31, 1916 in the Spasskaya area (swimming school and yacht club) were conducted trial graduates courses pre-conscription preparation (about 250 people) in swimming, rowing, horse riding and cycling, management by motorcycle. The best were abandoned on courses for preparation on instructor rank [3].

In the first years of its existence, the yacht club's flotilla gradually expanded. In 1900, according to the charter of the yacht club, the fleet included not only the vessels purchased by the yacht club, but also those owned by members of the yacht club. At that time the yacht club had 62 vessels in its fleet, but among them 24 belonged to yacht club, and 38 its members.

Construction the yacht club building, as a private area for yachtsmen, has become a new impetus to gain popularity of sailing in Mykolaiv. The number of competitions per season influenced the popularity of the yacht club among the population of Mykolaiv. The interest of the city authorities in this sport also grew. With the increase in popularization sailing as a sport grew and opportunities for holding competitions [51].

But in 1917 river all ships were nationalized. Most of the members were mobilized. The races were held all less often and less often. Yacht club lost yours autonomy.

Over time, in a short time, Mykolaiv transformed from small shipyard into a large industrial, business, politicaland cultural center South Ukraine. Onshipbuilding factories cities were built more two thousands of ships and vessels, including frigates, battleships, destroyers, submarines boats and etc. Mykolaiv – one from two bridge in world, where were built heavy aircraft carriers ships.

In 1917-1991, the attitude of the authorities towards sports was different, which influenced the development of sailing in the Mykolaiv region. Therefore, this period of time can be divided into two periods:

1. The period 1917-1947 is a time of significant events: the end The First World War, period changes of power and reforms, World War II.

2. 1947–1991 became a period flourishing sailing sports.

After the First World War, everything yacht club property was nationalized and transferred under full CONTROL authorities. For development sailing sports Mykolaiv Yacht Club received small monetary financing.

The opening of the yacht club again increased its popularity and attracted a large number of new athletes to sailing. The yacht club was visited by people who wanted to go sailing and those who saw it only as an active pastime. Races were often

[51] Stefanov V. M., Biryuk S. B. History of the development of sailing in the Mykolaiv region.

held together with folk festivities. Its new flourishing, but on a completely different basis, began only after the October Revolution.

During the period of civil war and foreign intervention, physical education The movement was aimed at improving the physical training of Red Army soldiers. Army, for the organization physical education growing up generation. During the civil war, the yacht the fleet was not fully utilized.

1 March 1919 year Soviet power in Mykolaiv was restored. After the event initial reorganizations yacht club, began period rapid development sailing sports. With 1921 year in yacht club The preparation of pre-conscripts for service in the fleet was organized. During this period, educational and sports work and numerous competitions were held. Handicap sailing races became widespread. All steering yachts and dinghies participated in them simultaneously. For each vessel, after measuring its hull and sails, a racing score was determined using a special formula.

In 1923 the first organizational meeting of the working board was held yacht club, which put his/her own task strengthen material base, increase number floating ships, equip sports ground, to attract wide masses workers in all types river sports. Started repair old people yacht and preparation yachtsmen. Because yacht club was translated on self-sufficiency, then main duty rule became financial search funds.

1926 year in Mykolaiv for the first time a championship was held areas with sailing. July 4 The opening of the All-Ukrainian Spartakiad took place at the yacht club, in which about 150 athletes participated .

In the thirties, the yacht club was renamed water station. To everyone team physical education, the government proposed to build although b one a boat, What allowed b better quality conductnaval training and would contribute to the cause of rescuing people on the waters.All-Ukrainian water station (head D. T. Chervonoochenko) started daily service workers cities, performing deliveredbefore by her main task: dates possibility workers good to restafter working day, taking participation in competitions and others events. There the same, in workshopseach city dweller could engage in repair and construction rowing and sailing ships.

28 August in Mykolaiv on aquatic stations SPC and Dynamo started All-Ukrainian water Spartakiad. Mykolaivskiy athletes performed by team Odessa regions, which, having exhibited two warehouses, won first and the third general command places .

6 July 1937 year on all aquatic stations Ukraine with initiatives secretary USSR S.Kosiora was held aquatic holidays with purpose identification of talented sports youth, mass passing of RWD standards and increasing sports achievements. On Mykolaivskaya aquatic stations this day started parade of 150 young men and girls.

The competition program included swimming, jumping with towers, rowing and sailing race.

"Burevisnyk", "Kolos", "Rot-Front", " Spartak ", etc. were created in Mykolaiv , the participants of which were involved in various types of water sports. Later, water bases were built on the basis of these associations.

In May 1940 year parade athletes started ceremonial discovery summer water sports season. Then was given start show races on academic and folk boats, there was a sailing race on yachts [1] .

For shipbuilding Institute of Mykolaiv in upper workshops yacht club I.R. Korotkov built the racing yacht "Rainbow". It was also there that he created high-speed yachts „Lanai", "Lanai 2", " Lanai 3", and at the plant named after 61 Communards - "Sniper".

With the beginning of World War II, the sporting life of the Mykolaiv Yacht Club ended. From 1941 to 1944, Mykolaiv was occupied.

On May 30, 1944, the Bureau of the Mykolaiv Regional Committee of the Ukrainian Socialist Workers' Union decided to resume the work of the yacht club: to spend gathering sports inventory, restore bridges, organize sections with swimming and rowing,to fence off a beach area for young people to relax

After release Mykolaiv from German-fascist invaders it turned out that almost the entire sailing fleet had been stolen to Romania, and some ships were burned. Due to reparations, from Germany was delivered 30 dinghies with red trees type "Olympic" and "Vanderiol" and metal keel yachts. The yacht club raid has been replenished.

The war had just ended, and in November 1945, the Mykolaiv Regional Planning Commission approved a five-year plan for the construction and overhaul of sports facilities, according to which the yacht club was to be reconstructed and by 1950 was to be replenished with more than 50 dinghies and yachts. On May 25, 1948, the regional executive committee, in order to better develop water sports, obliged the head of the regional sports committee to organize three branches of the Mykolaiv Yacht Club in Voznesensk, Ochakiv and Novaya Odessa. In February 1949, the workshop of the 61st Communard Plant under the leadership of I. R. Korotkov completed the construction of twenty boats for the city's water stations, as well as seven "L" class yachts.

Great contribution in Renaissance sailing and rowing fleet in Mykolaiv built a factory named after 61 Communards, whose athletes were headed by E. Valchuk. By support director I. Prybylsky he equipped on factory dinghy workshop. The first there were built folk boats, by by them four dinghies class "M-20".

Seven yachts of the Finnish classification "Hai" were created according to drawings, received with Tallinn. Drafting three with themwas held in yacht club.

Eighth, named " Wave ", built IN. G. Ilchenkoin workshops artisan schools No. 1, which led by O. IN. Funeral.

After the war, the government turned its attention to sports, which became the impetus fordevelopment of many areas. This also applied to sailing in Mykolaiv, What in pre-war years was considered center sailing sports in Ukraine. Such support led to the growth of the yacht club's popularity and allowed educate athletes for world competitions. All it can watch from chronology the following events.

June 25, 1947, in the order of the Committee on Physical Education and Sports under the Council Ministers Ukrainian SSR was scheduled a series events in communication with conducting in Mykolaiv sailing championships Ukrainian SSR and USSR.

In particular, urban and regional executive committees was offered to provide assistance to the yacht club in building repairs, landscaping and lighting access roads from Varvarivskyi descent.

5 October in presence numerous spectators in Mykolaivskyi yacht-All-Union competitions for individual sailing championships opened at the club sports. Such competitions were held in the country for the first time: previously, personal-team primacy.

Especially for these competitions, the All-Union Committee for Physical Culture and sports replenished the yacht club's fleet with nine vessels like the Olympic . InEight ships of the "L-Z" class were built in Mykolaiv, the dinghies were restored, held significant works with equipment premises yacht club, because of whatin them settled significant part participants and all judicial apparatus.

On February 24, 1948, the City Executive Committee adopted a resolution “On Work and preparation to spring yacht club". It was noted that What by years peaceful construction yacht club renewed and has in to his/her at its disposal 20 yachts, 19 boats and 1 speedboat. This allowed it to conduct basis republican and All-Union sailing championship. Yachtsmen Mykolaiv was won Cup Ukraine .

With purpose development aquatic speciesthree branches of the sport were organizedMykolaivskyi yacht clubs: Voznesensky, Ochakivsky and Novoodessky . Experienced helmsmen were sent to train local yachtsmen.

The main task of this period was the massification of physical education. movement, increase equal skills and on this basisconquest Soviet athletes world championship. A new one was developed program preparation yachtsmen, reviewedregulations competitions, at yacht clubs started open children's sailing schools.

In February 1949, the construction of 20 boats and 7 yachts of class "L" for the city's water stations were completed in the workshop of the 61 Communards Plant. This was planned back in 1947, so that in two years there would be an opportunity to hold the USSR Championship again in Mykolaiv.

16 December 1949 decision city executive committee approved position about urban yacht club. In him it was indicated: "Yacht Club" there are sportymethodical enter with aquatic species sports, school preparation qualified athletes-dischargers, masters, steering and judges with water sports for sports clubs.

By 1950 year the yacht club needed to build a dinghy. They graduated from the helmsman's course 75 people, and another 80 - began studying the layout, navigation, ship layout, rigging affairs and rules swimming.

In May 1951, by decision of the City Executive Committee, the "City Yacht Club" waswas liquidated, and the "City Water Sports Station" was organized on its basis.

September 18, 1954, for the first time in the history of sailing in Mykolaiv started 100-mile race. "New regulations international competitions require a different approach to training athletes. It is necessary to temper helmsmen in marine hikes. I suggest in the future regular conduct "There are many soapy races," said Ivan Romanovich Korotkov at the next at a meeting of the city sailing section. He was enthusiastically supported by both young and old yachtsmen. To preparation actively turned on Urban water sports station (head – P. B. Abaza). To participate in the competition, they were equipped tens ships classes "L-3", "L-4", "Dragon", "M", "AT" and " Ruff ". It was assumed that personal competitions in honor of Lieutenant Pyotr Petrovich Schmidt will contribute popularization and development sailing sports, increase skills and detection the best designers ships and steering in estuary and sea conditions, strengthening ties and exchanging experience between yachtsmen with different bridge Soviet Union.

Notable event for Mykolaiv was a victory at the National Youth Championship in 1955 river Mykolaiv female athletes – Galina Whispering and Olena Rosynets in classroom „Ruff ".

IN 1961 year built the largest in USSR cruising yacht "Antarctica". Its captain appointed Yuri Son.

There were over two hundred ships in the city. For the convenience of their operation inyacht club was built dock 15-meter Bridge.

In 1969, Sports Veterans wrote a letter to the first secretary Mykolaiv Regional Party Committee Ya. P. Pogrebnyak. Veterans asked to assist in the opening sailing school at the yacht club, with annual funding of 30 thousand rubles. Subsequently request veterans sports was satisfied [1].

15 November by order heads Regional committee in affairs physical education and sports, the city water sports station was liquidated, and property,

equipment, inventory and states transferred in order Regional Sports Committee for the creation of a sailing school. Sailing school premises located in the main building and the former upper workshop of the yacht club. Director was assigned V. Peskova .

21 February - 2 March 1974 year in Sochi passed raffle Cup USSR first big competition, in whose took participation Mykolaiv yachtsmen. In class "Flying Dutchman" According to the results of the Sochi competitions, it was named candidates for the USSR national team, including: O. Degtyar (" Soling "), V. Krivoshey (catamaran), IN. Aksyonov ("470"), IN. Maidan ("Fugacious Dutchman") and S. Isakov (" The Finn "). Never before had Mykolaiv been represented in the first team countries such in large quantities yachtsmen [52].

On January 1, 1975, the Youth Sports School began operating on the basis of the water sports station. Children have started to be accepted to the sports school. In the winter, sailors learned the basics marine sciences, in workshops acquired skills care by yachts. For physical preparation was equipped gym. Soon 230 students, broken on 19 groups, received the firstmanagement practices. The fleet consisted of 40 ships. Lessons conducted experienced trainers V. Grachev, V. Volynets, V. Kravchenko and A. Orekhov [52].

On December 8, 1980, the Council of Sports Veterans of Mykolaiv appealed to To the Regional Sports Committee with a request to restore the word "Yacht Club" in the name of the Children's and Youth Club sports sailing schools. Request was satisfied.

In May 1981 in Mykolaiv the regional committee of the Communist Party of the Soviet Union was held meeting on the improvement of the territory and the reconstruction of the city yacht club building.

In 1983, the Youth High School in six groups of initial training was engaged in 72 schoolchildren, 138 young yachtsmen were divided into 12 training groups groups. Fleet counted 120 pennants. WITH children worked 4 trainers with higher education, two positions long time remained vacant.

On August 10, 1984, the yacht "Ikar" (captain B. S. Nemirov) set out on a 900-mile journey. Hike route: Mykolaiv – Kherson – Odesa – Yevpatoria – Yalta - Feodosia – Kerch – Mykolaiv. Started preparation to oceanic swimming.

22 February In 1985, the city authorities adopted decision about allocation Youth Sailing School 50 thousands rub on capital renovation of the Mykolaivsky

[52] Kiselyov A., Chernozub A., Slavityak O., Abramov K. Historical aspects of the origins and development of sailing in Mykolaiv region. Physical education, sports and health culture in modern society. 2013. No. 1. URL: http://nbuv.gov.ua/UJRN/Fvs_2013_1_7.

building yacht club. And in the same year the City Executive Committee handed over Youth and Youth School building yacht club and the adjacent territory from the balance of the Regional Sports Committee to the balance of the sea port and ordered him to carry out a major renovation of the building in 1986.

Since the beginning of 1986, Mykolaiv seaport has been considering question, What concerned states yacht club, relationship with Children's and Youth Sports school, repair main buildings, equipment basketball playgrounds, building embankment.

On September 7, 1987, an event occurred that made him famous. sailing sports of the Mykolaiv region to the whole world. The yacht "Ikar" with a crew of 9 sailors under under the command of Captain Boris Nemyrov left Mykolaiv on the first in USSR around the world voyage. It lasted 325 days. The yacht called at ports in the Canary Islands, Tasmania, rounded Cape Horn and the island of Saint Helena. Three members crew — captain, older assistant Anatolia Kuznetsov and sailor To Vladimir Terniaku — was assigned rank honored masters sports USSR [53].

By years his/her existence system sports education young people in Mykolaiv prepared sprat thousands yachtsmen, many with whose steel Masters of Sports of the USSR, Ukraine, Masters of Sports of international class, coaches, sports judges.

Sailing in Mykolaiv region can be proud not only of its athletes, but also of its coaches, organizers, and judges who have been developing and improving its club system for many years.

With eyes Mykolaivskyi sailing can to be considered[54]:

– Ivanova Eugenia was the first and repeated champion Mykolaiv and Ukraine , bronze and silver medalist of the USSR championships in sailing sport. Became one of the first three in the Mykolaiv region Masters of Sports of the USSR in sailing.

– Narynska Galina – 13 times ova champion of Ukraine , was a prize-winner and winner all-Union competitions , participated in championships 14 times country , was the champion and prize-winner of the USSR.

– Shepetukha Halyna is the first Champion of the Soviet Union in Mykolaiv in sailing.

– Sinko Yuri – I am a whore captain, twice honored high title of "Master of Sports of the USSR", judge republican categories .

– Vorobyova Valentina – 15 times was announced among the best trainers region and republic. Honored coach of Ukraine .

[53] Sinyavsky V. Olympic cleanup of Inga Babakova . *Mykolaivskie news* . 2008. No. 37. P. 3. URL: https://www.niknews.mk.ua/2008/03/24/olimpijskaja-toloka-ingi-babakovoj/

[54]Yacht Club. Years and People. – Mykolaiv. Yuzhnaya Pravda for 1992. No. 143, for 1993. – No. 1, 2, 3.

–Sukhorukov Nikolay first in Mykolaiv assigned title „Master of Sports of the USSR of the international level" class.

–Grachev Valentin is one of the most outstanding trainers Mykolaiv Yacht Club. He contributed considerable impact on development of Mykolaiv sports for forty years active activities yacht captain, sportsman organizer, children's coach, judge.

Master sports USSR Clara Grigoryovna Velichkina – 8-fold champion Ukrainian SSR, 5 times was silver prize-winner; three times – bronze prize-winner USSR. Taught for a long time students in the basics of sailing and trained the MKI team to participate in competitions.

Kalinchev - Title of Honored Coach assigned in 2001 year. Today he is a senior coach of the "Mykolaiv Regional Yacht Club" and chairman coaching council.

By years works prepared masters sports international class – O. Kalinchev , 18 masters sports USSR and Ukraine, numerous champions Ukraine in classes " Optimist ", "Cadet", "Beam 2", "470", catamaran "Tornado", " Yingling ". USSR champions: Grigory Belichkov , Andrey Shelest - in classroom "Beam"; Mykola Sparrow – in classroom "OK- dings ." Yuri Galushko – silver in "Starry" class. Champions Europe 2000 year among juniors in class "470" – Angelina Kalincheva and Natalia Blizzard. In 2008, at the Olympics in China, Pavlo Kalinchev and Andriy Shafraniuk took 13th place in classroom catamarans "Tornado" [5].

Over the years of the Mykolaiv Regional Yacht Club's existence, three Honored Masters of Sports, seven Masters of Sports of international class and 148 Masters of Sports have been trained. For their fruitful work in the training of high-class yachtsmen, V. Vorobyova, A. Degtyar, V. Mashchenko, V. Kireev, P. Kalinchev and I. Chebotaryov were awarded the title of Honored Coach of the USSR and Ukraine.

Since 2003 year Igor Chebotaryov wasassigned director Regional specialized children's and youth schools Olympic Reserve „Regional Yacht Club" [5].

In 2020 year Igor Chebotaryov entered to founders Black Sea Rotary Fleet of Ukraine with headquarters in Mykolaiv – units international charitable commonwealth yachtsmen International YachtingFellowship of Rotarians (IYFR). The movement was founded in 1947 (England) and encompasses 130 fleets in 44's countries – only over 4,000 people . Thanks to their support, the yacht club was able to survive the shock that took place in the following years with small losses [5].

After acquisition independence in In the country there is a difficult situation regarding the financing of sports. Italso influenced on development sailing sports in Mykolaiv. Decrease financing from states and many enterprises in city strongly slowed down the development of sailing. Despite this, sailing remained a priority for both the Mykolaiv region and so and for Ukraine.

In 1997, the name "Regional Yacht Club" was restored and the Regional Children's Sports School of Olympic Reserve for sailing was created on its basis. The staff, equipment, coaching staff, sports vessels, land, carpentry and sailing workshops, and boathouses were approved .

Achieving significant heights in athlete training was allowed in 2012 year on base Mykolaiv regional yacht club create specialized children's and youth sports school Olympic reserve from sailing sports. The yacht club has become a training ground for high-class yachtsmen who continuehistorical traditions of our ancestors. Yachtsmen of Mykolaiv constantly participated in in sailing competitions around the world, Europe, and the Olympic Games, winning prizes places.

It should be noted that the number of masters of sports was growing in Mykolaiv until 2006, the largest increase was before or during the Olympics, when the state allocated a certain amount of money for the training of athletes of national teams. After 2009, not a single international master of sports was trained and this is due to the global crisis and the outflow of both athletes and coaches abroad. Coaches switched to training mass athletes[55].

In 60s on peak of development sailing in Mykolaiv, at complete financial support from the state was recorded in the performance of mass discharges. Mykolaivsky yacht club in inherited allprofessional experience of those times, and with sufficient support from the state with sometimes again has the opportunity go out on that very level.

During the Soviet Union, Mykolaiv gained recognition as one of the mainsailing centers in the USSR and the Ukrainian SSR. The city hosted competitions from the First of Ukraine, in which athletes participated with dozens of cities.

Thanks to this, the yacht club was able to fully resume work. competition not only for yachtsmen of Mykolaiv region, but and for all over Ukraine.

Soon competition in Mykolaiv obtained big popularity and attracted to participation in competitions athletes with others countries. Thanks to what Mykolaiv athletes were able to achieve better results and confirmed the title of Mykolaiv as one of the centers of sailing in Ukraine. This allowed increasing the number of regional competitions in the calendar of races drawn up by the Armed Forces of Ukraine, the Youth and Sports School and the Regional Department of Sports. And to have higher chances when choosing the venue for the championships of Ukraine. Which gradually increased number participants competitions. Special popularity today have cruising racing .

[55] *Reports of OSDYUSHOR on sailing "Regional Yacht Club" 1993 – 2021.*

The number of participants in the competition depends entirely on the level of the competition, the ability of the yacht club to accommodate all yachts on the territory of the yacht club, as well as the political situation in Ukraine. In 2014, the decrease in the number of competitions was associated with the events in Donbas and Crimea.

Since 2018, there has been a sharp increase in competitions, which is conditioned by holding additional competitions in honor of prominent people Ukraine with the aim of raising patriotic spirit of the population and athletes of Mykolaiv.

The fleet of the Mykolaiv Yacht Club consists of 81% - sports yachts by class, 19% - cruising yachts, the rest - boats and boats designed to ensure safety rules on the water during training and competitions.

Yachts are constantly being updated, because are updated and parameters, at which the yacht has admission to competitions.Despite this, this process is very slow. Because of this, yachts of the same class 2000 river and 2015 river have differences, which in general relate to balance and material. Ago renewal fleet is happening very long. The main the reason for this is the high price of the hull, mast, sail, etc. of the yacht.

The large number of yachts in Mykolaiv is a legacy from Soviet times. Because of this, in 2008 year part with them was withdrawn with operation and other sent on repair. Thus began the gradual restoration of the fleet, which is proceeding quite well. Quickly with the help of sailing organizations such as Rotari and support cities.

On currently, the yacht club is limited in the number of yachts on which it is possible to conduct full-fledged training of athletes. Yachts no longer meet racing requirements. Standards that limit the number of participants in competitions in Ukraine, Europe, To the world, where there are certain standards parameters yachts. Part this problem is being decided sponsorship sailing organizations and personal investments of athletes, for update equipment.

Of the 28 Summer Olympic sports, sailing is a priority as for Mykolaivskaya regions, Yes and for Ukraine. By times developmentsailing sports in Mykolaiv, water sports bases of the National University of Shipbuilding were opened, Komunarovets, Ocean, ChSZ, etc. All leaders of the Mykolaiv shipbuilding plants enterprises or were yachtsmen or actively supported sailing sport.

Today, in the Mykolaiv region, Specialized Children's and Youth Sports School of Olympic Reserve includes the physical culture and sports societies " Spartak", " Dynamo ", " Kolos ", and " Ukraine ".

The main areas of work in Specialized Children's and Youth Sports School of Olympic Reserve sailing are:

– strengthening the health of children and adolescents through physical education and sports under the government program "Healthy Ukraine - Healthy Children;"

– ensure the development of students' abilities in the chosen sport;

– to create the necessary conditions for harmonious upbringing, physical development, full-fledged health improvement, meaningful rest and leisure of children and youth;

– to educate athletes as patriots of Ukraine with strong moral and willpower qualities;

– to develop skills and abilities for a healthy lifestyle;

– qualitatively improve the level of training sessions and the educational process;

– to improve the sportsmanship and training of high-class athletes - members of the national team of Ukraine: the main squad, candidates, and reserves;

– to create conditions for the development of cruising yachting with the aim of implementing physical culture, sports and a healthy lifestyle [56].

In Ukraine, the development of sailing depends on the political situation in the country. The speed of development of the sport largely depends on the material base of the Ukrainian Youth Sailing School. With additional funding, relying on the experience of coaches and a strong material base, it is possible to increase the number of high-class yachtsmen[57].

Mykolaiv has great potential for the development of sailing, and with it tourist routes along river routes. Mykolaiv is confident that sailing can attract the lion's share of foreign investment to the city.

2.2. History development easy athletics in Mykolaiv region

Athletics is one of the oldest sports - it is believed that people could compete in running, jumping, and throwing even in prehistoric times. The ancient Olympic Games, held in Ancient Greece from 776 to 393 BC, had a significant influence on the formation of the athletics tradition. The active development of athletics in its modern form took place in the first half of the 19th century, when some athletics disciplines

[56] NGO "Sailing Federation of Ukraine". URL: https://sfu.com.ua/2/

[57] Skrypchenko I. T. Results and prospects for the development of Olympic sailing. Sports Bulletin of the Dnieper Region. Dnipropetrovsk, 2013. No. 3. P. 91–94. URL.: http://nbuv.gov.ua/UJRN/svp_2013_3_20

gained popularity among students of educational institutions in Great Britain and the USA. At the revived Olympic Games in Athens in 1896, athletics competitions played a significant role, and from that moment on, this sport began to spread widely throughout the world. Today, athletics forms the basis of the sports program of the modern Olympic Games.

Many historical studies have been conducted on the history of athletics in Ukraine and much less on the history of athletics in the Mykolaiv region. The history of athletics in Mykolaiv and the region continues and requires further research in order to assess all historical periods. The impact of the activities of athletes, coaches, and organizations on the state and development of athletics, as one of the Olympic sports, is insufficiently studied and underestimated.

The first athletics competitions were held in the Mykolaiv region more than 185 years ago. It is known that as early as 1858, in the city of Mykolaiv, soldiers and sailors of the local garrison participated in a one and a half verst running competition. As historians claim, "...in Mykolaiv on May 21, 1858, running competitions were held, organized by naval officers for sailors and soldiers ".[58]

At that time, athletics classes were unsystematic, and competitions and clubs were supported by patronage. For the first time in Ukraine, athletics clubs began to be systematically practiced in Odessa (1893), Chernihiv, Dnipropetrovsk, and Melitopol.

In 1924, 6,039 workers and peasants, 1,505 employees, and 7,884 people from other social strata of the population were engaged in physical culture and sports in the city of Mykolaiv and the region. 59 people were engaged in athletics. In the summer of 1924, the first competitions among rural youth were held. In November of the same year, district physical culture councils were organized in the districts of the Mykolaiv district. On March 25, 1925, the first citywide conference of physical culture workers was held, at which the issue of the development of athletics in the Mykolaiv region was discussed (133 people were present).

The first stadium in Mykolaiv began as a football field on the site of the modern Pioneer Stadium and was first equipped in 1913 by members of the Union Football Club. Union players played their matches here until 1923, when the team was disbanded [59].

[58] Hrynyk E., Biryuk S. Historical aspects of the development of athletics in the Mykolaiv region. Humanitarian Bulletin of the NUK: Collection of scientific papers. Issue 17. Mykolaiv: Illion , 2024. URL: https://eir.nuos.edu.ua/handle/123456789/9490

[59] *Kiselyov A., Grishchenko G., Rudenko A., Glavaty S., Mayorov V., Chernozub A. High-altitude sports achieved Mykolaivskaya region Sociological Research (1991-2007) . Physical*

In 1926, the "Red Stadium" was opened here. The stadium belonged to the Marty Plant and was the home arena of the factory team. In the 1930s, the stadium was named after Pavel Postyshev, and when he was declared an "enemy of the people" in 1938, it was named after the French revolutionary sailor Andre Marty. In the 1950s, the stadium was renamed "Avant-garde". Several generations of athletes practiced track and field, and there was even an indoor arena under the stands where track and field athletes practiced in the winter in the 1970s.

In the 1930s, the Shvernyk House of Physical Education was opened in Mykolaiv and training courses for rural coaches in track and field athletics were organized. Many competitions were held between amateur track and field athletes. In 1928, Mykolaiv track and field athletes took part in the first All-Union Spartakiad, which gave a new impetus to the development of track and field athletics in the Mykolaiv region. In 1935, one of the first children's and youth school in Ukraine was created (director O.V. Schweigert) on the basis of secondary school No. 5 in Mykolaiv. In 1937, the Mykolaiv Regional Committee for Physical Education and Sports was organized, which directed the physical education movement of the region. And in 1938, 89 students, teachers and employees were already involved in athletics at the Department of Physical Education of the Mykolaiv Pedagogical Institute (headed by S.I. Kostychev). The most famous track and field athletes of those years were: P. Kulchytskyi, B. Kulchytskyi, V. Ishchenko, Ya. Borysiv [60].

During World War II, many athletes went to the front. Sports life in the Mykolaiv region was suspended due to the occupation by German troops.

In the post-war period, athletics became the most popular and popular sport in the Mykolaiv region. Starting in 1947, Mykolaiv residents took part in the republican 30 km race (Kyiv - Svyatoshyn - Kyiv, and since 1955 - Kyiv - Darnytsia - Kyiv).

In the late 1950s, the Mykolaiv Pedagogical School of Physical Education was opened, and on its basis in 1958, the Faculty of Physical Education of the Mykolaiv Pedagogical Institute named after V.G. Belinsky was opened. Valentyna Agafonova, a student of the faculty In 1959, she became one of the first masters of sports and one

education, sports and health culture in modern society. 2008. Vol. 1. P. 56–59. URL: http://nbuv.gov.ua/UJRN/Fvs_2008_1_17.

[60] Zapsha M. S., Biryuk S. V. Historical review of the achievements of Mykolaiv middle-distance runners. Current problems of sports, physical education, human health: collection of abstracts of the All-Ukrainian scientific and practical conference of students, postgraduates and young scientists, October 28, 2021. Mykolaiv: NUK, 2021. P. 70-73. URL: https://rep.nuos.edu.ua/server/api/core/bitstreams/5eb2907a-aa07-4c8c-8836-e9476d6af109/content

of the strongest athletes in Ukraine in the 200 and 400 m (coaches O. Karmanny , Yu. Yakubovsky) [61].

In the mid-1960s, the Avangard stadium did not meet the city's requirements in terms of size and morals. Then the construction of a new arena began. In 1965, the Sudnostrudivnyk stadium was opened, and Avangard was renamed Pioner [1 1].

In 1965, a running club was opened in Mykolaiv, organized by the athletics coach of the Mykolaiv Shipbuilding Institute, Vitaly Manzhos . The planned distances for sports training from 400 meters to the marathon were to raise the competitive level of the city of Mykolaiv and the region at these distances. New athletics coaches V. Andrianov , O. Topor, L. Dragomir, V. Dobrovolsky joined the club.

Fig. 2. – **Sudnobudivnyk Stadium (today the Central City Stadium)**

The Sudnobudivnyk Stadium was opened on September 26, 1965. The construction cost was 680,000 rubles (1965). Capacity 16,700. The stadium was reconstructed in 2018-2019.

Mykolaiv middle-distance runners were among the strongest runners in Ukraine for many years. They participated in the championships of Ukraine and Europe, were record holders in Ukraine. Some took part in the Olympic Games. All these achievements were the result of the professionalism of the honored coach

[61] *Pervov G. A. The Forge of Champions. Mykolaiv. MSPU, 1999. 48 p.*

Dobrovolsky Viktor Makarovych. He trained more than 20 masters of sports and MSMK.

In the 1980s, his students achieved high results: Olena Dershan – silver medalist of the 1987 World Championships in the 10,000-meter run and bronze medalist of the 1988 Olympic Games (Seoul); Oksana Ilyushkina – participant of the 2008 Olympic Games in Beijing; winners and prize-winners of championships and championships of Ukraine – Anatoliy Ignatenko, Anatoliy Svirsa , Ivan Hrynyk , Viktor Kutuzov, Larisa Nechval , Tetyana Babyk , Viktor Didanov , Serhiy Adashkevych , Larisa Mayunova , Yulia Ignatova, Valentina Gorpynych , Olena Bondar, Yuriy Savanchuk , Mykola Kostyuchenko, Olga Kryshnia , Natalia Makukh, Oksana Kochetkova , etc.[62]

Viktor Makarovych began working independently at the Nosenko Plant's State Athletics School (now the State Enterprise "ChSZ") in 1962. Throwers, jumpers, all-around athletes, and runners came to his group to train. Then the experience of the track and field coach S. I. Shnayder came in handy for him.

Since 1967, the regional athletics championships have been held at the Mykolaiv Sudnostrudivnyk stadium. At this stage, the strongest athletes and record holders of the region were Volodymyr Rets (100, 400 m), Yuriy Yatsun (1000 m), Viktor Militsky (1500 m), Galyna Selyutina (1500 m), Valentina Lysenko (80 m hurdles, pentathlon), Yevheniya Zhurova (long jump), Viktor Gorovy (javelin throw), and others.

In 1966, a significant event took place at the Mykolaiv Sudnobudivnyk stadium - the All-Union Athletics Championships. Over 700 athletes came to participate in the competitions. The best results in two sprint distances - 100 and 200 meters - were shown by Valery Borzov (10.6 and 22.1 s), the future two-time Olympic champion. These competitions showed that at this stage the number of participants increased every year, and the sportsmanship of Mykolaiv athletes increased.

[62] *Pervov G.A. Mykolaivskie Olympians . Mykolaiv : NNSU named P.Mogila , 2003. 112 p.*

Fig. 3. – **The Mykolaiv region team at a training camp in Terskol 1987.**

In 1965, a children's sports school with an athletics department was established at the Nosenko Mykolaiv Plant. Its first coaches were V.M. Shamov , V.L. Martynenko, S.V. Alekseeva, V.M. Dobrovolsky, V.V. Sidorenko. Under their leadership, many boys and girls became high-class athletes. The first prize winners at the republican competitions were L. Novikova, V. Lysenko, O. Svirsa , V. Biloglyad , S. Zheleznov .

In 1972, the school trained the first USSR record holder among young men in the 800-meter run, Viktor Kutuzov, who ran this distance in 1.52.5 seconds. The first Master of Sports of the USSR was Larisa Mayunova . In the seventies, a new galaxy of talented athletes appeared. P. Samusenko won the youth championship of Ukraine in the 400-meter run with a result of 54.8. The masters of sports were the decathlonists Viktor Didadov , Valentin Shpinkov , Volodymyr Tytarenko, and the pole vaulter Serhiy Adashkevych .

Young coaches came to the school - L.B. Borovsky, S.P. Holokoz . New talented athletes appeared: G. Grigoryan, N. Pochatkina , L. Ivanova, L.I. Nitseva , L.L. Galchenko.

But there were also troubles during this period. Looking through the archival records of 1965-1975, one notices a lot of local relay races. These are the Spartakiad of the district, city, region, factory, regional shipbuilding committee, regional council "Avangard", cross-country races, relay races around the city, winter and summer. And the societies "Burevisnik", "Spartak", "Kolos", Oblono also held their competitions . Each athlete felt the need for society.

But after 1975, the regulations on competitions began to change, there was no longer a need for the physical education team to perform according to the full program, the number of tests decreased, specialization appeared, and this led to a decrease in the number of participants in the competitions. The main direction became the improvement of skills, the development of high-level sports. Yes, this was important, because the USSR was preparing for the 1980 Olympics in Moscow. And this gave its results: regional records appeared, a number of masters of sports of the USSR, etc. But the mass appeal was lost. But as you know, high-level sports are based on mass sports in their long term.

Eventually, it became impossible to hold match meetings between cities that had enjoyed immense popularity. Local competitions lost all meaning because the number of participants was too small, and high-level athletes had no one to compete with.

During this period, the unification of sports societies took place. It hit the coaches and athletes hard. Before the unification, the Zenit team performed in the first group of 18 people, after the unification, only 10 people were called to the national team training camp. "Excess" athletes and coaches were forced to leave the sport. The Youth Sports School was left without specialists.

The city and regional sports competitions of schoolchildren have changed qualitatively. The cities of the region were not covered by competitions at all. In the Snihurivka, Arbuzinka, Bratsk, there were 1-2 coaches each, so the quality of work with athletes has changed and was unsatisfactory in many cases. The situation improved only in the late 80s.

And the sport of the highest achievements continued to gain momentum. Masters of Sports Larisa Nechval , Iryna Popova, Kostyantyn Grechko, Volodymyr Babienko , Ivan Hrynyk became winners and prize-winners of various prestigious competitions - from the Ukrainian Championship to the USSR Championship .

After Mishkov V. G., the school was headed by the then head of the regional athletics federation, Anatoly Bugayev. This also changed the approaches to the development of athletics in Mykolaiv and the region.

During this period, new youth were growing up in the specialized children's and youth school. The winners of all-Union and republican competitions among young men were A. A. Grechka, L. Ivanets, D. Kuvaev , Ya. Bartkivska , I. Mishkova, I. Besedina,

A. Kirtok , T. Pighel , O. Balanyuk and the very young O. Kochetkova , E.G. Zhukova, F. Kosei , N. Tymchenko, O. Morozova, M.M. Makuha, T. Babik .

As new disciplines emerged, athletics continued to evolve and attract new participants. One such discipline was the marathon, which gained widespread popularity in the 20th century. Despite its physical complexity and high stress on the body, the marathon became one of the most epic competitions and part of the Olympic Games.

In Mykolaiv, marathon running gained popularity and also began to develop. This was influenced by such a person as the MC of marathon running Georgy Vsevolodovich Tchaikovsky.

On September 12, 1947, the first post-war marathon was held in Odessa. It was won by Georgy Tchaikovsky. Since then, he has participated in marathons every year, starting more than 60 times. In 1958, he covered 42 km 195 m in 2:12.31. His results did not deteriorate with age: 50 years old - 2:47, 55 years old - 2:40, 60 years old - 2:46, 65 years old - 2:45, 70 years old - 2:55, 75 years old - 3:12.

On Tchaikovsky's initiative, the Mykolaiv-Zhovtneve-Mykolaiv race began. He won it ten times. He also trained talented students Perepelitsa V., Denisenko P., Kryukova E., Smirnova M.

In 1977, in Uzhgorod, while participating in the championship of the Ukrainian SSR, Tchaikovsky's student, marathon runner Mykola Yatlo, became the second Master of Sports of the USSR in Mykolaiv in marathon running.

Georgy Vsevolodovich worked for many years as a sports instructor at the Black Sea Shipyard, training runners-stayers. His students were Vladimir Smirnov, Mikhail Letyagin , Vladimir Sidorov, Petro Hnatkovsky , Oleg Gilyakin , Ivan Vishnyakov, Irina Voznyak and many others. The team of runners of the sports club "Sudnostrudivnyk", trained by Georgy Tchaikovsky, won first overall team places in the cups and championships of Ukraine and the USSR.

In Mykolaiv, a 10 km race in memory of G.V. Tchaikovsky is held annually at the Central City Stadium.

In 1988, the Specialized children's and youth sports school for athletics was opened in Mykolaiv. The initiator and first director of the Specialized children's and youth sports school for athletics was Valentyn Granitovych. Mishkov . During this period, an athletics arena was built, which allowed for high-quality training of track and field athletes in the autumn-winter period and preparation for competitions in closed rooms.

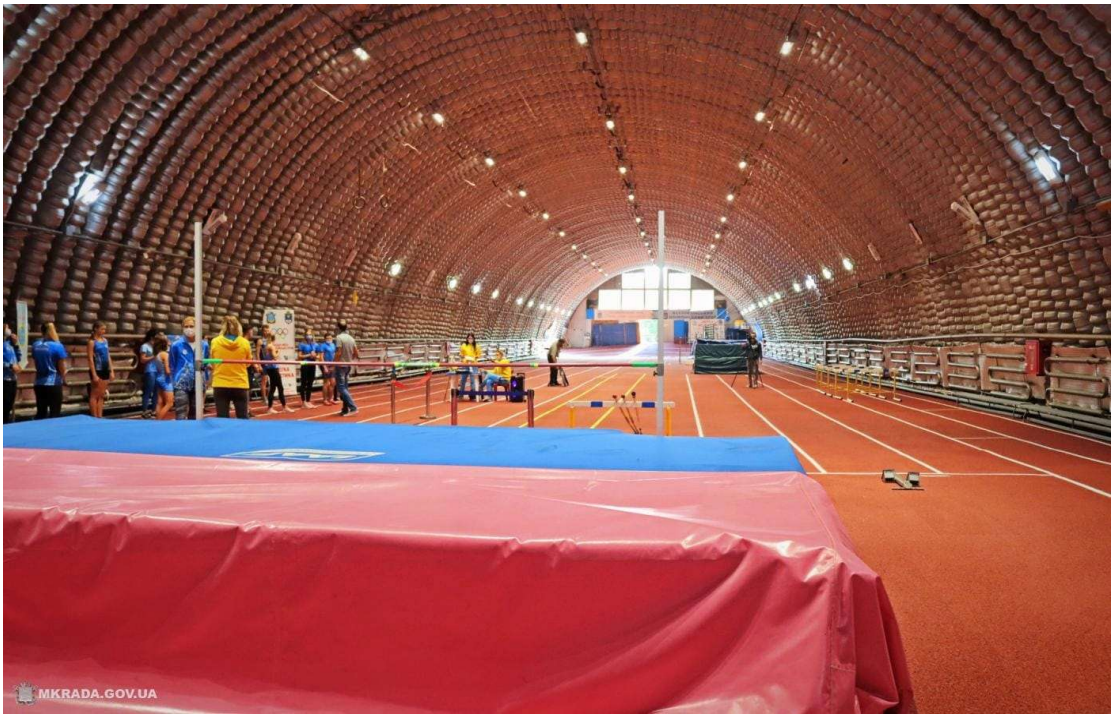


Fig. 4. – **Modern view of the specialized children's and youth sports school arena from the light athletics**

In different years, more than ten sections of different types of track and field specialization worked in the arena: running (coaches Reshetylov A.F., Pavlova E.S., Dobrovolsky V.M., Kovpak A.F.), hurdles (coach Borovsky L.B.), high jump (coaches Kovpak I.D., Demidov V.V., Chumachenko M.M., Babakova I.O., Sergienko V.M., Ilyin A.S.), long jump (coach Demidov V.V.), pole vault (coaches Adashkevich S., Stroin Yu.V., Zhuravlev K.A.), track and field throwing (coaches Kleimenov N.P., Demidov V.V.). As well as training groups for the youngest athletes (coaches Shpylyovy V.A., Polovenko G.V., Dobrovolska T.L.). Here everyone could prove themselves in their chosen form of athletics[63].

In the period up to the 90s, more than 25 masters of sports and 50 candidates for masters of sports were trained. The team of the Specialized children's and youth sports school DP won the Ukrainian championship among juniors and represented our country in the European Cup in 1994 in Warsaw. This was a significant success.

[63] Named the best Athletes and coaches Mykolaivskaya areas in 2008. Crime.NET : independent information and analytical edition . URL: https://news.pn/ru/politics/8154

In 1995, Mykolaiv athletes took part in the European Cup among women's club teams in Copenhagen and won it. They were accompanied by great success: Larisa Moseychuk won the 100, 200 meters, Nataliya Makukh was the first in the 400 meters, and Alla Kovpak - in the 800 meters. Oksana Kochetkova was the first in the 400 meters. The relay team consisting of O. Antonenko, N. Makukh, I. Didenko and L. Moseychuk won the first place in the 4 x 100 meters, the 4 x 400 meters relay was also won by Mykolaiv athletes, O. Makovetska, O. Kochetkova, O. Antonenko and A. Kovpak participated in this relay.

Mykolaiv track and field athletics has always been proud of its coaches. At different times, members of the national teams of Ukraine were trained and are currently trained by highly qualified coaches: Honored Coaches of Ukraine S. M. Glavaty , V. M. Derkach, coaches L. B. Borovsky, A. F. Reshetylova Yu. M. Sergienko, L. V. Sergienko, M. M. Chumachenko, G. V. Polovenko , Yu. V. Stroin , V. Yu. Derkach, A. F. Kovpak, N. F. Kostyuchenko, E. S. Pavlova, V. A. Shpylyova , V. V. Demidov. In Youth Sports School No. 5, promising runners were trained by I. G. Shalar , G. M. Minasyan , A. E. Panasyuk.

V. M. Derkach is an honored coach of Ukraine. His pupil Norenko is a 15-time champion of Ukraine, a 2-time European champion, and a prize-winner of the World Championships and the Paralympic Games.

Borovsky L. B. trained 5 masters of sports – M. M. Tymchenko, A. Kleimenova , I. Didenko, I. Mishkova, I. Kucherenko.

Rishetilova raised international-class master of sports M. Kabanova, now her students N. Zhuravlyova and N. Makukh are members of the Ukrainian national team.

The situation in high jumps changed for the better with the move to Mykolaiv in 1990 of the Honored Coach of Ukraine Kovpak I. D. Mishkov V. G. - the director of the Specialized children's and youth sports school at the sports club "Sudnostrudivnyk" and the entire school staff wanted to educate not just athletes, but Olympians.

Specialized children's and youth sports school received a first-class coach in high jumps. A talented student was also found for him - Inga Babakova. She was a student of the Faculty of Physical Education of the V. G. Belinsky Moscow State Institute of Physical Education .

Fig. 5. – **Pupils of the Specialized children's and youth sports school on Cups Europe 1989 . Coaches Kovpak I.D. and Demidov V.V. (center)**

In 1991, Inga Babakova won a bronze medal at the World Championships in Tokyo, and also broke the Ukrainian record by jumping 2.01 m (Kyiv), 2.02 m (Berlin). This was a real success for the athlete and her coach.

1995 was also a very successful year for her, when she improved her record three times and brought it to 2.05m in Tokyo, and *according to the results of international starts, she was recognized as the best high jumper in the world in 1995* [64].

Today she is a multiple champion and record holder of Ukraine, *Honored Master of Sports of Ukraine, bronze medalist of the 1996 Olympics, participant of the 2000 and 2004 Olympics, world champion of 1999, multiple medalist of the world championships and European championships . Full holder of the Order of Merit.*

Yuriy Sergienko moved to Mykolaiv in September 1990 to train with Igor Danilovich Kovpak. In 1990 he became the USSR champion with a result of 2 m 34 cm.

In 1992, Yuriy Sergienko, a pupil of the school, became the winner of the World Cup in Havana with a result of 2 meters 29 centimeters, beating the Cuban J.

[64] Sinyavsky V. Olympic cleanup of Inga Babakova . *Mykolaivskie news* . 2008. No. 37. P. 3. URL: https://www.niknews.mk.ua/2008/03/24/olimpijskaja-toloka-ingi-babakovoj/

Sotomayor , the world champion and record holder, the winner of the Olympic Games. At the competitions, their duel was watched by the President of Cuba Fidel Castro himself, who arrived at the stadium. He, together with everyone, applauded the Ukrainian for his courage, for his will to win. Today, Yuriy successfully works as a teacher of the VZO and a coach of the SDYUSHOR.

In Mykolaiv, I.D. Kovpak trained international-class masters of sports – Iryna Mikhalchenko , Galina Mikhailova, Serhiy Kolesnyk, Victoria Stepina , Alla Kovpak. V. Stepina won the European Junior Championship and competed at the 1996 Olympic Games in Atlanta [65].

If you look back at the victories at the Ukrainian Indoor High Jump Championships since 1997, you can see that almost every year, the winners were Mykolaiv jumpers, even if they competed for other cities. And these were the students of the Mykolaiv State Sports and Athletics University, who were trained by Honored Coach Kovpak I. D., coaches Demidov V. V., Ilyin A. S., and Sergienko Yu. M.

The 90s were difficult years for our young state in general and for sports in particular. But for the Mykolaiv Specialized children's and youth sports school they were happy, because it was able to unite coaches and athletes into a single team, a single whole. This brought success and created a school of high jump from a running start.

Unfortunately, in December 2002, Igor Danylovych suddenly died in the prime of his creative, spiritual and physical strength. His wife Alla Kovpak still works as a coach at the SDYUSHOR. The director of the Specialized children's and youth sports school, V.G. Mishkov , and Yuriy Sergienko, organized a high jump tournament in Mykolaiv in memory of the Honored Coach of Ukraine, I. D. Kovpak [66].

In Mykolaiv, for many years, the Youth Sports School No. 5, located in the Korabelny district of the city, has also been successfully operating. For many years, athletes were trained there by coaches A. I. Kulchytsky, P. P. Nazarov, N. F. Yanko , Yu. O. Bobrov , F. I. Sakazly , K. G. Tsymbal, O. M. Denisenko, A. I. Berezhinsky , V. S. Kuznetsov, and G. V. Polovenko.

Pupils of Youth Sports School No. 5 O. Kondrashov , K. Nikitina and S. Shiyan, under the guidance of coach L. V. Marynets, in 2021 achieved results at the level of the 1st adult category among their age categories at a distance of 800 m.

Experienced coach I. G. Shalar , who has been successfully working as a coach at this Youth Sports School for many years, trained the 2020 Ukrainian Championship winner V. Yevdokimov (boys 2000m freestyle).

[65] Pervov G. In Memory Igor Kovpak. *Yuzhnaya Pravda.* 2009. No. 55. P. 3.

[66] Glebov G. Memorial Igor Kovpak. *Yuzhnaya Pravda.* 2013. No. 54. P. 4.

The athletics department has been operating successfully in the comprehensive youth sports school of the Novoodessa city council for a long time. The school is headed by Volodymyr Shamin. Under his leadership, coaches Grishina A., Tulchevsky O., Verlanov R., Kravchenko S.

Fig. 6. – **Collective trainers and athletes of the Nova Odesa Youth Sports School after competitions 2024 year**

Faculty of Physical Education and Sports The Mykolaiv Pedagogical Institute named after V. G. Belinsky was opened in 1958. In the first years, many athletes came to the faculty: Dobrovolsky V., Biryuk V., Glavaty S., Agafonova V., etc. All of them became excellent specialists and achieved success in teaching and coaching activities.

The Department of Sports Disciplines at the Faculty of Physical Education has been headed for many years by Associate Professor, Honored Coach of Ukraine – Glavaty Stanislav Mykolayovych. The Department has made a significant contribution to the development of sports track and field science and practice. Many athletes-graduates of the faculty and students of Glavaty S. M. worked at the Department: Khokhlova L. A. – MS, Ph. D. in Physical Education and Sports; Demidov V. V. – MS, senior lecturer; Demidova I. V. – senior lecturer; Demidova O. V. – international master

of sports lecturer; Makukh N. I. – MS, lecturer; Reshetilova N. V. – MS, lecturer; Biryuk S. V. – Ph. D. in Physical Education and Sports, Associate Professor. The Faculty of Physical Education and Sports has been educating track and field athletes and coaches for more than 65 years.

The faculty teacher Demidov V. V. is a well-known Mykolaiv coach. He has raised a whole galaxy of athletes. And among them are his daughters Elena and Anna Demidova, also graduates of the faculty. It was under the guidance of their father that they began to take their first steps in sports and later achieved significant results. In 2005, Elena became a Master of Sports of Ukraine. in high jumping, and later a master of sports of international class, multiple prize-winner of the Championships and Cups of Ukraine, and international athletics competitions.

Fig. 7. – **Demidov V. with students, members of the national team of Ukraine, masters of sports Biryuk T., Kolesnyk A., international master of sports Demidova G.**

The second daughter, Anna Demidova, fulfilled the standard in 2003. Master of Sports of Ukraine . She set the Ukrainian record for long jumps among girls - 6 m 42 cm - and it still stands today. Anna is an international-class master of sports, multiple champion and medalist of the Championships and Cups of Ukraine, international

athletics competitions. Participant of the 2012 Olympic Games . The best result in the triple jump – 14.50 m.

On September 1, 1979, a sports boarding school was opened in Mykolaiv. Since 1990, it was transformed into a school of the Olympic reserve, and since 1993 it has become a higher school of physical education. The first director of the boarding school was then a war and sports veteran, Georgy Orlov. He recalls: "At that time, there were only three such sports institutions in Ukraine - in Kyiv, Kharkiv and Lviv. We had two departments - rowing and kayaking and canoeing. They were headed by A. Gubarev and Ya. Bizer . " After Orlov, G. was appointed director M. Adyrov , then the school was headed by V. Bubyr (1982–1984), A. Korolev (1985–1987), N. A. Vorona (1987–2000), L. Tikhomirov (2000–2008). Mykola Vorona created a solid material and technical base for the school. It was then that the athletics department was opened.

The athletics department had 26 athletes. The sports teachers were V. Kilarsky and O. Ilyushkina . The best students were N. N. Makukh, O. Kochetkova , O. Demydova, V. Gorpinych , V. Lytvynova, D. Kyrychuk, T. Babik , O. Okuneva , S. Kursa .

To train specialists in the field of physical education and sports, in 2001, the Department of Theoretical Foundations of Olympic and Professional Sports was opened at the Admiral Makarov National University of Shipbuilding on the basis of the Department of Physical Education and Sports. The initiator of the creation of a new division of the humanitarian institute was the head of the Department of Physical Education and Sports, Master of Sports, Honored Trainer of Ukraine, Honored Worker of Physical Culture and Sports, holder of the Order of Merit of the III degree O. S. Yatsunsky.

The specialty quickly gained popularity among athletes and coaches. Among the students of the National Institute of Physical Education and Sports, Olympic champions and prize-winners appeared. Among them: Olga Kharlan , Olena Khomrova , Oleksandr Abramenko , Yuriy Shchepansky , Roman Pavlyk, Anton Datsko , Bohdan Grinenko and others and field athletes and masters of sports also pleased with their successes: Biryuk T., Kovalchuk A., Chumachenko Yu., Vitkovsky D., Sokolovsky O., Sakovsky S., Tsvetov I., and others .

Today, the National Institute of Sport and Recreation includes eight departments, including the Department of Theoretical Foundations of Olympic and Professional Sports, which is headed by *Candidate of Sciences in Physical Education and Sports, Honored Coach of Ukraine,* Honored Worker of Physical Culture and Sports, Full Cavalier of the Orders "For Merit", Cavalier of the Order of Prince Yaroslav the Wise Viktor Derkach. He is the coach of the track and field athlete and master of sports of Ukraine, four-time champion of the 2016 and 2024 Summer Paralympic Games Igor Tsvetov .

The department continues its work, both scientific and sports. NUK track and field athletes successfully perform in competitions of various ranks, and also continue the work of the older generation of coaches.

The Ukrainian Athletics Federation of the Mykolaiv region noted record holders. Oleksandr Sokolov set the youth record of Ukraine in the 100-meter run - 10.17 sec ., and Andriy Vasylevsky - the record of Ukraine among juniors in the 100-meter hurdles run - 13.96 sec . The badges of masters of sports were awarded to Yulia Chumachenko, Karina Zhuchkova, Dmytro Vitkovsky and Andriy Vasylevsky. Track and field athletics of the Mykolaiv region continued its active sports life.

In the same year, the Ukrainian Relay Championship among adults, youth, juniors and boys was held in Cherkasy. The team of Mykolaiv region, consisting of athletes from sports schools with l/a, "Spartak" and sports school-5, took 3rd place in the team standings. In total, the teams won 4 gold, 12 silver, 21 bronze medals. Out of 15 teams from Mykolaiv, 10 took prize places. The athletes set 8 records of Mykolaiv region in relay running in different age categories. The athletes were trained by: Lviv-Hrytsak V.K., Shapovalova I.M., Kilarsky V., Dobrovolska T.L., Shalar I.G., Hrynyk I.V., Yeroshkina O.V., Kovpak O. F., Borovsky L.B., Chumachenko N.M., Shpylyovy V.A., Demidov V.V., Reshetylova A.F., Pavlova A.S., Derkach V.M., Hrytsak Y.V., Oliynyk A.S., Marynets L.V., Stepina V.I., Trikoz S.A., Shamin V.V., Moroz A.P., Darienko A.I. [13] .

The best track and field athletes of the Mykolaiv region were recognized as the men's – Master of Sports of Ukraine of international class Oleksandr Sokolov (sprint), and the women's – Master of Sports of Ukraine of international class Oksana Okunyova (high jump). The best coach of the Mykolaiv region was named Ivan Hrynyk , mentor of Oleksandr Sokolov. In the nomination "Team of the Year of the Mykolaiv region" – sprinters Oleksandr Sokolov, Dmytro Vitkovsky, Andriy Vasylevsky, Bohdan Tretyak .

For 30 years, the school's students have achieved great success. Over these years, it has become the main center for training high-class athletes. It has trained international masters of sports I. Babakova, Yu. Sergienko, V. Stepina , I. Mykhalchenko, G. Mykhaylova, S. Kolesnyk, V. Kabanov, O. Kovpak, V. Kornienko, O. Vybornova , T. Babyk . The Olympic Games were won by high jumpers Inga Babakova and Vita Stepina , the participants of the Olympics were Yuriy Sergienko, Olena Kholosha, Hanna Demydova, Oksana Ilyushkina and Oksana Okuneva .

Fig. 8. **– Honored Coach of Ukraine V. Derkach at the Summer Paralympic Games 2024 games**

Kilarsky , Y. Hrytsak, O. Oliynyk, V. Lvova are actively working in the sports school at distances: 800m, 1500m, 3000m, 2000m and 3000m steeplechase. They regularly hold competitions of various levels - memorials to Igor Kovpak, Georgy Tchaikovsky, "Mykolaiv Mile", high jump competitions for V. Styopina prizes and other competitions for children and juniors.

Difficult times for the Ukrainian state began to affect personnel policy and the number of athletes who joined the Ukrainian national team.

Unfortunately, with the outbreak of war in 2022, athletics in the Mykolaiv region suffered a difficult fate. The Central Stadium was damaged by bombing, and many athletes and coaches scattered around the world. But athletics schools in Mykolaiv and the region continue their active activities despite the circumstances.

in the current state of athletics in the Mykolaiv region. Specialists noted that the sports infrastructure of the region needed restoration before the war, and now this need will be even greater. Almost every community has sports facilities that are not suitable for use, especially in rural areas. The best situation in the development of physical culture and sports has developed in the city of Mykolaiv itself and the cities of Yuzhnoukrainsk and Pervomaisk. Before the war, 90% of the sports infrastructure functioned in these cities, in addition to the Youth and Sports School, public organizations of a physical culture and sports orientation are actively developing there.

2.3. Regional aspects development football in Mykolaiv

Football, as an organic component of physical culture and sports, is part of the cultural life of society, contributing to the preservation and strengthening of human health, the development of its physical and moral-volitional abilities, and the organization of meaningful leisure. This most popular sport has reached all segments of the population: children, youth, veterans, women, people with disabilities and limited opportunities are engaged in it.

It is impossible to name the exact date of birth of Mykolaiv football. It is reported that in 1908, a grain office employee Charles Clavel Bate organizes the Zebra team (Football Club Zebra), which holds the first football match in the Mykolaiv region. The match took place in October on Admiralty Square against English sailors. This date is considered the date of the birth of football in the Mykolaiv region.

Mykolaiv football – This is more than a century-old history of exciting battles, thousands of matches, football players, hundreds of outstanding coaches and fans - almost all residents of the city. Football in Mykolaiv has always been the number one sport, and its history is filled with many bright moments and victories.

Mykolaiv football has a history of more than a century. Revealing the historical stages of the development of football in Mykolaiv will provide an opportunity to explore the regional specifics of the development of this sport.

The Zebra Football Club became the first club in the city of Mykolaiv. It played its matches on Admiralskaya Square (now Kommunariv Square) with teams from foreign ships visiting the Mykolaiv port, and in 1909 the first workers' sports club, Diagor , was founded.

At the end of June 1911, the Mykolaiv team played their first intercity match, their opponent being the team from Odessa. The match was preceded by the following note:

"Some time ago, the 1st Mykolaiv free team received a challenge from the Odessa team "Football". The competition was scheduled for Saturday, but, for unknown reasons, the competition by the Odessans was postponed and postponed to next Sunday. The match between the Mykolaiv and Odessa football players will take place in Odessa at Sheremetev Field, at the Small Fountain. 11 "fighters" and 3 substitutes will go to the competition from the Mykolaiv team. " The match ended with the victory of the Odessans 2:0 [67].

In 1912, it was decided to legalize the “Football Club “Zebra”. Therefore, on March 2, the charter for the approval of the new sports association “Mykolaiv Athletic Club” was submitted to the office of the Mykolaiv mayor, Rear Admiral Mozgovsky . The charter was approved and “Mykolaiv Athletic Club” became the first official Mykolaiv football club [68].

In the same year, the Mykolaiv Football League was organized. The first city championship was held, as well as a transitional cup. 8 local teams and the second team of the " Athletic Club" took part in the championship. The first team of the " Athletic Club" did not play in the championship, as the teams that participated in the competition recognized its superiority. The champions of the first city championship were the team of the sports club " Diagor ".

It should also be noted that matches have begun among student teams from educational institutions. Teams from Mykolaiv technical, real, commercial schools, and Verevskaya and Oleksandriyskaya gymnasiums competed for the championship.

In March 1913, the people of Mykolaiv suggested to the Kyiv Football League to play a match in Mykolaiv. The people of Kyiv agreed, and the parties agreed on the time and date of the match.

On March 25, the opening of the football season took place and a match between the Mykolaiv Athletic Club and the Kyiv Sports Club took place. The season was opened by the Mykolaiv mayor, Admiral Myazhovsky , who kicked the ball onto the field. The Prague Regiment orchestra was also invited to the opening. The Athletic Club took the initiative to attack from the first minutes of the game. In the 33rd minute of the match, the Mykolaiv team opened the score, and only in the 24th minute of the second half was the score equalized. The match ended in a 1:1 draw.

[67] Labor newspaper, No. 656 dated 06/18/11

[68] Dvoynesyuk A., Kutovoy B. Football Mykolaiv . Mykolaiv : Atoll , 2008. 488 p.

This football year became one of the most significant in the football history of pre-revolutionary Mykolaiv [69].

It was in 1913 that the Mykolaiv team, the Sports Club, took part in the Russian championship. Playing in the semi-finals against Odessa, the Mykolaiv team defeated them 2:0, but lost this match with a score of 3:2. In the final, the Odessa football players defeated the St. Petersburg team. Thus, the Mykolaiv team lost only to the future champions. The local press report on this match is interesting in that for the first time the judges got it right. Here are some fragments of the article: "... The match was judged by the referee of the Odessa Football League, D. Gerd, with a preference for one of the sides. Of course, in favor of Odessa. His passions reached the point that, not noticing various mistakes by the Odessa team, understanding their weak game, he continued the game for another 10 minutes and scored one goal from offside.

Gerd's passions are noticeable not only in the match with Mykolaiv, but also with other cities, as an example - in the game Odessa - Kharkiv. Therefore, the board of the Mykolaiv sports club must ensure that in the future matches with other cities are not judged by a referee similar to Gerd".

Later, a new sports club called "Union" was created in Mykolaiv. Following the will of the ancient Romans "M ens good morning in body sano » ("In a healthy body - a healthy spirit"), the new club considers the harmonious physical development of youth as its main goal. A note in the Trudovaya Gazeta, dated 5.11.13, reports that the club will develop not only football, but also other sports. And the field will be located on the former field of the "Mykolaiv Sports Club" [70].

between Turkey and Mykolaiv in 1914 was widely announced in the press . The Mykolaivskaya Gazeta reported: "... the "Constantinople" (now Istanbul) team this year beat the Romanian national team 9:1 and the French national team 2:0. The game started at 5:30 p.m. Prices: boxes 8 rubles, a seat in a box 1 ruble 50 kopecks, benches 75 kopecks, student 40 kopecks, standing seats 30 and 15 kopecks. Tickets are sold in advance at the St. Petersburg Confectionery on Admiralskaya Street." But the meeting with the Turkish football players themselves was described surprisingly modestly: "The match, which took place on the third day between Mykolaiv and the team from Constantinople, ended with the victory of the "Sports Club" 1:0. The game was lively and interesting." This was one of the first victories of football players from southern

[69] Zhygadlo G. B., Bogatyr V. M., Verteletskyi O. I. The birth and development of football in the city of Mykolaiv in the late 19th century - the first third of the 20th century. *Ukrainian football - 115 years:* a collection of materials of the All-Ukrainian scientific and practical conference. Lviv: Ukrainian technologies, 2009. pp. 32–44.

[70] Labor Newspaper, No. 1857 of 5.11.13.

Ukraine over a professional foreign team. The Mykolaiv team was faced by FC Fenerbahçe , which was touring the Russian Empire. The Mykolaiv team played two matches with them, in the first, as mentioned above, they won 1:0, and in the second match, Fenerbahçe took revenge 0:3.

The first place in the 1915 Mykolaiv championship was played between the two best local teams – "Union" and " Athletic Club". The first match between them opened the season, it took place on April 26 and ended in a draw 2:2. But on May 3, the teams played again, the victory was celebrated by the "Union" team, which won with a score of 4:0. In these matches, the teams revealed the spring champion of the city of Mykolaiv.

This is what the "Trudova Gazeta" wrote: after the match: "We must hope that last year's antagonism between local clubs has now completely disappeared and team play will become more frequent. Incidentally, the team of the "Union" club was invited to the Trinity in Kharkov on very attractive terms to play with the famous Moscow " Morozovtsy " invited there. But the "Union" committee decided not to go to the Trinity, but to play here".

"Union" won the city championship, took the leading position, everyone considered it an honor to play against it. The columnist of "Mykolaivskaya Gazeta" notes that in the first half of the year "Union" played 10 matches and won all of them with a goal difference of 32-8. And during the same time last season "Union" played 15 matches with a goal ratio of 38-21.

Local teams continued to play football despite the fact that World War I was in full swing. At the same time, new talented players appeared. The refereeing commission established in 1914 turned into a refereeing board, among the first referees were people known in the city: M. Sevastopolsky, L. Khmelnytsky, G. Sokolov, I. Morenko .

The correspondence below shows that 1915 was the year of "Union": "The first team of the sports club "Union" was called to Kharkiv, where on October 4 it competed with the winner of the Kharkiv championship this season - the Sports Club, and on October 5 - with the national team of Kharkiv. The competition with the Sports Club ended 2:1 in favor of Mykolaiv, and with the national team - the match ended with a score of 5:4 in favor of Kharkiv. At the same time, four of the 5 goals were scored by Mykolaiv from penalty kicks, while the Mykolaiv goals were scored by Kharkiv from game situations. In September, the match with Kherson ended 4:0 in favor of "Union.

1916 was not a calm year for the city. From January to March, 18 thousand workers of the Naval plant went on strike . After that, workers began to be sent to the front. But despite the events, football continued to be played in Mykolaiv. At the end of June, a meeting of the committees of local football organizations was held in the city council: the Sports Society, the Union club and the Russian Falcon on the formation of

a football league in Mykolaiv. The meeting decided: the composition of the presidium should be elected at the same meeting, and the members of the league should be elected by three from each society, elected in the committees of the societies that were interested in this. The following were elected by secret ballot: the chairman of the league B. Yurenev , the comrade-in-arms of the chairman G. Tove , the treasurer - V. Inglezi and the secretary - P. Sobolev[71]. Thus, for the second time, the Mykolaiv Football League was created.

In 1919, the city was going through difficult times of civil war and foreign intervention. The commandant of the local garrison, knowing about the existence of football teams, decided to hold a match between German and our football players. The occupiers' team consisted mainly of officers and staff ranks. The main task was to publicly prove the superiority of the Germans over the Ukrainians in sports. Despite all the efforts of the Germans, the Mykolaiv team won with a score of 3:2. A few days later, the headquarters of the German troops offered to play a rematch. This time, the Germans supplemented their team with the best players from other units of the troops stationed in different cities of Ukraine. The interest in the rematch caused a stir in the city, and thousands of spectators came to the match. The will to win of the local football players was so great that they won this meeting with a crushing score of 7:1 .

In 1922, the District Council of Physical Culture was established, under which a scientific and technical committee began to operate with the rights to develop projects for sports facilities and rules of the game, including football.

In 1926, the Georgian national team arrived in Mykolaiv and played three matches with local teams. The matches were interesting. The team of the Marti factory defeated the Georgian national team with a score of 4:2, and the Mykolaiv national team won with a minimum score of 1:0. As for the third match, things turned out worse. The Mestran team was famous for its specific character at that time, and with a score of 1:1, the match was stopped . The head referee, Ya. Khmelnytsky, was partly to blame for this. The Georgian national team left the field in protest, and the spectators were refunded their money for their tickets.

In the same year, the Central Committee of Metalists of Ukraine formed a national football team of Metalists of Ukraine to travel abroad for a number of matches with foreign teams. On October 6, the team set off on a trip. It also included representatives from Mykolaiv, namely F. Kondratenko, T. Smolensky and ex-Mykolaiv resident (then a Kharkiv resident) R. Norov, who already had experience of foreign visits as part of the USSR and Kharkiv national teams. It was not possible to

[71] Mykolaivskaya gazeta No. 3136 dated August 10, 2016

play in Czechoslovakia, the team played two matches in Austria, where it arrived on October 9. On October 16, the Ukrainians met in Vienna with the Austrian national team. It was reported that about 20 thousand spectators were present at the game. This match was interesting in that our team, losing with a score of 3:0, managed to win back in the last 5 minutes of the game. The next day, the Ukrainian team defeated the team from the city of Wiener Neustadt , with a score of 4:3. Also, on their way home, the Metalists visited Warsaw, where they defeated the working Polish team 2:0. Thus, the Mykolaiv players gained experience playing against foreign teams.

Stalino and Mykolaiv were supposed to participate in the final . But the sports leaders included the teams of Kharkiv and Kadiivka there . From August 20 to 31, the teams determined the champion of the republic in a single-round tournament. Mykolaiv began their matches on August 20 with a victory over Dnipropetrovsk - 5:3. The first half ended with the advantage of Mykolaiv 2:1, and in the second half they sent three more goals into the opponent's goal, Dnipropetrovsk responded with two.

On August 21, the Mykolaiv team defeated Stalino – 2:0. But then on August 24, the Mykolaiv team lost to the team from Kharkiv, a 2:10 defeat. It is believed that the Mykolaiv team intentionally played below full strength, expressing a protest against the decision of the sports authorities to allow the Kharkiv team to the final. The fact that the game was lost intentionally is evidenced by the results of the following matches. On August 28, Mykolaiv defeated Odessa with a score of 2:!, and on August 30, Kadiivka – 3:0.

Results of the Spartakiad: Kharkiv – 9 points, Mykolaiv – 8, Odessa – 7, Dnipropetrovsk – 4, Kadyivka – 1, Stalino – 1. Mykolaiv's second place in the Spartakiad is a huge success for Mykolaiv football, as well as one of the brightest pages in its history.

On August 15, 1928, the first competition between district teams began. Seven teams took part: Bashtanka, Varvarovka , Mykolaiv, Ochakov, Novo-Odessa, Voznesensky, and Volodymyr districts. The Ochakov team became the first champion of the Mykolaiv region.

Early In 1932, one of the best strikers in the country, Valentin Prokofiev, who was a pupil of Mykolaiv football, moved from Moscow's Promkooperatsiya to Kyiv's Dynamo. Together with other Mykolaiv players Serdyuk and Pechen, he was included in the Dynamo Ukrainian SSR national team. On May 19, Dynamo defeated the Kharkiv team 4:0, Prokofiev scored three goals in this game. On July 15, Prokofiev, as a player of Kyiv's Dynamo, played against the Moscow team as part of the USSR national team. Having scored a goal in this match in the 60th minute, he became the author of the first Kyiv goal in the USSR national team. In the fall of October 21, Prokofiev became the first Kyiv football player to play for the USSR national team in an international match (the Turkish national team of clubs - the USSR national team - 2:2). In total that

season, Valentin Prokofiev played in six matches for the first team of the USSR national team. These are the famous football players that the Mykolaiv football land has produced. In the same year, the (Mykolaiv) Dynamo Kyiv players more than once played for the first and second national teams of the Ukrainian SSR.

In 1935, the first children's and youth sports school (Children's and Youth Sports School) was established in Mykolaiv, with physical education teacher O. V. Schweigert as its director . Children's and Youth Sports School became a model for the development of football among children and adolescents. In the same year, Mykolaiv, together with Vinnytsia, Kramatorsk, Chernihiv, Horlivka and Tiraspol, took part in the championship of the Ukrainian SSR among the teams of the second group. The tournament was held according to the Olympic system - therefore, a losing team was relegated. Mykolaiv played its first match in Tiraspol on September 24 and defeated the local team with a score of 3:1 (2:0). Kostyantynivka, having defeated Vinnytsia in the first round on September 30, became Mykolaiv's rival in the semifinals. Before the semifinal match, the Mykolaiv team played against the Kryvyi Rih team, which they lost 1:2.

The match against Kostyantynivka turned out to be very spectacular. Already in the 22nd minute, Kostyantynivka opened the score of the match. Six minutes later, Kolbanov equalized, and three minutes later, Derkachenko scored the goal and put the team from Mykolaiv ahead – 2:1. The first half ended with a score of 4:1, the Mykolaiv team skillfully converted two corner kicks. And then the incredible happened, 46 min. – 4:2, 55th – 4:3, 63rd – 4:4. In the 72nd min. – Goroben puts the guests ahead. Soon, the referee Syromyatnikov from Kharkiv sends him off the field. Two minutes before the end of the match, the referee sends Kononenko off for the guests, but he refuses to leave the field. The referee stops the match .

Here is what was written in the newspaper Shlyakh industriyalyazati after the match: **"** A telegram was received from the Supreme Council of Physical Culture that the Mykolaiv national team will play the final match in Kramatorsk on October 6. The result of the unfinished match Mykolaiv – Kostyantynivka is as follows: the Kostyantynivka team was awarded a defeat for an anti-physical culture act, for indiscipline and disobedience to the referee [72]. "

The tournament finalists played two matches against each other. This was facilitated by the fact that on October 6, Kramatorsk and Mykolaiv, having played 1:1 in regular and extra time, could not determine the winner. So the next day they again took to the football field. In regular time, the winner could not be determined again,

[72] The path of industrialization. No. 4404 of 6.10.35.

the score was 0:0. And for the second time, the spectators watched the additional 30 minutes of the game in which the owners of the field scored two goals and won. So Mykolaiv became the vice-champions of the Ukrainian SSR in the second group [21].

In 1937, the Regional Department of Physical Culture and Sports was established, which contributed to the organization and development of the infrastructure of sports facilities, children's and youth sports schools, physical education schools, and schools of higher sportsmanship [73].

The USSR Championship of 1937 was remembered by the people of Mykolaiv because their strongest team at that time, Sudnoboudivnyk, of the Andre Marty plant, made its debut in group D. The newspaper Shlyakh Industrializatsii wrote: " Martytsy are participating in the all-Union draw. The all-Union Committee for Physical Culture and Sports informed the football players of the first national team of the A. Marty plant by telegraph that they had been included in the all-Union football championship in group D. 10 teams play in this group. The first match of the people of Mykolaiv will be held on August 6 with the Krasny Oktyabr team of Stalingrad [74]. "

Here is what the factory's multi-print magazine " For Speed and Quality" from 08.08.1937 wrote about the first game: "The game took place under unfavorable conditions, the stadium field was very wet from the rain. It was difficult to play, and both teams were unable to show their style and technique of play. The match was held with varying success. Only at the last minute did the guests manage to send the ball into the goal of our factory's team [75]. "

Oleksandr Serdyuk became the author of the first goal for the Mykolaiv team in the USSR championships. On August 24, in Ivanovo, he scored against the local team Spartak.

The debut itself for the Mykolaiv team in the championship turned out to be very difficult. The team started with a defeat, after which they played a 0:0 draw in Kirov, the next match suffered a crushing defeat in Ivanovo, and also lost in Kalinin. Then the Mykolaiv team did not go to the match in Baku, the reasons remained unknown. But at the same time they played a match in Yerevan, the match ended in another defeat. The last four matches, according to the calendar, "Sudnostroynik" played on its field. The results of the matches are quite positive: three wins and one draw. On September 18, the first victory was recorded in Mykolaiv, the team defeated "Dynamo" Voronezh – 2:1. After a draw with Dnipropetrovsk, the Mykolaiv team won

[73] Kiselyov A., Hryshchenko G., Rudenko A., Zhygadlo G., Bogatyr V. 100 years of Mykolaiv football. Origins and development of football in the system of children's and youth sports. Young Sports Science of Ukraine, 2010, Vol. 2. Pp. 103–106.

[74]The path of industrialization in No. 4937 of July 14, 1937

[75]For speed and quality No. 180 of 08.08.1937.

its two final games against the teams of Kyiv and Minsk. As a result, only the penultimate place in the standings .

In the same year, the Ukrainian Cup was played for the first time. In the 1/16 finals, Sudnobudivnyk faced the team Zdorovya from Kharkiv. The team from Mykolaiv won 3:0, with Hryhoriy Kushnirenko scoring twice and Volodymyr Ishchenko scoring another goal.

In the round of 16 on May 2, playing at home, Sudnostrudivnyk lost to Dynamo Kyiv – 3:4. After the first half, the score was 3:3, everything was decided by a penalty kick in the 75th minute, which was earned and successfully executed by Dynamo players in the second half.

A total of 39 teams took part in that Ukrainian Cup draw. In the final match, Dynamo Kyiv defeated Dynamo Odessa 4:2 in extra time and won the Ukrainian SSR Cup. It can be noted that in the final, the players of Mykolaiv football Makar Gichkin and Mykhailo Heison played for Dynamo Odessa .

In the pre-war years, excellent youth were brought up in Mykolaiv. In 1938, the Youth Sports School team, playing in the Ukrainian Cup among young men, defeated the teams of Tiraspol, Poltava, and Odessa, but in the semifinals they lost 2:3 to Dniprodzerzhinsk . In 1939, the Mykolaiv team reached the final, but lost to Tractor from Kharkiv on a total of two matches - 1:1, 0:2. And a year later, the team of coach V. I. Voskovsky , taking revenge on the Kharkiv team, won the honorary trophy. The leaders of the team at that time were Ya. Borisov, V. Ustyuchenko , K. Shirmovsky [21] .

Young Mykolaiv football players also played with a team of Spanish children, who were evacuated to our region at that time. In 1938, the children's team of the A. Marti Plant won 5:2, and in 1939 - 1:0. This match was played in Kherson, and the winning goal was scored by Volodymyr Kyrychkov . He successfully played for Sudnostroynik.

On June 22, 1941, the Sudnostrudivnyk team was preparing to go to Kherson for a friendly match with a local team. When everyone was gathered, the radio announced the beginning of the war.

During this stage, the Mykolaiv "Sudnostrudivnyk" took part in the USSR championships twice. In 1937, in group "D" the team took 10th place out of 11, and in 1939 in group "B" they became 9th out of 23 teams.

Mykolaiv also played in the USSR Cup. In different years, Mykolaiv was represented by the following teams: "Sudnostrudivnyk" named after Marty Plant, "Dynamo", "Sudnostrudivnyk-2", "Sudnostrudivnyk". The best year was 1938, in which two teams from Mykolaiv played, and the "Dynamo" team won in its zone to enter the main draw of the tournament.

Mykolaiv teams also played in the championship and the Ukrainian Cup. The results were different, in the championship we can highlight the 1936 season, when the team of the Marti plant became the champion of its group. As for the Cup, the Dynamo team in 1938 and the Sudnobudivnyk-2 team in 1939 reached the quarter-finals.

The championships of the city of Mykolaiv, the district, and the regional cup were also held.

After two and a half years of occupation of Mykolaiv by the German-fascist invaders, football began to rapidly revive, fortunately, many players survived the difficult times. "Pivdenna Pravda" in the issue of June 6, 1944 wrote:

"The sports season opened in Mykolaiv. For two and a half years, boats had not plied the river, "fans" had not come to watch their favorite football players play. Going to the stadium was prohibited. Only the Germans - the "conquerors" - had the right to play football. The Red Army liberated their hometown and the sports youth were once again in full swing, the Shvernik Physical Education Center is once again filled in the evenings , and a soccer ball is rolling across the green field of the stadium again [76]. "

This holiday of the revival of sports took place on June 4, and on July 16, Mykolaiv celebrated the Day of the Physical Culture Worker. At the main stadium - named after Andre Marty - the team "Sudnostrudivnyk" played against the team of the Mykolaiv garrison and won 3:2. On July 30, "Sudnostrudivnyk" went to the first, serious, friendly match with the local Dynamo, who won 1:0. Two weeks later, the Mykolaiv residents wanted to take revenge in their hometown, but only a 1:1 draw.

In September, the Mykolaiv team will start in the first official competition – the Ukrainian Cup. In October, the championship of the sports society “Labor Reserves” is in full swing in Mykolaiv.

In 1945, Sudnostrudivnyk took part in the Ukrainian Cup, but was eliminated by Kherson Spartak. As for the city competitions, Sudnostrudivnyk of the A. Marty plant received the laurels of the leader. They won the championship of both Mykolaiv and the region, and won the Mykolaiv Cup. The final match of the Mykolaiv Cup, which took place on October 14, became the highlight of the football season in the year of the Great Victory, the final score was 5:3 .

The boys from Mykolaiv Vocational School No. 8 performed excellently in the National Cup for "Labor Reserves". On July 22, they beat Kherson 2:0, then took first place in Ukraine. The boys from Mykolaiv reached the semifinals, losing in Moscow to their peers from the capital.

[76]"Pivdenna Pravda" from June 6, 1944

The 1946 USSR Championship was a failure for Sudnostovnik. Out of 13 teams, they won only one match and took last place in the standings.

The team "Sudnostrudivnyk" from the plant named after 61 Communards won the regional championship. They were the strongest that year, as they also won the regional and city cups.

On July 18, the "Buzka Zorya" newspaper cup began, with eight teams participating. The winner was the Red Army House team.

The city championship was held in three groups. The winner was “Sudnostrudivnyk” of the 61 Communards Plant. “Lokomotiv” Voznesensk was the winner of the Odessa Railway Championship. The results of the Mykolaiv city championship among children’s street teams: 1st group (13-15 years old) – “Torpedo”, 2nd group (15-17 years old) – “ Burevesnyk ”. The Mykolaiv school team was a participant in the final of the Ukrainian Championship (Kyiv), and took third place .

In the second half of July, a team of veterans of Mykolaiv football was created.

The following year, Sudnostrudivnyk drew conclusions after the unsuccessful previous season. Therefore, the new USSR championship was played with more dignity.

After an eight-year hiatus, the team from Mykolaiv once again played in the USSR Cup. On June 1, Sudnostrudivnyk met with the local Spartak in Uzhhorod and lost 1:3.

On March 26, 1947, the Kolos DSO was established. On April 13, spring competitions began among ten teams from craft schools and factory apprenticeship schools.

On June 8, the winner of the traditional draw for the Bugska Zorya newspaper cup was determined. In the final, the Sudnostrudivnyk team of the 61 Communards Plant defeated Dynamo Voznesensk with a score of 3:1. The match took place at the A. Marty Stadium.

29 teams took part in the regional championship, including 12 rural teams from 16 districts. At the first stage, the competitions were held in zones. In the final in August, the winners of the zones played in a single-round tournament: “Dynamo” Voznesensk – 14 points, “Sudnostrudivnyk” 61 kommunar – 13, “Sudnostrudivnyk” A. Marty – 11. “Bolshevik” Bashtanka – 8, KIM Novo- Hryhorivka – 7, “Spartak” Ochakov – 7. For the first time, a team not from the regional center became the champion of the Mykolaiv region.

On September 21, veterans from Mykolaiv and Odessa played. The match ended with a score of 3:0 in favor of the Mykolaiv team.

The 1948 USSR Championship is considered the worst for Sudnosti in the history of performances. The team played 14 championship matches, drawing three times and never winning.

The Ukrainian Championship was held from July 4 to September 28. More than 8 teams, divided into 10 zones, took part in the championship. Among them were four teams from the Mykolaiv region: the team of the DSO "Sudnobudivnyk-2" of the plant named after 61 Communards, "Budivelnik", "Mashinobudivnyk" (all from Mykolaiv) and "Dynamo" Voznesensk, the champion of the Mykolaiv region in 1947. As a result, the teams of Voznesensk and the shipbuilders of Mykolaiv played for first place and a ticket to the semifinals of the tournament. As a result, the Dynamo from Voznesensk won .

On May 16, the Mykolaiv championship began, and the winner was the “Budivelnik” team.

18 teams from the city of Mykolaiv and the region participated in the championship of Mykolaiv region. At the first stage, the teams played in five zones, their winners advanced to the final, which began on June 6. Team points in the final: "Mashinostudivnyk" Mykolaiv - 11, "Sudnostudivnyk-2" - 7, "Dynamo" Voznesensk - 3, military unit 10758 Mykolaiv - 2, "Bolshevik" Pryvilne - 2. In a solemn atmosphere on June 20, the team was awarded the transitional prize of champions.

A total of 93 teams from Mykolaiv participated in various competitions during the season.

In 1949, after several unsuccessful seasons, Sudnostrudivnyk finally pleased the fans with a good game. An important factor in this was the fact that the team was transferred to the plant named after. 61 Communard, where more attention was paid to football players. The best players from the teams "Budivelnyk" and "Sudnostrudivnyk" named after. A. Marty joined the team. According to the results, the team took 7th place in the USSR championship .

This year, the team - School of Communications (military unit 10578) showed itself very strongly at the local level. They defeated the team "Bolsheviks" from Ochakov in the regional cup, which gave them the right to play in the Ukrainian SSR cup next season. They also won the title of champions of the city of Mykolaiv. And in the cup of the newspaper "Buzka Zorya" they had no equal.

In 1950, the best team in Mykolaiv received a new name. As in 1938, the Mykolaiv team became Dynamo.

Dynamo Mykolaiv players took part in the Dynamo All-Union Sports Association Cup. Mykolaiv players reached the semifinals, where they lost to Dnipropetrovsk 0:1.

On October 22, Dynamo hosted the Dynamo Kyiv reserve team and won 3:1.

In 1951, a new team was created under the name "Red Banner". It was organized on the basis of a Lebanese school, the leaders of which had long established themselves as football fans. The team included both city football players known to the fans and military personnel.

The newspaper "Pivdenna Pravda" created and for the first time held a regional cup competition among village teams.

In the USSR Championship and Cup, Mykolaiv was represented by the team "Sudnostrudivnyk". The best result in the championship was 7th place out of 18 teams in 1949 in the second group of the Ukrainian zone. The team participated in the Cup in 1947 and 1949, and twice the Mykolaiv team was eliminated from the tournament.

From 1946 to 1953, the Mykolaiv teams played in the championship and the Ukrainian Cup. In the 1952 championship, the Red Banner team showed the best result for the teams from Mykolaiv, taking second place in their zone, they reached the final tournament in which they competed for the right to play in the transitional matches for a place in class "B", but failed to win the final. In the Ukrainian Cup, the Mykolaiv team reached the semifinals twice, in 1950 it was Dynamo, and in 1952 it was Red Banner.

The championship and cup of the city of Mykolaiv, the championship and cup of the region, and the district championship were held.

In 1954, the team "Budivelnik" won in its zone of the Ukrainian championship and reached the final tournament. The team from Mykolaiv began the tournament with a defeat in Stanislav to the local team "Spartak". In the second match, they defeated the team from Poltava, and in the third match they lost to the future winner of the tournament - the Kyiv "Zenit". Two victories in the following matches improved their position in the table, but the loss to the team from Odessa left the team behind the medalists.

On July 3, the zonal tournament of the Ukrainian SSR championship among schoolchildren ended in Mykolaiv, the Mykolaiv team, as the winners, was waiting for the final tournament. In the first match in Kyiv, the Mykolaiv team defeated the Odessa team – 3:2, then – the Kyiv region team with a score of 8:0, but lost to the Kyiv team – 0:2. The team took second place in the republic.

In 1956, a Ukrainian national team was created to participate in the Spartakiad of the Peoples of the USSR (based on Dynamo Kyiv and Shakhtar Stalino). Mykolaiv goalkeeper Yevgeny Lemeshko was also invited to its team . He also took part in a friendly match against the Leningrad team and became a participant in the All-Union Spartakiad. In the match for third place, the Ukrainian national team defeated the Leningrad team 2:1, Yevgeny Lemeshko became the bronze medalist of the prestigious

All-Union competition. And another Mykolaiv player, Pavel Khudoyash , performed at the Spartakiad as part of the Leningrad team. For fourth place, the Zenit player received the title of Master of Sports of the USSR. In the same year, Yevgeny Lemeshko also received this title.

1957 was a notable year for Mykolaiv football. Six years later, the Mykolaiv team was again granted a place in the USSR championship. This happened as a result of the expansion of class “B” to 52 teams. After an eight-year break, “Avangard” played two matches in the USSR Cup. 76 teams of classes “A” and “B” took part in the tournament (from this year, amateur teams no longer played in the cup). On May 1, in the 1/4 final match of the 2nd zone, Mykolaiv defeated “Spartak” Vilnius – 2:0. And on July 5, Mykolaiv lost in the 1/2 final of their zone to the team “Metallurg” Dnipropetrovsk – 1:2.

For the first time in the history of Mykolaiv football, the local team took the prize place in the USSR championship. It happened in 1958. The following year, taking third place, the team repeated its success. 1959 was remembered for another event - for the first time the Mykolaiv team went on a foreign tour. The USSR Sports Committee sent the team to Czechoslovakia. The team played 3 matches in which they won 2 victories, one game ended in a draw.

Due to the cessation of publication of the newspaper "Buzka Zorya", the last draw for the cup of this newspaper was held in 1959. The semifinals were played by: "Torpedo" - Garrison - 5:0, "Avangard" - "Trudovi rezervi" - 2:0. The final was held in a fierce struggle and ended with the victory of "Torpedo" 4:2.

In 1960, the best team in Mykolaiv again changed its name to "Shipbuilder".

In 1964, the Mykolaiv youth team (born in 1948) became the champions of Ukraine. In the zonal tournament in Dnipropetrovsk, the Mykolaiv team defeated the home team 4:1, and the Kharkiv team 3:1. The final was held in Berehove . The Mykolaiv team played in the group tournament against the Kyiv team 0:0, defeated the Odessa team 3:2. In the decisive match, the Mykolaiv team defeated the Poltava team 1:0.

The Mykolaiv team "Sudnostrudivnik", having won its group in the USSR championship in 1968, reached the final tournament for entry into the highest league of Soviet football. The tournament was held in Sochi, in the first match the Mykolaiv team defeated "Karpaty" 1:0. But the next two games were unsuccessful: with the same score of 1:3 the Mykolaiv team lost to both " Uralmash " and "Irtysh". As a result, the last place in the transitional tournament for entry into the highest league of Soviet football and the fourth out of 84 teams participating in the championship in the second group. And a high 24th place in the rating of the best teams of the USSR according to the results of the all-Union championship (20 teams played in the first group of class

"A" in 1968). And in case of victory in the transitional final, Sudnostrudivnyk could repeat its best result in history – becoming the 21st team in the country.

The 1969 USSR Cup draw went down in the history of Mykolaiv football. Mykolaiv started their journey in the third subgroup of class "A" with the 1/4 finals. A team from Poltava arrived in Mykolaiv. The match was held at the Spartak stadium in the presence of 5 thousand fans, and ended with the victory of the hosts, everything was decided by one goal scored in the 86th minute. Then Mykolaiv defeated the Kiev army men 1:0. In the final of the subgroup "Sudnostrudivnyk" played against Zaporozhye. In regular time, it was not possible to determine the winner, the score was 1:1. In extra time, in the 108th minute of the match, Mykolaiv snatched victory.

In the round of 32, 25,000 fans gathered at the Sudnobudivnyk stadium to support their compatriots in the match against Torpedo Kutaisi. The Mykolaiv team had a 1-1 draw after the first half, and only in the 97th minute of extra time did Sudnobudivnyk snatch victory.

The quarter-final match in Moscow against Torpedo (at that time the USSR Cup winner), which the Mykolaiv team won with a score of 2:1, became one of the best matches in the history of Mykolaiv football. 12 thousand fans who came to the Central Lenin Stadium saw a wonderful game of football players from Mykolaiv [21].

In the semifinal match, at the Druzhba stadium, Mykolaiv played against Karpaty with a score of 2:0.

Sudnostovnik's triumphant performance in the USSR championship in 1974 was remarkable. With four rounds to go, the team from Mykolaiv took first place in their zone ahead of schedule. The team's unbeaten streak totaled 35 matches, and including the last eight games of the 1973 season, the streak totaled 43 matches (24 wins and 19 draws) .

In February 1975, the team met with the fans. The players were awarded gold medals of the champions of the Ukrainian SSR for winning the sixth zone in 1974, first-degree diplomas and valuable gifts. The team was also presented with a crystal cup on behalf of the Republican Sports Committee. Special prizes were awarded to the best players in each role.

In 1984, the USSR championship was held in a new format. The zone teams were divided into two groups of 13 teams. After a two-round tournament, the six best teams formed a group, playing for places from 1 to 12. Sudnostrudivnyk confidently won the second group. Mykolaiv really claimed first place among the strongest teams in the zone. But an incident occurred: in a home game with the main competitor - Niva (Vinnytsia), which the Mykolaiv team defeated with a score of 1:0, the Regulations were violated - an overage player entered the field. After the protest of Niva, the match

result was annulled, and the Vinnytsia team became the winners of the zone tournament. Sudnostrudivnyk third .

The 1990 season was one of the best in the history of Sudnostrudivnyk. The team, playing with almost the same lineup as the previous year when they took 17th place, won silver medals in the second league of the first zone of the Ukrainian SSR championship and received the right to move to a higher group - the buffer zone. Sudnostrudivnyk had the best goal difference in the zone: +29. The team's goal remained dry for eight games in a row. The matches in Mykolaiv gathered the largest audience among Ukrainian stadiums of the second league teams. The FFU included Mashnina , Morozova and Timofeeva (all for No. 1) in the list of 22 best players of the zone. Serhiy Morozov became the best scorer of the zone.

1991. In the buffer zone, the team's rivals were teams from the Ukrainian SSR, the Moldavian SSR, the Belarusian SSR and Transcaucasia. The "Shipbuilder" team took 15th place out of 22 teams. Football began to feel the political unrest that was taking place in the USSR. Teams began to refuse trips to the troubled Ganja and Agdam . "Shipbuilder" also preferred to end the championship early, having suffered two technical defeats. That year, on October 26, the last match of the main Mykolaiv team under the name "Shipbuilder" was played, later the name was changed.

More than once during this stage, championships and cups of the city of Mykolaiv and the region, as well as district cups, were held. Over the years, the teams that most often won the regional championship were: " Volna " - 7 times, "Torpedo" - 6 times, "Avangard" and " Vodnik " - 4 times each. And the owner of the regional cup the most times was the team " Volna " - 13 times.

In 1992, the main team of Mykolaiv received a place in the top league of the first championship of Ukraine, as well as a new name - " Evis ". In their group, the team from Mykolaiv took 9th place out of 10 teams, so they left the elite division.

The following year, the team took 2nd place in the First League of Ukraine and got a chance to play in the top league again.

In 1994, the team " Evis " became the municipal team of the "Mykolaiv" club. That season, taking 13th place, the team showed the best result in the history of the city of Mykolaiv in the highest league of the Ukrainian championship,

The 1997/1998 season was triumphant, when SC Mykolaiv won the first league by a large margin from second place and returned to the top league.

the season in the top league with a new coach. Serious problems began with the club's financing from the city budget. The entire first round of the tournament was spent by SK Mykolaiv at the bottom of the standings, and according to the results of the first round, it ended up in penultimate place. The financial insolvency of SK Mykolaiv was the subject of discussion at the PFL meeting in December 1998: in addition to not paying salaries to its players, the club was unable to fully pay for its

participation in the second round, pay the debt for the lease of four Shakhtar players in the first round, and pay these players' salaries. At the same time, a proposal was made to exclude SC Mykolaiv not only from the top league, but also from professional football in general. The team was given deadlines for repaying its debts. The team spent the off-season in Mykolaiv - there was no money for away games. The club's management was busy looking for money. The head coach changed for the second time - the team was first taken over by Mykhailo Kalita . As a result of this change, the team naturally struggled for survival for the rest of the season. In total, in 1999, in a fight with 15 teams, Mykolaiv managed to earn only 12 points and again left the division of the strongest.

In the 2004/05 season, Mykolaiv was relegated for the first time. From the first rounds, the club settled in 17th place, and eventually finished there. After the new year, the situation did not improve, and two rounds before the end of the championship, the team lost even a theoretical chance to stay in the first league .

The 2012/13 season of Mykolaiv FC began with debts. The certification committee decided not to issue a certificate to Mykolaiv FC with the right of appeal. The club had the right to appeal if it corrected the shortcomings due to which it did not pass the certification. The club reached an agreement with the players and restructured its debts. Mykolaiv FC paid the first tranche and began paying the second, practically settling. Thanks to this, it received a certificate. Since January 2013, a new president has been working with the team. The financial situation has gradually leveled off, sports results have improved, and fans have flocked to the stadium.

Today, football is an integral part of society's leisure, contributing to the development of physical and moral-volitional qualities of a person, preserving and strengthening health, and organizing meaningful leisure. This most popular sport has embraced all segments of the population: children and youth, veterans and women.

To assess the state of football development in Mykolaiv, it is possible to identify the strengths and weaknesses of football development in Mykolaiv.

The strengths of football development in Mykolaiv are:

- Football has a father Olympic sport;
- This is one of the sports that has a large number of fans;
- more than a century of football history in the region;
- availability of material and technical base. There are three large stadiums in Mykolaiv: " Central urban stadium » , " Youth " stadium , stadium "Zorya" ... As well as more than 20 football fields in different areas of the city;

– cooperation, understanding and support from the Football Federation of Ukraine. The Football Association of Mykolaiv Region operates in Mykolaiv and the region;

– the presence of a system for training promising athletes. Many football players have been trained who glorified Mykolaiv football in various teams of masters at different levels, among them: Derevyaha E., Kimalov A., Averyanov A., Daneker A., Oleniev A., Maly L., Maly V., Mazarati V., Vysokos V., Ponamorenko V., Bugay S., Burymenko S., Matrosov S., and others. Candidates for the national national team teams were Bugay S., and Ponomarenko V .;

– professional trainers-specialists. Trainers of the 1st, 2nd and higher categories work at Specialized children's and youth sports school No. 2;

– the presence of centers for training and improving their qualifications. The three most powerful HEIs in the city train specialists in the specialty 017 Physical Culture and Sports, namely: Admiral Makarov National University of Shipbuilding and Petro Mohyla Black Sea National University.

But there are also weaknesses that become obstacles to the development of football in the region, namely:

– weak economic support for sports in general and football in particular in the region;

– falling match attendance;

– absence in mass culture and delight sports matches, directly on the field;

– unpreparedness viewers regularly spend significant funds to pay for tickets to;

– cases violation public fans of order at stadiums ;

– insufficient coverage of events and matches in local media;

– lack of stable sources of income, other than state funds;

– lack of a marketing strategy for managing football development;

– weak level of commercialization of competitions;

– economic crisis in all sports, particularly football;

– limited influx specialists from leading clubs;

– low competitiveness of regional athletes compared to athletes from the best clubs in Ukraine.

The results of the study showed that the current situation with Mykolaiv football requires the development of a Strategy for the Development of Football in Mykolaiv and the search for ways to implement it in close cooperation between the authorities, local governments, sports organizations and the public.

2.4. Historical and social aspects development boxing in Mykolaiv

Mykolaiv boxing has gone through almost a century of history - from the first fights on the decks of merchant ships to the performances of its best boxers at the Olympic Games. The history of Mykolaiv boxing is filled with athletes and outstanding coaches who have gained fame for their high achievements in international rings for their native shipbuilding land.

At the beginning of the 20th century, boxing in the Mykolaiv region was a little-known sport. Boxing had a small number of fans. Most locals were fascinated by French wrestling: large-scale competitions were held, famous wrestlers came. Boxing developed more at the household level, during street fights. For example, in Slobodka there was such an expression "to kick boxing in the teeth" [77].

The first centers of boxing development in Mykolaiv began to appear in the early 1930s. The first sections were created in the Palace of Pioneers, the House of Physical Culture, and the Palace of Sailors.

One of the first coaches was Grigoriy Porfirovych Kushnir and Paul Tetelis . It was they who initiated the first international meeting, which was held in 1935 between boxers from Mykolaiv and the team of an English merchant ship.

In the pre-war years, boxing became popular among students. Thus, the first student section appeared in the premises of the Mykolaiv Shipbuilding Institute. A room was allocated, where a ring was equipped and sports equipment appeared.

The initiator of the development of boxing among schoolchildren was the school physical education teacher Volodymyr Ivanovich Voskovskiy. He selected talented teenagers, taught them boxing techniques and organized competitions among schoolchildren. Voskovskiy contributed to the development not only of boxing, but also of football.

The galaxy of Mykolaiv boxers of the pre-war period included: Oleg Zagoruychenko , Georgy Astremsky , Mikhail Surnin , Oleg Grigoriev, Dmitry Badysko, Viktor Mass, Bore Feldman, Lev Bondarenko, Boris Andreev, and others .

After the Great Patriotic War, a group of enthusiasts led by Oleg Prokopovich Grigoriev rebuilt a gymnasium for the first youth boxing school in the premises of a cinema destroyed by the Germans near the railway station. The first champions soon appeared in this school.

[77] Mykolaiv box: photo album. Mykolaiv :, 2007. 144 p.

Also in 1948, the boxing section at the Mykolaiv Shipbuilding Institute resumed its activities, which was headed in different years by O. Bondarenko, O. Grigoriev, and Yu. Moskalkov .

Another boxing department was opened in 1951 at the Sudnobudivnyk sports club, headed by the famous boxer Mykola Kalnov . For 16 years, he was the head coach of the Mykolaiv region team, training 18 masters of sports. Among them were the prize-winners of the USSR championships B. Levytsky, O. Klymov, O. Podolyansky , the winners and prize-winners of the Ukrainian championships M. Petryshyn, O. Kostenko, O. Tsitsylin , and others.

In 1952, at the Ukrainian boxing championship, the champion from Mykolaiv, M. Slavov , won all the fights he held . In the same year, the following athletes became winners of regional and city competitions: Yusov , Bibik , Ivanov, Bershadsky, Khazan, Spivak, Gushchin .

The 60s and 70s were triumphant for the students of the Youth Sports School under the leadership of O. Grigoriev . The following winning athletes became Masters of Sports of the USSR: Vladimir Foka, Yevgeny Bozhko , Georgy Postiko , Vladimir Checher , Roman Avakov, and Viktor Zaporozhets.

Grigoriev's students will not only become titled athletes, but will also continue the work of their coach. V. Foka, V. Checher and V. Zaporozhets are a galaxy of coaches who will make a significant contribution to the development of boxing in the Mykolaiv region.

Also, the centers of boxing development in Mykolaiv were the All-Ukrainian Physical Culture and Sports Societies “Dynamo”, “Spartak”, “Burevisnyk”. Among the best athletes of these societies are: V. Butsa , E. Maksimova, Yu. Maskalkova , O. Boyka, O. Sukhareva and others.

In the 80s, at the initiative of the Mykolaiv Regional Sports Committee, the sports club "Ring" was created and on its basis the boxing club "Mykolaiv".

During the independence of Ukraine, Mykolaiv became a center not only for training professional athletes, but also for organizing high-level international competitions.

The first international meeting was organized in Mykolaiv in 1935, and in 1999 the tradition of holding international meetings was revived in the Palace of Shipbuilders. It was a meeting between the national teams of Ukraine and Italy.

Within the framework of these competitions, 7 fights were held in different weight categories. In the weight category up to 63.5 kg, the athlete from Mykolaiv Dmitry Romanovskyi performed, who won over Angelo Letizia . In the weight category up to 67 kg, the athlete from Mykolaiv Oleg Mashkin boxed against Leonard Bunda. The judges recorded a draw. The triumph of the Mykolaiv athletes in this meeting was completed by Oleg Buts . In the weight category up to 70 kg, he brilliantly defeated

Claudino Perugino . In the overall standings, the Ukrainian national team won the match with a score of 4.5:2.5.

In August 2003, a boxing tournament was held at the Mykolaiv sports school "Nadiya" as part of the II All-Ukrainian Summer Sports Games. 210 boxers from all regions of the country took part in the tournament. The Mykolaiv region team took first place in the second group of regions. Among the prize-winners we can single out: Vitaly Volkov (48 kg), Maksym Glubochenko (51 kg), Rovshan Rzaev (57 kg), Dmitry Romanovsky (69 kg), Anatoly Gorbunov (81 kg), Artem Tsarikov (91 kg). Oleksandr Klyuchko (60 kg), in addition to the victory, received the prize "For the will to win".

In 2005, a match was organized between the national teams of Ukraine and Bulgaria. The best boxers from Mykolaiv were the pupils of the boxing club "Mykolaiv" Oleksandr Klyuchko (60 kg) and Serhiy Derevyanchenko (69 kg). The Ukrainian national team defeated the athletes of the Bulgarian national team with a score of 6:2.

In February 2006, an international meeting between Ukraine and Armenia took place . The Mykolaiv boxing school was represented by Vitaly Volkov, Rovshan Rzaev , Oleksandr Klyuchko and Dmytro Romanovsky. The Ukrainian national team won with a score of 7:3 .

Also in 2006, an important event in the world of boxing took place in Mykolaiv. For the first time, not only in Mykolaiv, but also in Ukraine, the European Championship among schoolchildren was held. 110 boxers from 17 European countries took part. The Mykolaiv region was represented by Svyatoslav Girs and Valentyn Shcherbaty in the Ukrainian national team. In the overall standings, the Ukrainian national team took second place in the team standings.

In March 2018, the International Boxing Tournament in Memory of the 68 Hero Paratroopers was held in Mykolaiv. The national teams of Ukraine, Moldova, and Belarus took part in the tournament. The Ukrainian national team took first place.

A special place in the history of the formation and development of boxing in Mykolaiv is occupied by a galaxy of outstanding coaches who have gone from victories in sports to a coaching career. Almost the entire school of boxing coaches in Mykolaiv has undergone training by the outstanding coach Oleg Prokopovich Grigoriev. Among the leading Mykolaiv boxing coaches, I would like to highlight the following: Volodymyr Fok, Volodymyr Checher, Viktor Zaporozhets, Mykola Khadzhioglo, Volodymyr Bukalov, Serhiy Korchinsky, Oleg Mashkin, Serhiy Medzhidov , Oleksandr Trondin .

Foka Volodymyr Ilyich was born on August 6, 1931 in the village of Shevchenkovo , Mykolaiv region. After completing the seven-year school, he entered the Mykolaiv Pedagogical School. Since 1947, Foka began to actively engage in boxing.

At first, he trained under the guidance of Mykola Anatolyevich Slavov , and then Grigoriev noticed him at competitions and invited him to his team. In 1952, Foka won the regional championship, and in 1957 he became the bronze medalist of the Ukrainian championship. Foka continued to enter the ring until the age of forty and was actively engaged in coaching at the same time. Eleven of his students became masters of sports, among them: Oleksandr Boyko, Oleksandr Sukharev, Mykhailo Petryshyn, Leonid Voronenko , and others. Foka was also a judge of republican competitions, all-Union tournaments, and Ukrainian boxing championships on several occasions.

Checher Volodymyr Grigorovich was born on March 25, 1941 in the city of Mykolaiv. His first coach was O. P. Grigoriev. Checher V. G. Master of Sports of the USSR, Honored Coach of Ukraine, Senior Lecturer of the Department of Physical Education of the Admiral Makarov National Shipbuilding University. He raised and trained the first Mykolaiv boxer, champion of Europe among professionals, Sergey Devakov .

Hadzhioglo Mykola Petrovich was born on February 13, 1952 in Mykolaiv. He was engaged in boxing with O. P. Grigoriev, a prize-winner of regional and republican competitions, director of the Mykolaiv boxing club, an honored trainer of Ukraine and Eurasia. On the initiative of Mykola Hadzhioglo , women's boxing and kickboxing began to develop in Mykolaiv. He raised a galaxy of masters of sports in women's boxing Olga Novikova, Natalia Perekhrest, Lyudmila Hrytsay, Tatyana Ivashchenko, Nadiya Bukhanevich. He also trained the two-time world champion among professional kickboxers Igor Pavlenko, the European champion among professionals Nikolay Shiryaev, the world and European champions Anastasia Savinova , Natalia Perekhrest, Dmitry Panfilov , Sergey Zakharchuk, Vadim Merikov , Anatoly D'yakonov.

Bukalov was born on March 11, 1959. Master of Sports of the USSR, Honored Coach of Ukraine, coach of the Ukrainian national team. He trained international-class Masters of Sports Oleksandr Klyuchko and Vitaliy Volkov, Masters of Sports of Ukraine Yaroslav Andros and Serhiy Yurchenko.

Korchinsky Sergey Anatolyevich was born on January 18, 1963 in Mykolaiv. Korchinsky S. A. is an honored coach of Ukraine, a master of sports of the USSR. He has been engaged in boxing since 1975, his coach was V. Zaporozhets, the winner of all-Union tournaments and the USSR championship. Korchinsky S. A. was the senior coach of the national team of Ukraine among cadets, vice-president of the boxing federation of the Mykolaiv region. Among his students are masters of sports of international class S. Kovganko and I. Bogdanov, European champion and World Cup winner O. Mashkin, world champion among students, champion of Ukraine S. Derevyanchenko.

Zaporozhets Viktor Konstantinovich was born on May 23, 1947. Master of Sports of international class, Honored Coach of Ukraine. His first coach was O. P. Grigoriev. Zaporozhets V. K. participant of the Olympic Games in Mexico City, winner

of the European Cup, champion of the USSR, held 183 fights, of which – 155 victories . Zaporozhets V. K. is the director of the Mykolaiv Specialized children's and youth sports school No. 6.

Among the outstanding athletes whose achievements have glorified the Mykolaiv region throughout the world, I would like to highlight the participants of the Olympic Games, prize-winners of the world and European championships Viktor Zaporozhets, Serhiy Kovhanko , Oleg Mashkin, Serhiy Derevyanchenko , Oleksandr Klyuchko, Vitaliy Volkov, and Serhiy Devakov .

The formation and development of boxing in Mykolaiv has its own history, outstanding athletes and coaches, but there are also a number of features:

1. Mykolaiv boxing went through all stages of development from its inception in the 1920s to international recognition on world arenas during the independence of Ukraine.

2. All institutions were involved in boxing classes: secondary schools, youth sports schools, higher educational institutions, physical culture and sports societies "Dynamo", "Spartak", "Burevisnyk".

3. Mykolaiv has its own coaching school. Starting with the outstanding coaches Volodymyr Voskovsky and Oleg Grigoriev, this list was supplemented by their students: Volodymyr Foka, Volodymyr Checher, Viktor Zaporozhets, Mykola Khadzhioglo, Volodymyr Bukalov, Serhiy Korchinsky, Oleg Mashkin, Serhiy Medzhidov , Oleksandr Trondin .

4. The following athletes, participants of the Olympic Games, prize-winners of the European and World Championships brought deserved fame to Mykolaiv boxing: Viktor Zaporozhets, Serhiy Kovhanko , Oleg Mashkin, Serhiy Derevyanchenko , Oleksandr Klyuchko, Vitaly Volkov, Serhiy Devakov .

5. The Mykolaiv boxing school has famous names of athletes in women's boxing: Lyudmila Hrytsay, Olga Novikova, Natalia Perekhrest, Anastasia Savinova , Natalia Biryuk , Tatyana Ivashchenko, Galina Voroblevsky .

6. Mykolaiv was and remains the center of organizing and holding international, all-Ukrainian and regional competitions.

2.5. Regional aspects of the development of equestrian sports in Mykolaiv

The history of the formation of equestrian sports in Mykolaiv is associated with the name of the legendary trainer Oleksandr Lvovich Zozula.

Alexander Lvovich Zozulya, cavalry colonel, recipient of many military orders, founder of the Mykolaiv Equestrian Sports School, one of the best in the USSR, Honored Coach of the USSR in equestrian sports.

Oleksandr Zozulya was born in the village of Trokovychi , Chernyakhiv district, Zhytomyr region, on November 1, 1908. His father, Lev Zozulya, was a blacksmith. Mother, Dvoira Brandes was born in a small town where everyone spoke Yiddish. Their family was large. 11 children were born to the family, but by the beginning of the Civil War, seven remained.

In 1928, Alexander entered the Leningrad Cavalry School. After completing his studies in 1932, he was appointed to the position of chief of the machine-gun platoon of the 38th Red Banner Stavropol Cavalry Regiment of the 7th Samara Cavalry Division. In 1935, he became commander of the machine-gun squadron of the same regiment. And in 1938, he was appointed chief of the regimental school of the 33rd Cavalry Cossack Regiment. In early 1939, he passed the exams and was enrolled in the Frunze Academy [78].

Not many Soviet commanders had the military education that Alexander Zozulya had before the war. He graduated from the academy with the rank of captain.

On July 6, 1941, Captain Oleksandr Zozulya was appointed Chief of Staff of the 66th Cavalry Regiment of the 49th Separate Cavalry Siberian Division. The division entered battle in early September in the Donbass region, near the Lozova station.

For the successful combat operations of his regiment, he was presented for award with the Order of the Red Banner. But he did not receive the award, because he was taken prisoner. He and his regiment were surrounded in the Barvenkovo area of the Kharkiv region. He was seriously wounded in the leg. He managed to escape from captivity, but after getting to his people he was sent to a testing camp in Astrakhan.

In 1943, Zozulya was reinstated and appointed commander of the 1st Cavalry Corps, and later he led the 8th Guards Cavalry Cossack Regiment, where he served until October 1946. [31]

After the end of the war, Alexander Zozulya continued his service in the ranks of the Soviet Army, his last military position being the military commandant of the city

[78] Bilyk B., Grinenko T. They are called bell . Mykolaiv , 2015. 194 p.

of Chita . He was discharged to the reserve in 1956 and moved with his family to Mykolaiv. It was during this period that he began organizing an equestrian school.

The history of the emergence of equestrian sports in Mykolaiv is unique and has a number of prerequisites that contributed to the opening of an equestrian school.

Firstly, in the Mykolaiv region, pentathlon was actively developing in the early 1970s, but defeats were constantly associated with failure to perform equestrian cross-country, and this required the organization of systematic training in equestrian sports.

Secondly, a group of like-minded enthusiasts was organized in Mykolaiv under the leadership of Oleksandr Lvovich Zozula, which contributed to the organization of an equestrian school.

Thirdly, in 1961, the Mykolaiv Regional Equestrian Federation was established.

The first stage in the organization of the equestrian school was finding a place for the Mykolaiv equestrian school of the physical culture and sports society "Kolhospnik". It was the outskirts of the Varvarivka microdistrict of the city of Mykolaiv. Where the equestrian school is located to this day.

It was time to purchase horses. The first 5 horses were purchased from the collective farm "Ukraine" in the Bashtansky district of the Mykolaiv region, where a breeding station for pedigree horses operated. It was on these horses that our athletes became champions of Ukraine and the USSR. The second batch of horses was purchased from the breeding plant "Vostok" in the Kuban .

Along with the organization of the school, young assistants aged 10-11 appeared. Among them were Viktor Poganovsky , Mykola Datii , Georgy Kucherenko, Viktor Yarovy. These guys would become the first prize winners of the newly created sports school. After a year of the school's existence, more than 20 athletes were already training in it. This was the year of participation in competitions for the championship of Ukraine among rural riders. This was the first and invaluable experience for V. Poganovsky , M. Datii and V. Soroka . In the following years, these athletes became the first masters of sports: Datii and Soroka - in eventing, and Poganovsky - in show jumping.

In the summer of 1965, the first Ukrainian equestrian championship among rural athletes was held at the sports school. The competition consisted of nine types of the major program. The winners were:

– V. Poganovsky 2nd place in show jumping, losing to an experienced athlete from Lviv;

– V. Soroka took first place in the combined event ;

– M. Datius won the obstacle course competition.

Excellent results at home.

In 1966, Mykolaiv athletes competed with experienced teams from Dnipropetrovsk, Kyiv, Sumy, Kirovohrad, Zhytomyr regions and the Autonomous Republic of Crimea at the Ukrainian Championship. Our athletes won first place in show jumping, dressage and eventing. In addition to the above athletes, the winners were also newcomers: Yu. Zyabrev , N. Sivkova, V. Nenov [31] .

It is interesting that in 1966, athletes from the Mykolaiv Equestrian School were invited to take part in the filming of the film "The Elusive Avengers" and "The New Adventures of the Elusives". All the tricks in the films were performed by our athletes and their horses. After the film was released, teenagers went to equestrian schools en masse. And the Mykolaiv school was no exception. All this contributed to the popularization of equestrian sports and its mass appeal. All the money earned from filming was used to improve the material base. The Mykolaiv Equestrian School became the best in the country.

In 1969, seven students from the school were invited to participate in the USSR Cup in the national team of 10 people: V. Poganovsky , Yu. Zyabrev , V. Nenov , M. Datiy , E. Ektov , V. Soroka, N. Sivkova. Thanks to the Mykolaiv athletes, the Ukrainian national team became the first.

In 1970, Y. Zyabrev and V. Poganovsky won first place at international competitions in Poland.

After the triumphant participation in international competitions, head coach O. Zozulya appealed to the Ministry of Agriculture with a request to provide material assistance. And it was provided: a house for athletes, an indoor arena and premises for keeping horses were built. This significantly improved the conditions for training and living of athletes and horses.

In 1976, O. Zozula was appointed head coach of the USSR Olympic equestrian team. Four years of intensive training of the team for the XXII Olympiad began. V. Poganovsky became the team captain .

In the pre-Olympic year of 1979, V. Poganovsky took part in international competitions in Poland and Germany and became the winner. But his horse Fazan was injured, which made it impossible for him to participate in the decisive competitions. And 1.5 years before the Olympics, it was decided to change the horse. The new participant was the horse Topky. It was risky, but justified.

And then came the decisive day of July 29, 1980 – the day that brought the long-awaited victory to the show jumping team at the Olympic Games.

The competition route was very complex and included: 13 obstacles and 16 jumps. The obstacles included: double and triple systems, a ditch with water 4 meters wide and 75 centimeters high, height and width barriers, pole fences and stone walls

with a maximum height of 160 centimeters. The control time for completing the route was 113 seconds.

Korolkov was the first to start . He completed the route with two mistakes and a result of 8 penalty points. V. Poganovsky came second and again had annoying mistakes - 8 penalty points. Viktor Asmayev completed the route with 4 penalties. Vyacheslav Chukanov comes last and also makes one mistake.

After the first heat in the final, the main rival becomes the Polish team.

In the final , Korolkov received 4 penalties, Poganovsky 0.25 for exceeding the control time, Asmaev 7.25 and Chukanov finished with a clean performance without a single penalty. According to the results: USSR team - 20.25 penalty points, Poland - 56, Mexico - 59.75. The USSR team became the winner of the Olympics with a record number of penalty points.

After the award ceremony, V. Poganovsky approached his coach and gave him his medal with the words: “Olexander Lvovich! Take this medal, it is yours. This is your medal” [31] .

Olympic champion Viktor Poganovsky and his coach Oleksandr Zozulya forever inscribed their names in the history of domestic equestrian sports, glorifying the Mykolaiv Equestrian Sports School throughout the world.

After the Olympic Games, V. Poganovsky competed in many international competitions and won. In 1992, after the retirement of O. Zozula, V. Poganovsky became the head coach of the Mykolaiv Equestrian Sports School.

In 1990, there were about 100 horses in the SDYUSSHOR, and up to 120 new athletes arrived annually. But only a few became masters of sports. The main reasons were: low funding, complexity and long duration of training.

During the independence, the following Mykolaiv athletes became prize-winners of competitions of various levels: O. Bohun , A. Novytska, O. Bila, S. Dyrma , E. Smirnova, O. Gerasimenko, I. Klymyuk , I. Lapygina , O. Lapygin , N. Shelym , O. Vytkovska , T. Gaycheva, O. Evdina , O. Shevchenko, I. Fedorova, E. Shevchenko, L. Syrenko , G. Martynenko, I. Dmytriev, I. Zholobenko .

The last few years have been difficult for the school, it has been reorganized several times and today it is a branch of the Southern Breeding Center of the State Enterprise "Equine Breeding of Ukraine".

Every year, the equestrian school organizes and holds all-Ukrainian, regional and regional competitions:

– The Mykolaiv Oblast Open Equestrian Championship among children, young men, juniors and adults is dedicated to the memory of O. L. Zozula;

– Southern Cup region in equestrian sports among children , young men , juniors and adults ;

– Open regional dressage competitions in memory of V. I. Dementiev;

– Ukrainian Championship, competition for the "Independence Cup of Ukraine".

Over the 60 years of its existence, the Mykolaiv equestrian school has educated more than 100 masters of sports, including 3 masters of international class and V. Poganovsky - Honored Master of Sports. Mykolaiv athletes have won more than 1,500 medals at competitions of various levels, half of them gold. Mykolaiv remains one of the regional centers for the development of equestrian sports in Ukraine, despite the difficult times for the entire country.

2.6. Traditions of the Hellenic Olympic movement and education, embodied in ancient times among the peoples on the territory of modern Mykolaiv region

At the end of the 3rd – beginning of the 2nd millennium BC, the south of the Balkan Peninsula and the islands of the Aegean Sea and the western coast of Asia Minor began to be populated by tribes (Ionians, Achaeans, Aeolians, Dorians), who assimilated the autochthonous population (Pelasgians), later called the Hellenic (Greek) people. With the development of navigation, trade, and settlement, a new independent socio-political structure began to assert itself in place of the previous tribal system – the "city-state" (polis), which encompassed both the settlement itself and the surrounding agricultural area (chora). The polis consisted of free citizens, semi-free citizens, and slaves. The polis system was embodied in the participation of citizens (free people) in national assemblies, courts, and decision-making on the most important matters of the community. Only free male citizens could engage in state affairs and devoted themselves to the development of the mind and body.

Modern researchers can glean information about the peculiarities of people's lives in the past, including the importance of physical development and competitions for them, from the results of studying the remains of archaeological excavations of settlements (sports facilities, equipment, awards, prizes, etc.), written texts of various historical and cultural monuments (epigraphic sources, ancient manuscripts, paleographic monuments, graffiti on household items, etc.), works of art and household artifacts (wall paintings, sculptures, painted pottery, etc.), legends and other forms of oral creativity. Despite the fragmentary nature of

the information in each of these sources, together they make it possible to recreate the general picture and main trends of the diverse life of people of a certain historical period.

In the first half of the 2nd century BC, a physical culture similar to that which arose in Mesopotamia and Egypt developed on the island of Crete. Gymnastic and acrobatic exercises, fist fights, wrestling, and bullfighting were the main entertainment programs for spectators during religious holidays. The first athletic games among the Hellenes took place in Crete – these were the "bull games". Evidence of this is the famous drawing "Bull with Acrobat" from the palace of the city of Knossos (dating from about 1500 BC), a steatite engraving (about 1550 - 1500 BC), composed of numerous fragments found in the palace of the ancient Greek city of Agia Triada. The latter depicts ritual competitions – wrestling, jumping, bullfighting with an acrobat hooked on the horns, fist fighting, and training of fist fighters and wrestlers.

The cult of the sacred bull – a symbol of the sun and male power, along with the cult of the dead, was an important element of the beliefs of ancient man on the Eurasian continent from the Neolithic period with the development of cattle breeding (for example, Buhis, Apis, Mnevis among the ancient Egyptians). It was also widespread in the steppe part of modern Ukraine (Neolithic images of a bull on the paintings of Kamyana Mohyla, an ornamented bull jaw from the Putyvlya district of Sumy region, sculpture and paintings on vessels – bucrania, etc.). This cult reached its peak during the Hellenistic and Roman periods[79]. A well-known ancient myth, containing features of oriental zoomorphism, about Europa, the daughter of Phoenix (according to other versions, the Phoenician king Agenor), who was kidnapped by Zeus in the form of a white bull and brought to the island of Crete. The ancient Greek historian Herodotus (between 490 and 480 BC – c. 425 BC) realized the myth of Europa and considered her to be a Phoenician princess who was kidnapped by Cretan merchants[80].

The images of acrobatic games with bulls that have survived to this day allow us to accurately recreate the content of these dangerous exercises. Fragments of plaster bas-reliefs with scenes of fistfights and wrestling from the palace of the city

[79] Panchenko Y. V. The formation of pastoral cults in the Neolithic of steppe Ukraine // Magisterium. Sixth issue. Archaeological studies. 2001. P. 121–125.

[80] Herodotus of Halicarnassus, "Histories" of nine books, which are called muses / transl. from ancient Greek, preface by A. O. Biletsky; T. G. Shevchenko Institute of Literature, NAS of Ukraine. Kharkiv: Folio, 2006. 655 p.

of Knossos, one of the centers of Aegean culture, located in the northern part of the island of Crete, convey both the intense nature of the competitions and the well-developed musculature of the athletes, and testify to the existence of certain rules of competition and equipment. The wrestlers had helmets similar to military ones, and in fistfights they had gloves[81].

Unlike other peoples, the ancient Greeks, in addition to connecting competitions with rites of service to the cult of the Sun, initiations, and graveside rituals, had a desire to achieve perfection in various spheres of activity, including spiritual and physical. This became one of the differences between ancient Hellenic culture and previous Eurasian and other cultures. This difference consisted in the fact that the development of the physical and spiritual qualities of its citizens (free people) was laid at the basis of the socio-political life of city-states and was embodied in the compulsory education of all male citizens and found its imprint on external relations between the policies, and in culture in general – art and everyday life.

The foundations of ancient Greek physical culture were formed in the conditions of the collapse of the clan system and the formation of classical society in the Cretan-Mycenaean period, reaching its highest development in the 8th–4th centuries BC with the flourishing of slave-owning relations. It was at this time that a new slave-owning, republican political formation emerged, namely city-states (policies) with religious and social institutions. The accumulation of material values by individual members of the polis communities, the struggle for resources, and the desire to influence certain types of activities caused wars between the polises. Economic, political, and cultural development, the peculiarities of military organization, and the education system in certain policies determined the tasks, means, forms, and methods of physical education of their members.

With the development of polises, where tribal forms of unsystematized education, mostly caste-based or of certain social classes, were replaced by the training of all its citizens in accordance with the territorial characteristics of the polis (its geographical location, proximity to other tribes and peoples, cult traditions, etc.). The polis form of statehood required warriors with strong bodies and strong wills, who, in case of threat, would rally into a military militia. The physical training of the male population ensured the security of the polis. In this regard, the ancient Greeks tried to systematize their knowledge, theoretically substantiate it, thus creating science, and also to disseminate it. This also applies

[81] Platonov V. N., Huskov S. I. Olympic sport: Textbook [in 2 books]. Kyiv : Olympus. lit., 1994–1997. Book. 1. P. 20–21.

to physical education. Only among the Greeks did physical culture become widespread, becoming an important and integral part of their entire life.

During the Hellenistic period, two main centers of approaches to physical education emerged – in Sparta and Athens. Despite having much in common in their political life and relations with neighboring policy areas, they also had significant differences.

The Spartan education system was based on emphasizing the development of strength, endurance, agility, as well as qualities for the skillful use of weapons and the tactics of the Spartan army – the monolithic phalanx. In Sparta, both young men and young women were subject to rigorous physical education. Дівчата займалися бігом, стрибками, метанням диска і списа, боротьбою, брали участь у державних святах, виступали на змаганнях. Physical exercise was supposed to ensure the birth of healthy children. Spartan women often served as guards for the polis and kept slaves in subjection. Athletes from Sparta participated in the Olympic, Pythian, and other games, where they often became winners.

Unlike conservative Sparta, the Athenian education system was distinguished by a combination of developing the mental, moral, aesthetic, and physical qualities of young people. At first, children were raised in families using play methods. After the age of seven, boys were educated in schools, while girls continued to be educated at home, as they were not eligible for music and gymnastics schools. Athenian women, except in rare cases, did not participate in the public life of the communities. The Athenian system of aesthetic and ethical education, organically combined with physical culture, spread to the inhabitants of other city-states of Greece.

In the policies of Ancient Greece, physical education was considered a condition for ensuring the full activity of a citizen[82]. The Greeks shaped the purpose of physical education in the life of an individual and society as a whole, outlining the ideal of kalokagatia – the harmonious development of body and spirit, which ensured correspondence between thoughts and actions, behavior and

[82] Kun. L. Universal history of physical culture: trans. with Hungarian Under the municipality ed. V. V. Stolbova. M. : Raduga, 1982. 399 p.; Platonov V. N., Huskov S. I. Olympic sport: Textbook [in 2 books]. Kyiv: Olympus. lit., 1994–1997. Book. 1. P. 21–23.

prescriptions, word and deed[83]. This harmony was observed at the Olympic Games and all other competitions. Physical training was cultivated as a source of health, preparation for competitions and battles. This idea combined the goal, means, and methods of ancient physical education, in which every ability should be developed in competition.

Sports competitions in Ancient Greece developed under the influence of the philosophical principles of their existence and culture – agonistics, that is, competition to achieve the best results, which was implemented in all spheres of life (work, art, sports) for personal recognition and prestige and glory of city-states[84].

With the development of public needs for physical education of citizens of the polis, philosophical and pedagogical theories for its implementation emerged in society. The works of the ancient Greek philosophers Plato (427 BC – 347 or 348 BC), Aristotle (384 BC – 322 BC), Socrates (approx. 470 – 399 BC), Democritus (approx. 460 – 370 BC) contain important reflections not only on education and training in general, but also directly on physical education.

In his pedagogical reflections, Plato tried to combine elements of the Spartan and Athenian educational systems. He believed that the education of women should be similar to that in Sparta. According to Plato, the basis of school education up to the age of ten should be physical exercises, namely running, wrestling, archery, and horseback riding. According to his statements, mental and physical education has a positive effect when young people lead a moderate lifestyle and observe hygiene rules.

According to Aristotle's concept, the development of all living things occurs in the unity of form and content, and humans are given abilities by nature that are developed through upbringing. According to his teachings, the human body and soul exist inseparably. He distinguished three kinds of soul from nature: the vegetative, which manifests itself in nutrition and reproduction; the volitional, which has feelings and desires; and the intellectual, which is characterized by thinking and cognition. In accordance with them, Aristotle proposed education – physical, moral, and intellectual. In the process of upbringing, he saw its

[83] Ryshkovsky V. Principles of designing a regional and local system of physical education of schoolchildren: diss. ...doctor of science in physics education and sports: 24.00.02. Kyiv, 2002. 392 p.

[84] Platonov V. N., Huskov S. I. Olympic sport: Textbook [in 2 books]. Kyiv: Olympus. lit., 1994–1997. Book. 1. 4 P. 20–36.

interconnected components – family and social, where the state's concern is important so that all citizens receive the same upbringing. According to him, a full-fledged person, in addition to physical development, is formed by society among other people, and the purpose of the polis itself was the harmonious development of its citizens.

Aristotle was the first in pedagogy to make an age-based periodization of education: up to 7 years; from 7 to 14 years; from 14 to 21 years, where he focused on their specific features. According to him, children under the age of 7 should be raised in families, fed according to age, and taught hygiene and temperance. From the age of 7, boys must attend state schools, where gymnastic physical education took precedence over intellectual education. Aristotle was an opponent of the Spartan education system and also believed that women should not receive the same education as men.

The education of young people in ancient times was based on a program of comprehensive spiritual and physical development. Striving to be like their gods, in Hellas there was a cult of a beautiful body and spiritual development. For this, gymnasiums had to exist in any polis. According to the Greek traveler and scholar Pausanias (2nd century AD), a settlement could not be considered a polis unless a theater or gymnasium was built in it. In large cities, several such structures were built. Gymnasiums not only provided physical and spiritual education, but also prepared combat-ready citizens. But this only applied to the children of citizens (free people). Children of slaves did not study in music and gymnastics schools.

Ancient Greek philosophers of various schools throughout ancient times spoke about the importance of harmonious education of the younger generation with the improvement of physical, mental, aesthetic and moral qualities to achieve benefits for one's own health and society in order to fulfill the proper functions of a citizen. Among them: Democritus (c. 460 – 370 BC), Socrates (c. 470 – 399 BC), Antisthenes (c. 435 – 370 BC), Demetrius of Phalerum (c. 355 BC – after 283 BC), Calliphon (2nd century BC), Cebes (c. 430 – 350 BC), the Phoenician Chrysippus (281/278 – 208/206 BC), the Greek-Syrian philosopher and physician Asclepiodotus of Alexandria (2nd half of the 5th century – early 6th century), Anacharsis of Scythian-Greek origin (late quarter VII – mid-VI century BC) and others, as well as the ancient Greek physicians Hippocrates (c. 460 – 377 BC), Alcmaeon of Croton (5th century BC) and others.

Almost every Hellenic celebration of the gods with ritual sacrifice and solemn processions became a festival in their honor and was accompanied by

competitions of poets, musicians and athletes and ended with banquets. The ancient Greek philosopher Plato considered it necessary to organize celebrations in honor of the gods with sacrifices and a competitive display of the best human qualities, with the participation of as many citizens as possible. The competitive part of the festivities was called the agon and was considered a special form of honor and aroused the greatest curiosity among the Hellenes.

The first competitions in Ancient Greece, associated with religious rites, took place as early as the 2nd millennium BC. They accompanied the leader's funeral with funerary games. Athletic competitions were held in memory of the deceased. Later, other, more rational reasons for holding competitions arose. Long before 776 BC, when the first attested Olympic Games were held, the ancient Greek people showed an interest in athletic competitions.

Proper honoring and conducting ritual competitions required training in certain skills, which was conducted in special state educational institutions that became an integral part of ancient Greek culture. The education of physical qualities and athletics was carried out in appropriate institutions – gymnasiums and palaestras, where athletes trained and competed. The buildings for the competitions were initially built from short-lived materials (adobe bricks, wood). Therefore, our ideas about stadiums, palaestrae, and gymnasiums are based on archaeological artifacts and literary sources of later times, starting from the 4th century BC. e. Numerous archaeological studies and analysis of contemporary literary sources indicate that gymnasiums were built in many policies of the metropolis and colonies. Gradually, gymnasiums turned into real educational institutions of education and science, where philosophy, rhetoric, and grammar were studied, physical exercises were practiced, and libraries were located here.

In ancient times in Greece, the education of the younger generation was carried out in stages. In public educational institutions, free education for boys began at the age of 6–7 in music schools (from the "muses" – goddesses who inspired creativity), where mental abilities were developed in close connection with moral and aesthetic. The emphasis on physical education was carried out in educational and sports institutions – gymnasiums (from "gymnos" – naked, since until the appropriate age, physical exercises were done without clothes). Gymnastic schools included palestrae (from "pale" – to fight). Training in palestrae lasted for 3 years. Here they engaged in physical exercises and games, were introduced to music, epic, lyric poetry, and learned to read and write. The role of the palaestra was crucial in the formation of character and spirit.

At the age of 10–14, music school classes took a back seat, and gymnastics school came first. Teenagers studied free of charge in gymnasiums maintained by the policy – public comprehensive educational institutions that included lecture rooms, libraries, walking galleries, training grounds, and auxiliary facilities. Young people attended gymnasiums, where, in addition to studying, they practiced improving themselves in such types of physical activity as wrestling, athletics in jumping, discus and javelin throwing, and other sports. Daily mental and physical exercise, intellectual and artistic competitions – all this improved certain genetically determined abilities[85]. These educational and sports institutions (palestria and gymnasiums) were considered first-level schools.

The final school was the ephebia – state educational and military institutions, where for two years eighteen-year-old young men improved their military skills under the guidance of specially trained teachers. In the first year, ephebes were engaged in gymnastics and military affairs. In military-physical training, the most attention was paid to fencing with cold weapons, archery, spear and dart throwing, horse and chariot riding, etc. In the second year, they were armed with sword and shield and guarded the territory of the city-states. After completing their full training, the Hellenes maintained their physical fitness on their own. It could be maintained and developed by training in 24-hour gymnasiums and participating in competitions.

The most experienced individuals elected at the general assembly of citizens were responsible for the physical training and hardening of young people, and their position was particularly prestigious. The palaestrae and gymnasiums were run by gymnasiarchs, whose position was considered honorary and equated with the highest positions in city-states. Candidates for the position applied from 15 to 20 Artemisium (April), and their list was posted in the town square. A candidate for the position of gymnasium head took an oath, which stated that he would make every effort to provide a decent education for his wards, and the election was not related to the patronage of influential friends and acquaintances. The gymnasiar was ceremoniously elected by the people's assembly by open vote by raising hands (cheirotonia) for a term of one year in the presence of priests and patrons who donated money for the maintenance of the educational institution. Gymnasiarchs

[85] Alekseenko H., Morozov V. Some educational and educational aspects of Olympism and ways of humanizing modern sports / V Mezhdunar. science congress "Olympic sport and sport for all". Minsk, 2001. P. 62.

monitored the physical and moral training of young men, were concerned with maintaining the gymnasium building and equipment in proper condition, ensuring heating and lighting, and the timely supply of olive oil for rubbing the bodies of athletes during gymnastic competitions.

There were many employees in educational institutions, but the most important were teachers – pedagogues. According to legends, the very first pedotribe was the wise centaur Chiron, who taught athletics to the young Achilles, Castor, Polydeuces, Amphiaraeus, and many other famous characters of Greek mythology and epic. The preparation of athletes for competitions (agones) was managed by gymnastic coaches, and the competitions themselves were organized by agonophetes. Young people were taught to believe in themselves, in their strengths and capabilities, in the highest values of human life. Any perfection had to manifest itself in a harmonious combination of mind, spiritual and physical strength with a variety of expressiveness of their manifestations, which were tested in sports arenas[86].

Hermes and Hercules were considered the patrons of games, palaestrae, gymnasiums, and athletes. Hymns (solemn texts or songs praising someone or some event) were composed and carved on marble slabs in their honor, which were displayed in or near sports facilities. In the palaestrae and gymnasiums, hermes – pillars crowned with the head of Hermes – were mandatory. Before the start of the competition, sacrifices were made to the gods, and in their names they swore allegiance to the integrity of the competition and to their homeland.

One of the oldest gymnasiums was built in Delphi (4th century BC). In the 5th – 4th centuries BC, the three most famous gymnasiums were built in Athens – the Sinosargus, the Lyceum, and the Academy. The Olympic Gymnasium in Athens was different from others in that it was intended exclusively for the training of athletes during the month preceding the Olympic Games[87].

Academies, as higher schools of various fields, were usually private institutions. Access to the Academies was free for all citizens with certain prior training, for which a kind of exams were held upon admission to test the possession of a certain minimum of knowledge and skills. There were also age

[86] Yermolova V. M. The origins of Olympic education, its place in the directions of activity of the International Olympic Committee and other international organizations / Theory and methods of physical education and sports. 2009. No. 1. pp. 35–39; Platonov V. N., Guskov S. I. Olympic sport: Textbook [in 2 books]. Kyiv: Olimp. lit., 1994–1997. Book 1. P. 20–36.

[87] Platonov V. N., Huskov S. I. Olim piysky sport: Textbook [in 2 books]. Kyiv: Olympus. lit., 1994–1997. Book. 1. P. 33–35.

restrictions, as Plato's Politics states that admission to the Academy should be no younger than 25–30 years old. The Academy had a specific daily routine, with classes starting at dawn and lasting until evening. The classes were conducted by a scholar. He also headed the Academy, and to assist him, administrators were elected from among the students for every ten days – deans. Those responsible for sacrifices, organizers of academic festivals, etc. were appointed. Education at the Academies during the time of Plato and his immediate successors was free, but as the number of students grew, it became fee-based. The amount of the fee depended on the students' abilities, and the poor were usually exempted from paying. At the beginning, the Academy was supported by the founder (scholar), who was exempt from taxes, as well as by donations from private individuals who provided funds for the prosperity of science and art.

The experience of many generations of athletes and their teachers (coaches) has led to the gradual improvement of training methods and techniques. The founder of the scientific approach to training is considered to be Ikkos of Tarentum (unknown – late 5th century BC) – an ancient Greek physician by profession, a pentathlete and winner of the eighty-fourth Olympic Games (444 BC). He is credited with introducing a strict diet for athletes (sports dietetics), a detailed four-day training cycle, and the introduction of therapeutic gymnastics. The diet of athletes at that time during training was simple: they ate as much meat as possible and did not drink wine (the Greeks drank wine diluted with water).

The Panhellenic Games, which attracted athletes and spectators from the most distant cities of Greece, were held near the main temples and often on the banks of rivers. In these sports centers of Ancient Greece, near the temples, modern archaeological excavations have discovered stadiums (competition arenas, including Olympia), where sports competitions were held. The stadia were elongated in length by one ancient Greek stadia, which corresponds to 184.97 m. Over time, they underwent changes and restructuring. The latest architectural versions of the largest of them had a running track 181.20 – 192.24 m long and the ability for 16 runners to compete simultaneously. They were equipped with special places for athletes to undress, start and finish, stands for judges, etc., and walls were built around the stadium (stadiums in Corinth, Nimea, Athens, etc.)[88].

[88] Platonov V. N., Huskov S. I. Olympic sport: Textbook [in 2 books]. Kyiv: Olympus. lit., 1994–1997. Book. 1. P. 34–35.

The games were held in honor of Zeus and Hera, the chief gods of Olympus. The opening and closing of the games were always accompanied by certain ceremonies. The program of celebrations included theatrical performances, speeches by poets and orators, but the main event was always athletic games. For Greece, which was not a single state, but represented a free brotherhood of rival cities united only by a common language and religious traditions, the games became a means of establishing peaceful and friendly relations. Their approach was announced by messengers (feoras), who carried fire from one city to another. Each game became a time of truce between warring policies and turned into a holiday for the people with competitions for sculptors and poets, playwrights and singers, and athletes. Only free Greeks – men and young men – could participate in the games. Any person, free citizen or slave, Greek or barbarian, could attend the games as a spectator. The ban only applied to married women.

In ancient Greece, many pan-Greek ceremonial cult agons were held – grand sacred competitive games in honor of the gods, which, starting from the 8th century BC, became general holidays. Four pan-Greek cult agons became the largest – Olympic, Pythian, Isthmian and Nemean.

The Olympic Games were held in honor of Zeus at Olympia. They were held every four years in the city of Olympia on the banks of the Alpheus River in the Peloponnese. It is believed that the Olympic Games began their countdown in 776 BC. At that time, the name of the first winner of the Games was recorded – Koroib, a baker by profession. The first Olympic Games lasted one day and included only one type of competition – running. As the Games grew in popularity, the competition program expanded. At their peak, the Games were held over five days. These pan-Hellenic games were held for over a thousand years. A total of 293 Olympiads were held.

The Pythian Games (from 586 BC) were dedicated to Apollo, the god of art, music, medicine, and light, and were held at Delphi, a sacred center that, according to legend, was the home of the Pythia, priestess and oracle of Apollo[89]. According to one legend, the founder of the Isthmian Games (from 582 BC) was Poseidon, who led them to the Isthmus (Isthmus) of Corinth as a tribute to Melikert, who had drowned in the sea. They were held every two years, probably in the spring of every second and fourth year of the Olympiad. The Nemean Games (from 573 BC) were held in honor of the god Zeus in the Nemean Valley and took place every other year (in the 2nd and 4th year of each Olympiad).

[89] Pythian Games: https://tureligious.com.ua/pifiyski-ihry

In antiquity, the Olympic Games were the most popular of all the Greek games, and their winners were honored with the greatest honors. The ceremonial of the ancient Olympic Games was held on a specially designated area in the sacred Altis and surrounding areas and was the first example of Olympic education for athletes, spectators and pilgrims[90]. They competed in running, fist fighting, wrestling, jumping, discus and javelin throwing, and chariot racing. The Nemean, Pythian, Isthmian, and many other local games also featured competitions in music, singing, and dancing.

For women in Hellas, the Heriae were held – games in honor of the goddess Hera. A rare exception was some women's festivals in the Peloponnese. The 2nd-century ancient Greek writer and traveler Pausanias, in his "Description of Hellas" (written in the 170s), described the running competitions of girls at the festival of Hera in Olympia. The antique marble copy of a young runner from a bronze Hellenic original from the 5th century BC illustrates the writer's words that the girls' hair "fell freely on their shoulders, the short tunic did not reach their knees, and the right shoulder and chest remained bare"[91].

In general, in Hellas, there were many honors of the athlete gods with celebrations that were accompanied by sports competitions, where participants sought to be similar and closer to them. The first description of sports games, their content, character and attitude of the people to them is found in the 23rd song of Homer's "Iliad" (approximately 8th–7th centuries BC).

A participant in the competition had to be morally impeccable, with an unblemished reputation. This requirement was explained by the cultic nature of the holidays, because by allowing an unruly person to participate in the agons, one could offend the god and violate the sanctity of the temple's possessions. Therefore, the young men admitted to the games symbolized harmony, beauty, valor, morality, and spirituality. The Olympics glorified man by promoting the cult of perfection of spirit and body, idealizing his harmonious development as a thinker and athlete. The awarding of the winners (hieroniks) of the Games took place on the fifth day of the Olympic celebrations. They were crowned with a wreath of olive tree branches, which had an honorable value and testified to the pinnacle of athletic achievement and was a sign of the god's special patronage,

[90] Georgiadis K. Theoretical foundations of Olympic education // Science in Olympic sports. 2007. No. 2. P. 3–16.

[91] Skarzhynska M. V. Ancient festivals in the cities of the Northern Black Sea Region. Kyiv: Nash Chas, 2011. P. 240–241.

which was transferred to the athlete's homeland. The winner of the Olympic Games, dressed in purple robes, solemnly rode in a chariot to his hometown, where a statue was erected with his name inscribed on a pedestal, laudatory odes were composed, and banquets were held – the highest awards among the Hellenes.

To directly supervise the games, the citizens of Greece chose ten Hellanodics (Greek judges) from among themselves by lot. The panel of judges was divided into three groups: one for the pentathlon, the second for equestrian competitions, and the third for the remaining types of athletics. One of the Hellanodics was appointed the chief administrator of the games.

Athletes who wished to participate in the Olympics submitted their names in advance and diligently prepared for the games for ten months before they began. A month before the start of the Olympic Games, participants and their coaches arrived in Greece, where judges carefully checked the athletes' readiness for the competition. For the slightest offense, athletes were punished with a whip. The judges made their decisions by voting. It was strictly forbidden to contradict them. If, for example, one of the runners jumped out of his place before the signal, the judges would punish the culprit with a stick and return him to the starting place. When in the pentathlon, one of the athletes won in running and jumping, another in discus and javelin throwing, and the third in wrestling, the first place was determined by an additional competition in wrestling between the first two winners. A more difficult choice was made when each competition had its own winner. Then the number of second and third places each athlete had was taken into account, which resembles a modern point system.

The ancient Greeks practiced various types of athletic competitions. Running was considered the most important among the athletic sports. "Swift-footed" is one of the most frequently used epithets that Homer bestows on Achilles. Running became the main discipline of military and athletic training among the Hellenes. They valued the importance of running for the whole body, emphasizing that it gives strength not only to the legs, but also to the abdominal and chest muscles, and affects the internal organs – the lungs and the heart. The Greeks saw it as a means of moral education: running tempered the will, developed endurance and perseverance.

Different types of running were practiced over different distances. Running over one stage – the stadiodrome was initially the only one, and later became the main discipline of the Olympic Games. This race resembled a modern sprint. Runners took long strides, raising their legs high, and their bodies had a significant forward tilt. When moving, the athlete helped himself with quick, rhythmic swings

of his arms, raising them to head level and keeping his palms open. At the fourteenth Games (724 BC), a "double race" was introduced in two stages (384.54 m) – the diaul, and at the fifteenth – a long-distance race, which at different times had different lengths (from 1356 to 4615 m). The body position of the runner for longer distances was straight, the chest was expanded, the steps were shorter with a lower hip lift, the arm swings were of smaller amplitude, and the palms were clenched into fists. They also held a two-stage race, which we would now call militarized (military-sports) with weapons (in a helmet and armor with a spear and shield), and also a race with fakers. An example of training for long-distance running was demonstrated by a warrior who, after a difficult battle with the Persians at Marathon (490 BC), covered more than 42 km, running to Athens with the news of victory.

The participants of the race began their run from a standing position (modern high start) with a slight forward tilt of the body at the signal. From the start to the finish, we moved along strictly defined paths. There was no time limit – it was important to be the first to run. The starting position was determined by drawing lots. The legs were placed in one line, with the toes of one foot in the groove of a special starting device. When the number of runners exceeded the number of tracks, then several races were held, and the final winner was determined in the final race of those who had won the previous ones.

The favorite sports of the ancient Greeks were wrestling and fist fighting. Since before the classical era, two main forms of wrestling have been established: the "straight" or "standing" style and the "ground-bound" style. In the first case, the fight was fought standing up and the winner was the one who first threw the opponent to the ground, while it was enough to touch it (usually three times, less often – once). In the second case, the fight continued even after falling to the ground, and it didn't matter who put whom on the shoulder blades and how long they held on – the one who held the opponent until he was exhausted and refused to fight further won. When an opponent surrendered, he would raise his index or middle finger, and the inability to continue the fight would be assessed by the judge. The technique of wrestling was not uniform, it usually reflected local traditions (fighting "Argosian" or "Libyan"). Wrestling became an Olympic discipline at the eighteenth Games (708 BC), at which the "standing" style was legalized as more aesthetic.

Fist fighting has been known for a long time among various peoples. Fist fighting was included in the Olympic competitions at the twenty-third Games (688

BC). Fist fights were fought according to rules supposedly determined by Hercules, and then recorded at the request of the inhabitants of Elis by Onomastus of Smyrna, the first Olympic winner in this type of athletics. According to the rules, the fist was wrapped with a soft belt without "linings". The fight took place on a fenced area sprinkled with sand, and the winner was considered the one who forced the opponent to surrender or knocked him to the ground so that he could not get up. When the forces were equal and the fight dragged on, the judge would order a "climax" (strengthening) – by drawing lots, one of the opponents had to stand and withstand the blow without defending himself. If he could withstand it, he would beat his opponent himself under the same conditions. The number of such blows was not limited. Greek fist fighting allowed blows below the belt, to the back of the head, to the groin, etc. Over time, the fights became tougher due to the use of harder straps on the arm.

Discobolus athletes competed by throwing a discus. This sport originally had a military and practical significance. According to the results of archaeological excavations, it was established that at different times (the end of the 7th – the middle of the 3rd century BC) the discs had different diameters (14 cm, 16.7 cm, 32 cm, 36 cm) and were made of different materials (stone, metal), and their weight also varied (from 1.7 to 4.6 kg). Of course, during the discus throw competitions, the same discs were used. The discus was thrown from a specially designated quadrangular platform, limited in front by a stone threshold, which was forbidden to cross during the throw. The distance the discus fell was marked with a stake stuck into the ground, or an arrow with the athlete's name on it. At the Olympics, three attempts were allowed, the best of which was taken into account.

Long jumps were introduced to the Olympic Games as part of the pentathlon. The most commonly used events were long jumps, ditch jumps, and jumps with weights in the hands – alternas. The technique of their execution was significantly different from modern ones. Based on references in literary texts and depictions on ceramic vases, it is believed that instead of a long run-up like modern athletes, ancient jumpers used a fairly short run-up, which corresponds to the modern six-step final phase. The main difference between jumping in ancient competitions was that they were performed with special stone projectiles in their hands – alters, which resemble modern dumbbells. The alters provided certain benefits to the jumpers: in the first phase, they contributed to additional speed and an increase in the angle of flight, during the flight they prevented the body from rotating, in the climax, they grouped the body around the center of gravity, and in the last phase,

by throwing the alters back, the athlete's flight was somewhat prolonged. The dumbbells were swung before the run, at the beginning of the jump they were held above the knees, during the descent they were carried out in front of them with a sharp swing, and before landing in a pit with a thin layer of sand they were thrown back. The result was determined by the extreme point of landing measured by a canon – a long wooden pole. During the games, the jumper was allowed several attempts. According to the rules of the Olympic Games, the diver was not required to use the alters unconditionally – the technique was chosen individually, at will. The diver was allowed to invite a musician, usually a flutist, to accurately maintain the tempo developed in training.

In antiquity, the most common was the pentathlon (pentathlon), which included running, long jumping, javelin and discus throwing, and wrestling. According to myth, the founder of the pentathlon was the leader of the Argonauts, Jason. Almost every one of the fifty participants in his expedition to Colchis for the Golden Fleece was an outstanding athlete. In Olympia, the pentathlon was introduced at the eighteenth Games (708 BC). A winner in the pentathlon could be declared by winning three events, not all five, meaning a three-time winner could skip the final event, wrestling.

The pentathlon included long-distance javelin throwing with a short run along a track, which came to sports competitions from combat and hunting traditions. According to the Iliad, competitions were held in fencing and throwing a javelin at a target, according to the Odyssey – in long-distance throwing. The throwing was carried out both from a standing position and from a running position, and in Argos and Athens also in throwing a spear at targets from a horse. Judging by the drawings, the spear was short (less than two meters) and thin. In the place where the athlete held the spear, it had a loop of a thin strap, into which the index and middle fingers were placed, which ensured the flight range. During the run, the javelin was held with the hand drawn back, with its center of gravity at the level of the thrower's waist. When throwing, the hand was drawn back as far as possible. Most likely, the spear was thrown with both hands alternately, as recommended by Socrates and Plato, and depicted in many drawings on ceramic products.

The equestrian competitions at the Olympics were different from modern ones and were in the nature of speed races on horseback and in chariots. In Hellas, charioteers participated in chariots drawn by one, two or four horses or mules. Chariot racing was first introduced to the Olympic Games when athletes had been

competing for almost a century. At first, it was a chariot drawn by four horses, then horseback riding, later chariots drawn by two pairs of horses, and then competitions on stallions were added. The chariot resembled a military one, and the athlete, unlike the rest of the competitions, was dressed in a long belted tunic.

The chariot races at the Pythian Games are described in detail (verses 689 – 755) in Electra by the ancient Greek playwright Sophocles (c. 496 – 406 BC), which he was a spectator of. Ten quadrigas from different polises participated in the race. The starting places were determined by drawing lots, and the race began with a trumpet signal. During the race, several quadrigas collided and crashed, and the charioteers were injured and killed. While going around the turning pillar (meta) at the end of the stadium, Orestes' quadriga caught it with its wheel. The charioteer fell and, entangled in the reins, the horses dragged him along the ground. When, finally, the horses were stopped, Orestes was bleeding from his wounds. Similar incidents often accompanied the agones at the ancient hippodromes.

Finally, the last athletic event to be included in the program of the Thirty-third Olympiad (648 BC) was the pankration, which combined wrestling and boxing. All wrestling techniques and punches of boxing were not allowed in the pankration. Biting and scratching were forbidden in combat, although in the heat of the fight some resorted to unsportsmanlike tactics. In this regard, Plutarch mentions a case where Alcibiades bit an opponent during a pankration. In all types of power combat, time was not taken into account, there were no rounds, and there were no weight categories.

In addition to Olympic sports, competitions were also held in non-Olympic sports – steeplechase, torch relay, which was carried from altar to altar as a religious ritual, discus throwing in a bag with long handles, throwing a heavy hewn stone during training to strengthen muscles, archery. There were unofficial competitions in lifting heavy objects (usually a roughly hewn cone-shaped stone) and throwing them over your back and over your head with one or both hands.

Rowing competitions have been practiced in Greece since ancient times. They are described in myths (dating back to the 5th century BC). Teams of equal size competed in the races – from 3 to 8 rowers and helmsmen. However, such competitions were not held during the Olympics.

Games competitions, which were also not part of the Olympic Games, were also common throughout Greece. Among them were various games with a sewn leather ball (the modern prototype of a football) of various sizes stuffed with horsehair. Games with a leather ball varied from throwing it at the ground or wall – aporraxis, to more complex ones resembling modern rugby or American football.

The games were part of gymnastics, which were most often used in classes with children. In addition to games with a leather ball, this included various games with a stick, wheel, club, tug-of-war, balance, games with elements of running, jumping, throwing, etc.

Various exercises for the development of plasticity and dance exercises were also provided, which were performed to the accompaniment of orchestral music. They were usually used as preparatory exercises for mastering palestric exercises. The orchestral music also included numerous dances, which were given great importance during religious ceremonies and public performances.

The formation of slave-owning city-states and the attempt to gain economic benefits from trade and economic activity led to colonization processes of closer, and later, distant territories. Thus, from the middle of the 7th century BC, Hellenic colonial settlements began to appear on the shores of the Pontus Euclides (the Black Sea), and later, individual city-states. They were also founded in the Northern Black Sea Region, on the territory of modern Ukraine in the Odessa, Mykolaiv, Kherson regions and in the Autonomous Republic of Crimea. The largest emigration of a part of the free population from the slave-owning policies of Hellas itself to the territory of the Northern Black Sea Region took place from the island of Crete, Miletus, Athens and other cities of the metropolis.

The oldest on the territory of Ukraine was the Hellenic city of Borysphen (Borysphenida) on the peninsula at the mouth of the Dnieper (now Berezan Island in Mykolaiv Oblast), founded in the 7th century BC, and the largest was Thira on the right bank of the Dniester Estuary (on the site of modern Bilhorod-Dniester in Odessa Oblast), Olbia, which was on the right bank of the Bug estuary (near the village of Parutyne in the Mykolaiv region), Kerkinityda (on the site of modern Yevpatoria), Chersonese (on the territory of modern Sevastopol), Kalos-Limen (in the northwestern Crimea on the site of the modern village of Chornomorske), Feodosia, Panticapaeum (on the site of modern Kerch), Nymphaeum (within the boundaries of modern Kerch), Myrmekium (on the shore of the Kerch Strait within the boundaries of modern Kerch), which included a significant territory of the outskirts of the cities – the chora. Initially formed as colonies, ancient settlements soon became self-governing slave-owning republican policy states, including Olbia, Thira, Chersonese, and others.

Initially formed as colonies, ancient settlements soon became self-governing slave-owning republican political states, including Olbia, Thira, Chersonese, and others. In the polises founded on the shores of Pontus Eucinus, education was also

widespread, with considerable attention paid to the physical training of young citizens. The established polises sought to organize festivals modeled after the four most famous Panhellenic games. Special facilities were built for sports. Sports competitions in pentathlon, running, archery, etc. were popular. The harmonious development of the body and spiritual qualities was an end in itself for citizens, and therefore spiritual valor and beauty were closely combined with physical beauty. Physical exercises during polis competitions and festivals made up a significant part of the life of the Hellenes.

The worship of the gods was accompanied by agons similar to those in the metropolis. For example, musical ones, as in the Pythian Games, and equestrian ones, as in the Nemean Games[92]. Festive agons in the ancient cities of the Northern Black Sea region were held according to rules common to all of Greece, which all participants were obliged to adhere to. Most of them remain unknown, except for those who admitted only citizens of their city-state to the celebrations and those who had equal rights in a friendly polis. For example, a decree between Miletus and Olbia states that Milesians, along with other citizens, have the right to participate in the agons in Olbia[93].

Initially a settlement, and later the city of Borysthenes in the first half of the 6th century BC became the center of the polis with all the characteristics of the then ancient Greek city – a regular layout of quarters with temple and public monumental buildings, residential and pottery and bronze foundry quarters, and a water supply system. With the relocation of some of its inhabitants to the founded Olbia, Borysthenes existed as one of the outer ports – the town centers of the polis. It seems that the inhabitants held religious ceremonies, and with them the agons – the Borysthenian games[94].

The largest and most important in political, economic and cultural significance among other Hellenic colonies was Olbia (Greek: "happy"), founded by people from Miletus in the delta of the Hypanis (Southern Bug) and Borysthenes (Dnieper) in 647 – 646 BC. Based on archaeological artifacts, scientists suggest that before the Hellenists, a small Scythian settlement existed on this site. Olbia existed for almost a thousand years, reaching its greatest prosperity in the 3rd century BC. At that time, it had approximately 25,000 inhabitants, but they were

[92] Skarzhynska M. V. Ancient festivals in the cities of the Northern Black Sea Region. Kyiv: Nash Chas, 2011. P. 239.

[93] Grakov B.N. Materials on the history of Scythia in Greek inscriptions of the Balkan Peninsula and Asia Minor // VDI. 1939. No. 3(8). P. 35.

[94] Ostroverkhov A. Borisfensky Olympics // Kyiv Starovina. 1995. No. 3. P. 117–127.

not citizens, as only adult men were considered citizens, and foreigners, slaves, children, and women were not.

At the beginning of its foundation, Olbia was a small settlement with dugouts and semi-dugouts (6th – mid-1st century BC). Later, a sacred area (temenos) and a main square (agora) appeared here. On the sacred area, arranged in Olbia in the 6th century BC, temples and altars were built, and a specially planted sacred grove grew. The city had a rectilinear layout and was built up with stone and mud brick buildings covered with tiles for religious, public, residential, and industrial purposes. The squares and central streets were paved with stone slabs, decorated with statues of gods and heroes, honored citizens, and marble tablets with city decrees. Around the agora were located public buildings, a gymnasium, a theater and a hippodrome, artificial reservoirs of a complete hydraulic structure with an extensive system of water pipes. Craftsmen's quarters and the poorest housing were located mostly on the outskirts of the cities. The city was surrounded by strong walls with defensive towers. On the banks of the rivers, to the north and south of Olbia, there were dozens of hillforts and settlements of Hellenic settlers and the local population – the Chora[95].

Constantly being surrounded by not always friendly representatives of the Steppe, who had a different culture, required the inhabitants of the ancient Greek polises of the Pontic region to adhere more zealously to the faith and traditions of their ancestors, to be more united. They honored their gods at festivals with agons, where they demonstrated their physical prowess, which attracted spectators.

Throughout the thousand-year existence of Olbia, the relations between the Olviopolitans and the local population were varied – both peaceful and aggressive with wars. That is why the issue of military training and physical education of city dwellers was one of the main issues in the policies. In general, the Scythians did not see a threat to their existence from the Hellenes, but on the contrary, there was an exchange of goods between these communities, which strengthened mutual relations. A vivid example of mutual relations is evidenced by archaeological finds from the Olvian necropolis in women's burials with inventory typical of the forest-steppe Right Bank. In Hellenistic society, women were not full members of communities, they did not receive education in music and gymnasium schools, did not participate in decision-making through voting, etc. Such circumstances could

[95] Kryzhitsky S.D., Buiskikh S.B., Burakov A.V., Otreshko V.M. Rural area of Olbia. Kyiv: Naukova Dumka, 1989. 240 p.

contribute to the creation of joint marriages. With the establishment of the Scythian protectorate over Olbia in the 440s BC, the Scythians settled in the polis. The city was home to a palace for the Scythian king Skilos, who married a local Greek woman and spoke ancient Greek. These were not isolated cases of dynastic marriages, as Herodotus, who visited Olbia in the 5th century BC, testified to the intermarriage of Greeks and Scythians. The children of such families could receive a traditional Hellenic education[96].

An example of a marriage between representatives of both peoples is Anacharsis, a Scythian sage, whose father was the Scythian king Gnur, and whose mother was a Greek woman. After receiving his education in Olbia, he was sent by his father to Greece, where, while traveling, he met the politician and poet Solon (635 – 559 BC), the Lydian king Croesus (595 – 547 BC), Spartan politician and poet Chilo (c. 625 – 552 BC), Corinthian tyrant Periander (c. 645 – 588 BC), philosopher and mathematician Thales of Miletus (640/625 – 548/545 BC), and others. When power in Scythia passed to Saulius (Kaduidus), he decided that it was time for his half-brother Anacharsis to return home. According to Herodotus, on his way back to Scythia, Anacharsis stopped in Cyzicus, where he observed the festivities of the festival of Cybele, the Phrygian goddess of fertility and fecundity, revered as the Mother of the gods. At this celebration of the goddess, he vowed to offer her a sacrifice and institute a festival in her honor for a successful return home. In Scythia, in Hylea, a wooded area in the lower reaches of the Dnieper River near Olbia, Anacharsis secretly fulfilled a vow, during which he was killed by an arrow shot by his half-brother for performing a foreign religious rite. Modern researchers suggest that the reason for the murder could have been Saulius' fear of losing power.

In Athens, Anacharsis met Toxarides, a physician and sage, a supporter of a moderate lifestyle. He came from a simple Scythian family from the Northern Black Sea region. Around 599 BC, Toxarides arrived in Athens, where he trained as a doctor. During the plague epidemic in Athens (430 – 426 BC), he saved the townspeople, for which he was honored as a hero after his death.

The ancient Greek orator and politician Demosthenes (384 – 322 BC) had Scythian roots. In later times, the Christian saint, who belonged to the "Scythian monks", Dionysius the Minor (approx. 475 – 550). Most likely, there were many

[96] Rusyaeva A. Population of Olbia. Ethnic and social characteristics of the population in the first centuries AD. e. In: Kryzhytskyi S. D. and others Olbia. Ancient state in the Northern Black Sea region. Kyiv: IA NASU, 1999. P. 438–466.

more such representatives who achieved significant success under the influence of Hellenic culture.

The influence of the Hellenes on the local population was varied. Although the majority of the inhabitants of the Chora were Hellenes with a traditional way of life and mainly agricultural and craft economy, according to Herodotus, Callipides or Hellenic-Scythians also lived here. According to recent research, they lived on the outskirts of Olbia in the area of modern Adzhigolskaya Balka. The Callipides led a sedentary lifestyle and were significantly influenced by the Hellenes, but continued to engage in pastoralism. In general, the Pontic city-states, as part of ancient civilization, developed in close interaction with the local population, which for a whole millennium felt its influence, which was reflected in socio-economic and cultural development and confirmed by archaeological artifacts[97].

Despite the fact that the Scythians condemned the worship of foreign gods, many of the gods of both peoples had similarities. Thus, according to Herodotus, the supreme deity of the Scythians was Tabitha, who was identified with the Hellenic goddess Hestia, the sky god Papais with Zeus, the god Goitosir with Apollo, the goddess Artimpasa with Aphrodite, Coloxa with Achilles, and Apis with Gaia. The Scythians revered Heracles-Targitae, considering him their ancestor. A glass medallion depicting a centaur was found in a Scythian burial mound.

In the Northern Black Sea and Azov regions (Olvia, Chersonese, Tanais, Panticapaeum), athletic games in honor of the Olympic gods and heroes were held for almost a millennium. The most famous sporting events organized by the Olviopolitans were the Achilles Games, in honor of Achilles, which were held on the Achilles' Path (formerly an island, now a sand spit called Tendriska), where a sanctuary dedicated to him stood. According to the Greeks, the island of Achilles Drom received its name in honor of Achilles, who celebrated some victory here, competing with his friends in running. Probably, the Olviopolitans considered Achilles the founder of the games and the first winner, similar to Apollo at the first Pythian Games. A decree of the 2nd century BC states that the agons in honor of

[97] Rusyaeva A. Population of Olbia. Ethnic and social characteristics of the population in the first centuries AD. e. In: Kryzhytskyi S. D. and others Olbia. Ancient state in the Northern Black Sea region. Kyiv: IA NASU, 1999. P. 438–466; Rusyaeva A. About the reliability of the testimonies of Dion Chrysostom and about the barbarians in Pontic Olbia. Herald of ancient history. 2013. No. 1. P. 130–157.

Achilles were initiated by the prophecy of the Pythia[98]. On this basis, scholars believe that the Olvian festival in honor of Achilles was held in a similar way to the Pythian one. The inscription only mentions horse races, during which the praise of the valor of Nikeratus was to be proclaimed, who, returning with his compatriots from the Achilles' Drome, was killed by the barbarians.

According to ancient authors, initially the competitions in Olympia were held in running, and later in various types. Probably, the Olvian celebration on the Achilles' Drome developed in the same way[99]. This assumption is based on a local legend, known today in a brief account by the Roman historian and writer Pliny the Elder (23 or 24 – 79 AD). Initially, the colonists of the Lower Bug celebrated the honor of Achilles as their local holiday. Later, with the growing influence of Olbia, they began to invite residents of neighboring policies, and then all full-fledged Hellenes who wanted to. To legalize the Panhellenic holiday, it was necessary to obtain permission from the oracle. The appeal of the Olvians was approved by the Pythia at Delphi. Apollo, who was revered in Olbia, spoke through her. The Olvian inscription about the blessing of the Pythia may indicate that the games at the Achilles' Drome had a status equal to the Pythian ones[100].

In the 5th century BC, the Olviopolitans equipped a running stadium on the Achilles' Drom. This conclusion can be drawn from the words of the chorus song (lines 435 – 436) from "Iphigenia in Tauris" by the ancient Greek poet-dramatist Euripides (c. 480/84 – 406 BC), where it is mentioned that the ship of Orestes passed by the Achilles' Drom "with the stadiums beautifully placed" on it. A sandy island was best suited for such competitions. The ancient Greek writer Lucian (c. 120 or 125 – after 180) wrote in the dialogue "Anacharsis": "We force young men to practice running both for long distances and for speed. And this running takes place not on solid ground, but on deep sand, where it is difficult to stand firmly and it is not easy to put your feet on it, because they sink in the soft ground"[101]. In one

[98] Latyschev B. Inscriptiones antiquae orae septentrionalis Ponti Euxini. Petropoli, 1916. P. 34.

[99] Grechanyuk O. O. Peculiarities of the development of physical culture in the ancient Black Sea region // Young sports science of Ukraine: collection of scientific articles in the field of physical culture and sports. Lviv: LDIFK, 2000. Issue 4. P. 41–44.

[100] Skarzhynska M. V. Ancient festivals in the cities of the Northern Black Sea Region. Kyiv: Nash Chas, 2011. P. 245.

[101] Skarzhynska M. V. Ancient festivals in the cities of the Northern Black Sea Region. Kyiv: Nash Chas, 2011. P. 243–244; World history of physical culture and sports http://elar.kpnu.edu.ua/xmlui/bitstream/handle/123456789/6987//Vsesvitnia-istoriia-fizychnoi-kultury-i-sportu.pdf?sequence=1&isAllowed=y

of the running competitions, it was necessary to reach the finish line without extinguishing the torch lit at the start.

In Achilles, judging by the drawings on vases and artifacts of archaeological finds, riders and chariots competed. On the territory of the ancient settlement of Katerine-1 (near Olbia) a cast lead relief image of the race was found, which, as is assumed, depicts Achilles opening the Borysphenian equestrian competitions.

The findings in the Olbia necropolis of prize black-figure amphorae from the 4th and 3rd centuries BC for victory in chariot races give reason to assume that for some time in Achilles the winners were honored with these amphorae with oil (as at Panathenaea). Olvians ordered such prizes from Athens. The prize amphorae were similar to the Panathenaic ones in shape and painted in the black-figure style, which indicates the influence of Athens on the life of the Olvian state. Other prize vases found in local graves attest to the victories of the Olviopolitans in equestrian competitions. The Olvian victor received the vase in Athens, as it is a model of the late Athenian prize amphorae, which were traditionally decorated on one side with the figure of a goddess and on the other with the image of a charioteer. The laurel branches on the neck of the vase and the leaves on the wreath indicate that they were the winner's prize. The other two amphorae have on one side a depiction of a charioteer on a chariot, and on the other – drawings of a different subject: a warrior with a spear and a horseman with a torch. The goal near the chariot emphasizes precisely the horse racing[102].

Depictions of horse racing on household items were popular among the Scythians, as a glass gem seal depicting a charioteer and his charioteer during a race was discovered in a Scythian mound near the village of Privolne. Scientists believe that the charioteer is Achilles, the Scythian Coloksai. Under the horse's front hooves is a turning stone (meta), where, according to Greek belief, the treacherous god Terksippus lived. He often brought all sorts of mischief to the competing teams, as horse races often ended tragically.

According to epigraphic sources, the Olvian Achilles (Achilleades) were held during the 5th century BC – 3rd century AD and, like most Panhellenic games, were held every few years, usually in summer or spring, as this was the safest time for sea navigation[103]. Citizens from different polises came to Achilles and had a

[102] Skarzhynska M. V. Ancient festivals in the cities of the Northern Black Sea Region. Kyiv: Nash Chas, 2011. P. 246–247.

[103] Rusyaeva A. S. Epigraphic monuments // The most ancient temenos of Olbia Pontic. Collective monograph. // MAIET. - Supplemenum. - Issue 2. Simferopol, 2006;

panhellenic and panhellenic character. Like other games, the beginning of the festival did not have a fixed date, but was determined by the lunar calendar. It began in the sacred month with the new moon closest to the summer solstice, and the main day of the holiday had to correspond to the full moon.

Starting from the 5th century BC, the organizers of the panagoria sent ships with theoras – sacred ambassadors who were to visit Greek cities and invite them to the festival, announcing the day of its beginning. The declared sacred truce allowed unhindered access to the festivities. From the inscriptions that have come down to us, it is known that the phaeors who invited to the Pythian Games at Delphi visited Olbia, Chersonese and the Bosphorus[104]. Thus, it turns out that the inhabitants of the Black Sea cities participated in the pan-Greek competitions. It is quite natural to assume that before Achilles, the Olviopolites also sent feores to other cities with an invitation to participate in the festival.

Before the start of training and competitions, the athlete's body was rubbed with olive oil, which was imported from the Mediterranean in special vessels – lekifas, sprinkled with special sand, and smeared with clay. The oil increased the elasticity and firmness of the skin, but reduced sweating. After training or competition, athletes scraped off dirt and sand with shears. Archaeologists often find lekyphs and strigli during excavations of ancient Greek cities, and lekyphs also during excavations of Scythian mounds. Competitions were held by age groups: children, youths, men. In Olympia, only "men" and "youths" were distinguished, that is, more by physical maturity, rather than by age.

The winner of the Panhellenic competitions was awarded a prize, a statue with his name inscribed on a pedestal was erected, laudatory odes were composed, and banquets were held. Citizens of the cities of the Northern Black Sea region were honored with such honors in their homeland. In Tyre, Olbia, and Chersonese, such a decision was made by the people's assembly.

An integral part of the socio-cultural life of citizens of the Northern Black Sea policies was education with the development of physical and spiritual qualities, and the holding of sports competitions. Analysis of archaeological and epigraphic artifacts found in the Pontic city-colonies, namely agonistic lists, shears, ceramic vessels for olive oil and with scenes of sporting life, etc., indicate that physical education, similar to Hellas, included palestry, orchestra, and games (game types).

[104] Grakov B. N. Materials on the history of Scythia in Greek inscriptions of the Balkan Peninsula and Asia Minor // VDI. 1939. No. 3(8). P. 12–14.

Historical and cultural monuments found during archaeological research of the ancient Greek northern Black Sea polises, which are related to sports activities, were both locally made and brought from the metropolis. The latter testify to the popularity of certain types of sports among the inhabitants of the Black Sea polises.

Based on archaeological and epigraphic sources, we can assert the existence of gymnasiums in Olbia, Chersonese, Panticopeia, and Phenagoria, and based on mentions in inscriptions from Tanais and Gorgippia of the positions of gymnasiarch, that is, the existence of physical education institutions in these cities. Epigraphic sources report on the positions of gymnasiarchs in Olbia, Chersonese, and Panticapaeum. The names of some of the gymnasiarchs are also known. In particular, Nicodromus of Olbia, son of Dionysius, who in the 3rd century BC carved an inscription on a marble pedestal in honor of his son's victory in the race. Agasicles, son of Ctesias, was repeatedly elected head of the Chersonese gymnasium in the 3rd century BC, and in the 2nd century BC Demoteles, son of Theophilus, was elected head of the gymnasium, as evidenced by an inscription on a marble slab.

In Olbia, the first gymnasium was built in the 5th century BC. In the 4th century BC. it underwent reconstruction with the allocation of a third of the premises for a bathhouse and a locker room, which, according to scientists, indicates the emergence of professional athletes. The bust of a naked youth (Apollo) found among its ruins indicates that the gymnasium was dedicated to Apollo, as in Athens. Olbia had several gymnasiums throughout its existence, and in the cold climate there was also a covered gymnasium. Thus, an inscription from the late 2nd – early 3rd century AD on a marble slab reports that the city decided to build a gymnasium with public funds, and the construction was entrusted to Theocles, the son of Satyr, an honorary citizen of eighteen city-states. For the construction of the gymnasium and other merits, he was crowned with a golden wreath, and the image of the builder was placed on a shield in the building he built. Archaeologists have found the remains of this sports facility, where the best preserved are small rooms with stone slab floors with built-in water receivers, as well as the remains of a heating system and ceramic water pipes. Gymnasiums usually had a playing field.

The Olvian gymnasium is mentioned twice in inscriptions: in graffiti on the plaster of a 3rd century BC building and in a decree in honor of Theocles, which

mentions the construction of a new building in the 2nd century BC[105]. The stone remains of the first building, built in the 5th century BC, are located near the southern part of the main Olbia square. The newly built building, built in the late 4th - early 3rd centuries BC, was decorated with marble details. The Olviopolitans came to the gymnasium on holidays to watch the competitions in the large hall, which was divided into three parts by two rows of rectangular columns – nine in each row. The floor was decorated with a mosaic of pebbles, as evidenced by the small fragments that have been found and preserved[106]. As throughout Hellas, the Black Sea gymnasiums played the role of cultural centers, where not only were studies and athletic competitions held, but also lectures were given, choirs, local poets and rhetoricians performed, and people gathered for conversations on philosophical topics.

The programs of the games in most Hellenic cities were similar. They included musical and athletic contests. Thus, poets, musicians, playwrights, athletes, horsemen, charioteers, as well as trumpeters and heralds performed at the festivals. At festivals, trumpeters played a significant role, as they signaled the start of games and individual competitions. The heralds called out the participants, announced their names and the city-state they represented, and asked the audience if there were any objections to their participation. Any spectator could protest the right of a certain declared participant to perform, proving his non-citizenship, or the unseemly acts he had committed. At the end of the agons, the heralds announced the winners. Inscriptions indicate that the inhabitants of the cities of the Northern Black Sea region possessed the skills of trumpeters and heralds and competed with each other[107].

Reports of the existence of competitions in jumping, running, wrestling, etc. in the northern Pontic colonies are found in numerous inscriptions on various historical, artistic, and ritual artifacts. Thus, in one of them, found in Olbia, it is reported that Adoi, the son of Delphi, won in wrestling and jumping. In the same Olbia, a pedestal was found that was the base of a statue of an athlete - a winner in running, which dates back to the 3rd century BC, and from the inscription it is

[105] Latyschev B., Inscriptiones antiquae orae septentrionalis Ponti Euxini. Petropoli, 1916. P. 40.

[106] Skarzhynska M. V. Ancient festivals in the cities of the Northern Black Sea Region. Kyiv: Nash Chas, 2011. P. 251–252.

[107] Latyschev B., Inscriptiones antiquae orae septentrionalis Ponti Euxini. Petropoli, 1916, 32, 34, 433; Inscriptions of Olbia (1917-1965) / Edited by T.N. Knipovich and E.I. Levi. L.: Nauka, 1968. P. 28; Skarzhynska M. V. Ancient festivals in the cities of the Northern Black Sea Region. Kyiv: Nash Chas, 2011. P. 242.

established that the statue was erected by the gymnasium archon Nicodrom, the son of Dionysius, to his son, also Dionysius. On the shore of the Tyligul estuary (modern Mykolaiv region), stones with inscriptions dedicated to the winners Duzrag, son of Tartagus, and Sallia, son of Antidon, were found. Other inscriptions were also discovered, naming the winners in running, jumping, and other types of competitions. Not only young men and adults, but also children took part in the sports games. One of the Olvian bas-reliefs, which is kept in the Odessa Archaeological Museum, depicts four boys, two of whom are sitting, and the third is handing a palm branch to the fourth boy – the winner.

Wrestling and fistfights were popular among the Hellenes of the northern Black Sea policy areas - the oldest competitions held not only in Ancient Greece, but also in other countries of the world[108]. In addition to inscriptions, terracotta statuettes testify to the significant prevalence of this sport in the northern Pontic polises. In one of the burials of the Velika Blyznytsia mound, excavated on the Taman Peninsula (the western lowland part of modern Kuban, washed by the Black and Azov Seas and the Kerch Strait) back in 1869, a statuette with a realistic and expressive depiction of a hand-to-hand duel between two young men was found. One of the athletes managed to get behind his opponent and grab him with both hands from behind, trying to lift him up, while the young man, who was defending himself, tried to break free from the grip.

Not only the inhabitants of Olbia, but also citizens of neighboring city-states and from the Mediterranean participated in the competitions in honor of Achilles. In 1903, during the excavation of the temple of Apollo Delphinius near Miletus, a city on the eastern coast of the Mediterranean Sea, an inscription was found that conveyed the content of the treaty between Miletus and Olbia. It was compiled at the initiative of representatives of Miletus, whose people founded Olbia in the 6th century BC, and contained a list of privileges granted to Milesians in Olbia. In particular, they had the right to participate in the Olvian agons.

Similar to Hellas, in the cities of the Pontic Sea, except for Achilles and Apollonia, the Borysphenid Games were held in honor of Hermes – Hermeia. Hermes, along with Hercules, were considered the patrons of palaestras, gymnasiums, and young athletes. That is why boys and young men took part in the agons in their honor. The holding of the Games in honor of Hermes in Chersonese

[108] Kulik Ya. L., Kostyuk S. A., Petrenko M. I. History of the extraordinary development of physical culture and sports in Ukraine. Vinnytsia: Logos, 1997. 133 p.

is evidenced by the remains of a marble stele from the 2nd century BC with a hymn dedicated to him, made by the gymnasiarch Demotel, son of Theophilus. A half-century period is covered by an epigraphic inscription from the 3rd century BC from Gorgippia, which contains a list of 226 names of the victorious athletes of the Games in honor of Hermes. In the Northern Black Sea Region, Hermeia is mentioned in epigraphic monuments of Olbia, Chersonese and Gorgypsia. In the 3rd century BC, the runner Dionysius won at the Olbian Hermeia and his statue adorned the gymnasium[109]. The Heraclea were held in honor of Hercules, and were widespread in Chersonese. The Heraclea of Pontus was necessarily accompanied by agons in which young athletes participated.

In total, the Northern Black Sea agonistics included about twenty types of competitions, including musical ones, including single and double-stage running, long running, wrestling, fist fighting, long jumping, javelin, dart and discus throwing, archery, horse racing and ankylomachia. These types of competitions were similar to those in the ancient cities of the metropolis, except for ankylomachia, which is found only in the Northern Black Sea region. Scholars suggest that this term may not be of Hellenic, but of local origin. The content of the competition has not been established, but it is believed that it could have been a type of wrestling or an armed duel.

The proximity of Scythia contributed to the spread among the inhabitants of the northern Black Sea city-colonies of those sports that were borrowed from the local population and were not practiced at the main pan-Greek games. One of these types was Scythian archery. The Olviopolitans achieved significant success in archery. Thus, from the Olvian inscription of the 4th century BC, which is kept in the Odessa Archaeological Museum, we learn that a certain Anaxagoras, son of Demogoras, shot an arrow 282 orgyi (521 m) – this is an extraordinary achievement, because usually an arrow flies at a distance of 100–150 m. According to legend, the founder of archery competitions was Scythus, the son of Heracles-Targitae and the daughter of Borysthenes[110]. Archery probably occupied an honorable place at Achilles along with traditional athletics. The use of archery by the colonists is evidenced by the bronze arrowheads found in all archaeological layers of the ancient cities of the Northern Black Sea region.

The first coins minted during the Scythian protectorate were found in Olbia – silver staters with an image on the obverse of the figure of Hercules with a naked

[109] Latyschev B. Inscriptiones antiquae septentrionalis Ponti Euxini. Petropoli, 1916. P. 186.
[110] Ostroverkhov A. Borisfensky Olympics // Kyiv Starovina. 1995. No. 3. P. 117–127.

muscular body holding a bow (with his right hand he bends the bowstring, and with his left he throws the string on it) and the inscription in ancient Greek EMINAKO (the genitive of the name Eminak, i.e. "belonging to Eminak"). On the reverse is a solar wheel with four spokes surrounded by four dolphins, which seem to swim from left to right. Scholars recognize Eminak as a representative of the ruling Scythian dynasty in Olbia, who honored Heracles-Targitae and placed his own symbol on the coin, identifying him with this mythical character and considered his sacred patron. The image on the coin is associated with both Hellenic and Scythian traditions. The depiction of Hercules on the obverse reflects the legend of the origin of the Scythians, while the wheel and dolphins on the reverse are symbols of the Olviopolitan deity – Apollo Delphinius. The minting of such a coin by the Hellenes testifies to the powerful position of the Scythians in Olbia and the political and cultural integration of neighboring peoples.

The Hellenes of the city-colonies on the northern shores of Pontus paid considerable attention to military sports, as their neighbors were warlike nomads – first the Scythians, and later the Sarmatians. In some northern Pontic cities, such as Olbia and Chersonese, military competitions were held annually for young men who were coming of age. Such competitions, called "Readiness of Men for Battle", most realistically resembled combat operations. During these games, Ephesians, who became men, swore an oath of allegiance to their homeland.

Javelin and discus throwing were considered aristocratic sports: even strategists and archons practiced them. Several inscriptions about their participation in competitions in these sports have been found in Olbia and in Borysphenis. The Borysphenis inscription (3rd century AD) reports that Leonidas, son of Achilles, won in javelin throwing[111]. Another says that Evresevius, son of Adoeus, holding the position of archon, won in running and jumping. The presence of discus throwers in Olbia is confirmed by an inscription (2nd–3rd century AD), which reports that Purtheus, son of Purtheus, won in the spear and discus competitions. The mentioned sources indicate that some of the participants of the agons won in two types of competitions. The best athletes of the Northern Black Sea region represented their cities and won in the Panhellenic competitions[112].

[111] Latyschev B., Inscriptiones antiquae orae septentrionalis Ponti Euxini. Petropoli, 1916, P. 130, 138.

[112] Grechanyuk O. O. Peculiarities of the development of physical culture in the ancient Black Sea region // Young sports science of Ukraine: collection of scientific articles in the field of physical culture and sports. Lviv: LDIFK, 2000. Issue 4. P. 41–44;

Olviopolites traveled to Miletus and Athens. The presence of Olviopolites at the Isthmian Games is mentioned by Dio Chrysostom.

The ancient Greek Olympic Games survived until ancient Rome. The gradual fading of the glory of ancient Greek cities and the spread of Christianity caused the decline of sports festivals throughout the ancient world. In Rome, they turned into circus performances and gladiatorial fights. In 394, Emperor Theodosius abolished Olympia by a special decree, and even earlier, the agons in other cities of the ancient world ceased to exist. However, Achilles was still revered in Tendri in the 5th century, as evidenced by coins found at that time.

Thus, the sources obtained on the basis of the study of materials from archaeological excavations of ancient Greek settlements and Scythian burials in the territory of modern Mykolaiv region and neighboring regions in Ukraine and beyond were processed (written texts, works of art and everyday artifacts, legends and other forms of oral creativity), indicate that with the colonization of the northern Black Sea coast, the Hellenes continued their traditional way of life in close connection with the metropolis. By celebrating religious rites with athletic agons in Borysphenis, Olbia, and Achilles' Drom, they tried to imitate the best qualities of their idols, for which they created educational institutions for their citizens in Borysphenis and Olbia, where they harmoniously developed the mental and physical qualities of their students in accordance with the new living conditions and needs of the policies. Surrounded by Scythian tribes with a distinctive culture, the Hellenes carried out trade and economic relations with them, created joint family couples, which contributed to the spread of Hellenic traditions among the local population, as well as the colonists' adoption of certain types of activities of the natives, including military and sports. Educational Hellenic traditions were implemented in the highest forms by individual representatives of the local Scythian population, and Hellenic athletic agons during festive events aroused interest among the Scythians, as evidenced by the facts of their use of household items with similar sports and competitive symbolism.

Part 3

HISTORICAL-RETROSPECTIVE ANALYSIS OF THE DEVELOPMENT OF EXTRA-SCHOOL PHYSICAL CULTURE AND SPORTS WORK IN UKRAINE DURING THE TIME OF INDEPENDENCE

3.1. Peculiarities of extracurricular education in Ukraine in today's conditions.

According to the definition of the Ministry of Education and Science of Ukraine, extracurricular education is an important component of the education system (Figure 1), has its own regulatory and legal framework, aimed at developing the talents and improving the abilities of children of different ages, as well as mastering initial professional knowledge, skills and abilities that will be useful in the process of adaptation, socialization, and self-realization[113].

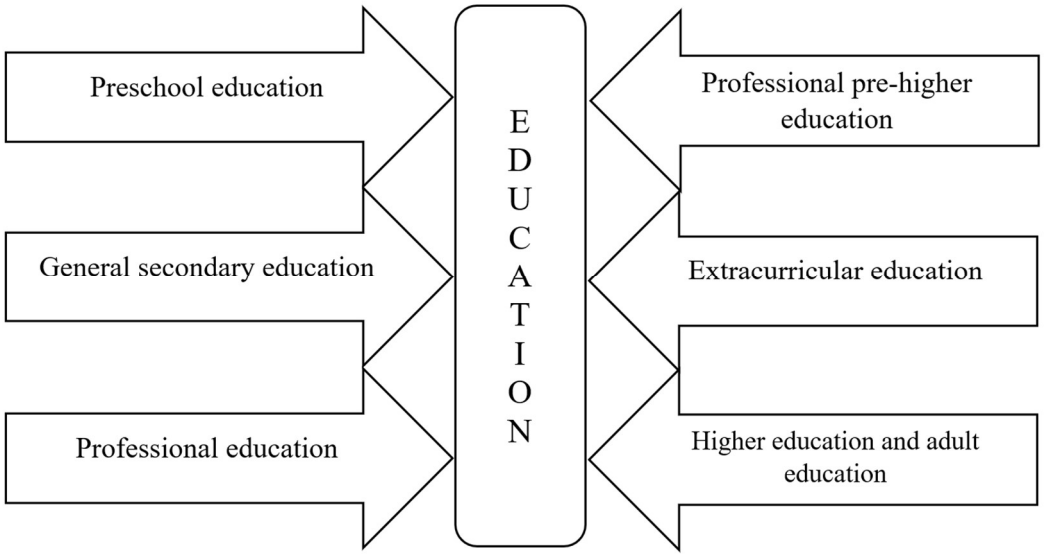


Fig. 1 – **Components of the education system**

Out-of-school education covers certain areas, which are presented in Figure 2. Today, in Ukraine, there is an extensive network of extracurricular institutions, which are divided according to a certain classification (Figure 3) and include sections and circles of various orientations, clubs, as well as cultural, educational, sports, health, and scientific research associations.

[113] Ministry of Education and Science of Ukraine. URL: https://mon.gov.ua

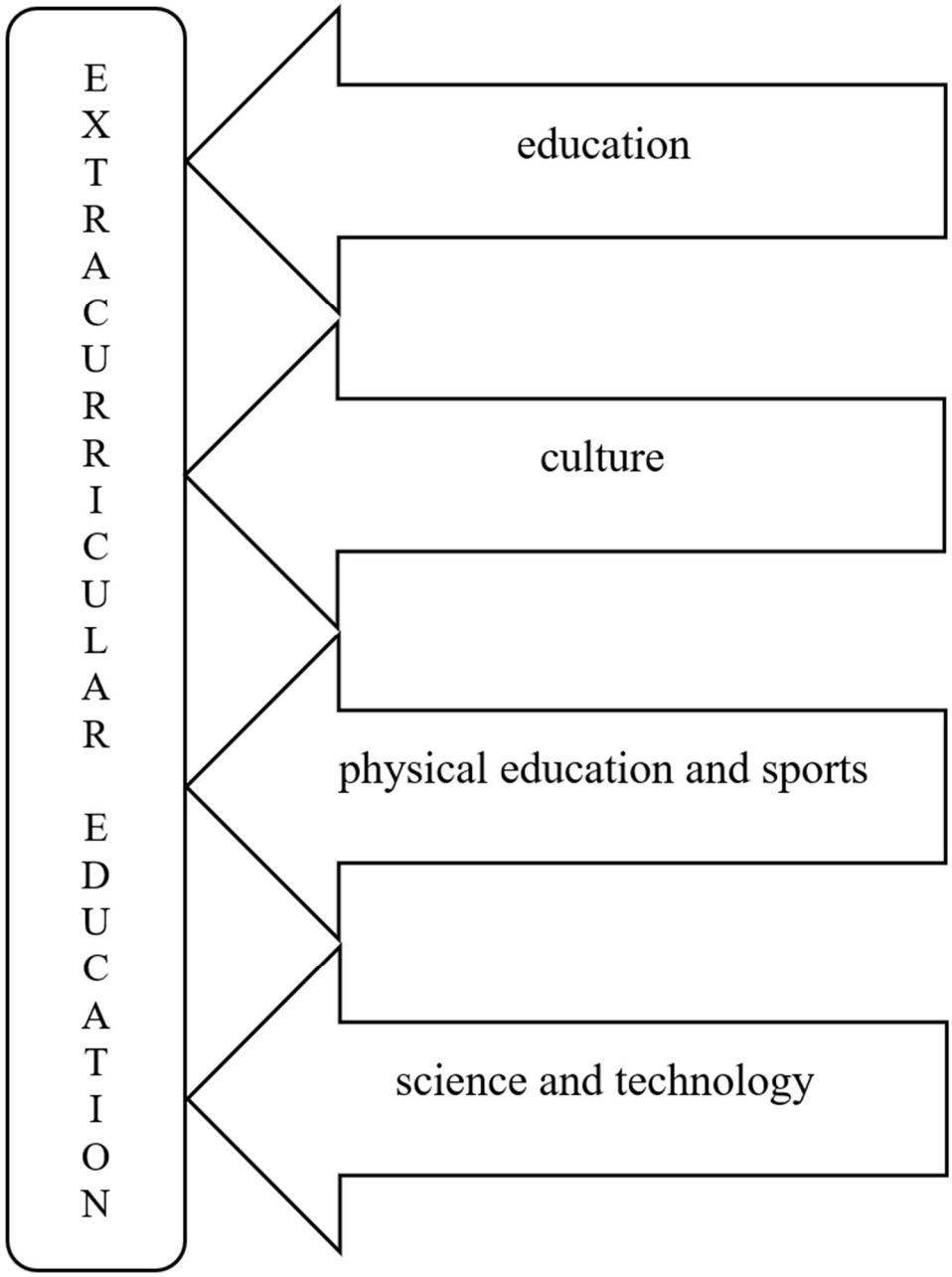


Fig. 2 – **Components of the out-of-school education system**

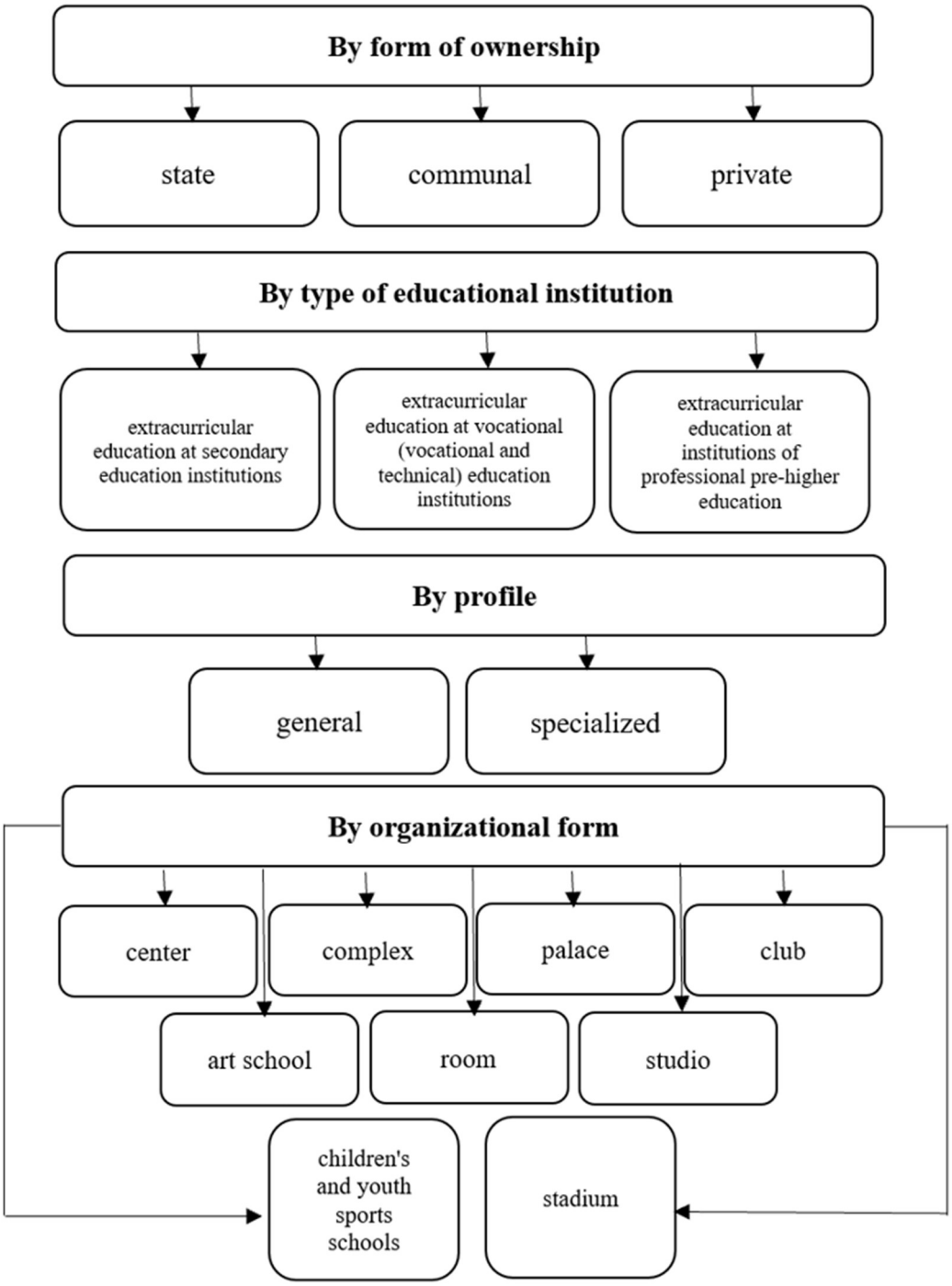


Fig. 3 – **Classification of extracurricular education**

Today, out-of-school education is a complex, structured system that has a specific goal and objectives (Figure 4).

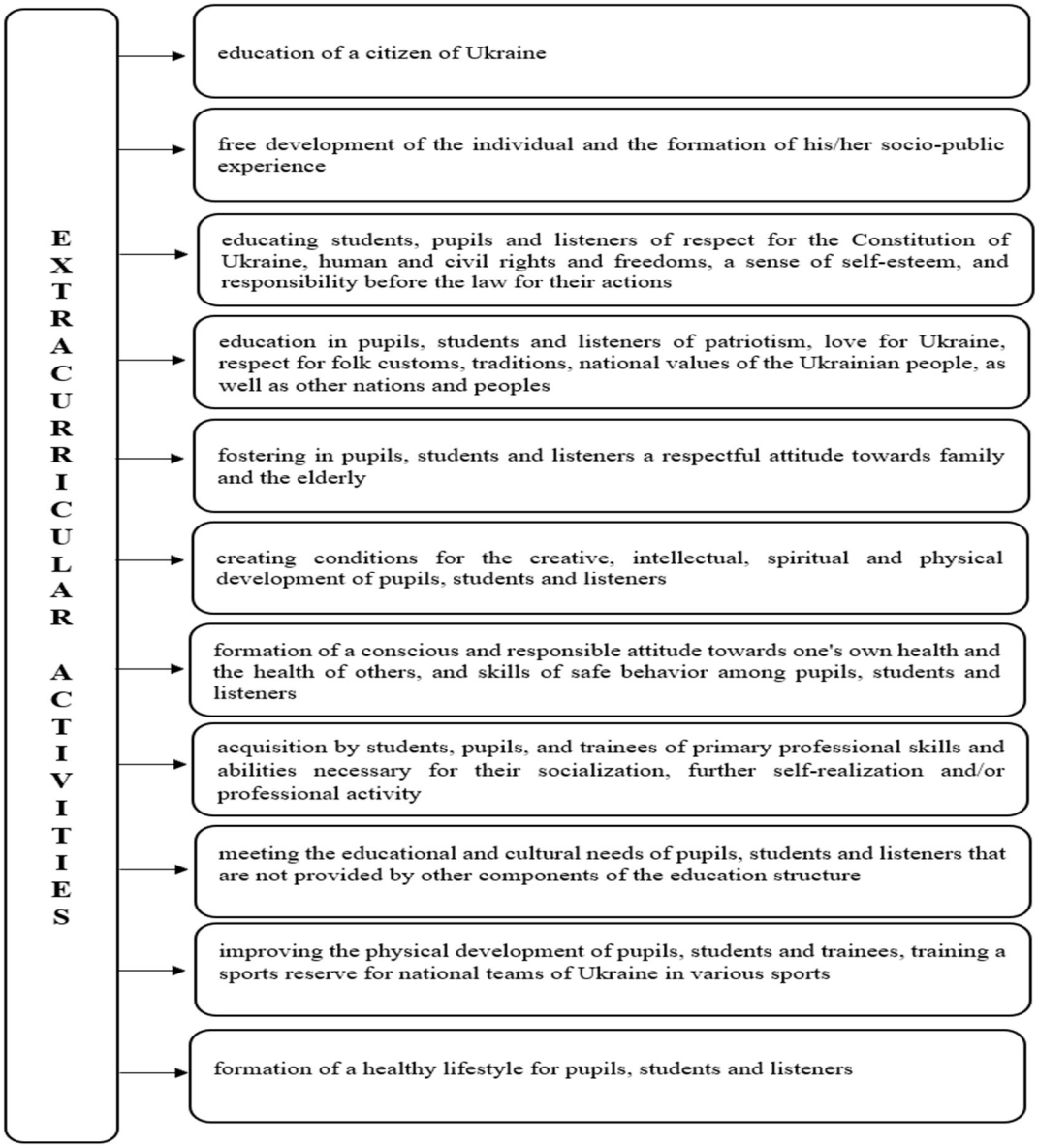


Fig. 4 – **Tasks of extracurricular education in Ukraine (material taken from the website of the Ministry of Education of Ukraine)[114]**

Among the principles adhered to by participants in the process of extracurricular education are: accessibility, financing, voluntariness, scientificity, secular nature, legal and social protection. State policy is aimed at creating comfortable conditions for children of different ages to master extracurricular

[114] Ministry of Education and Science of Ukraine. URL: https://mon.gov.ua

education, at preserving and expanding the network of extracurricular institutions of various (state and municipal) forms of ownership, at coordinating the efforts of all participants in extracurricular activities for the further formation and development of extracurricular education.

State management of extracurricular education is carried out by various bodies, which are presented in Figure 5.

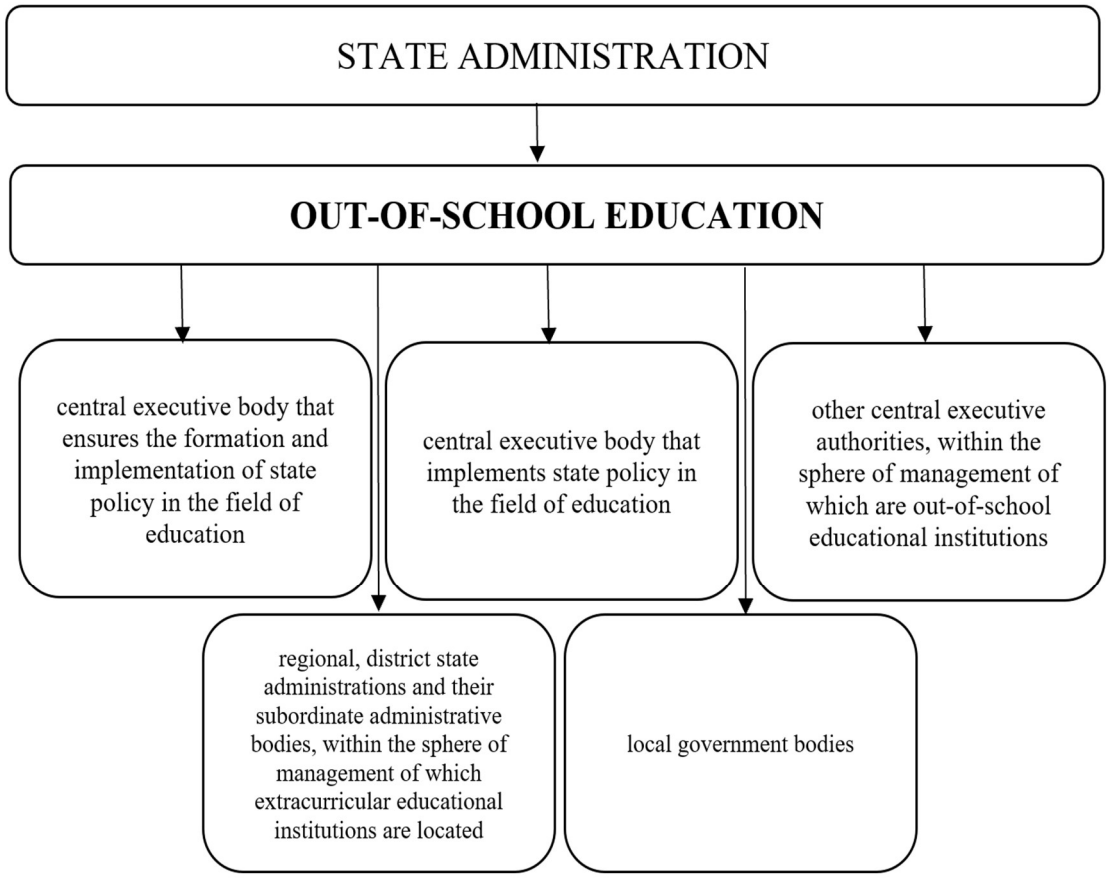


Fig. 5 – **Out-of-school education management bodies**

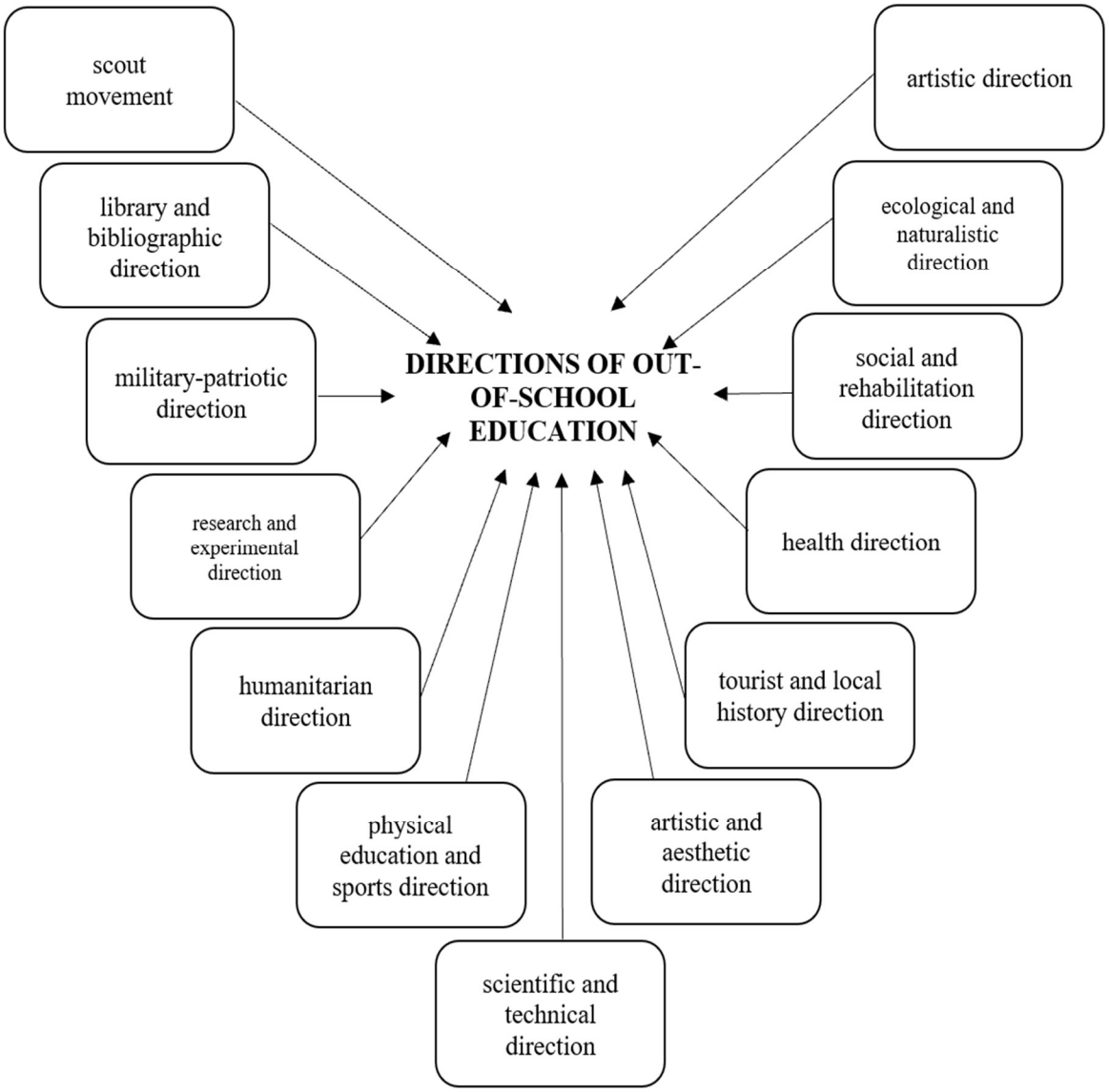


Fig. 6 – **Areas of extracurricular education**

Today, primary education is represented by thirteen areas, which are highlighted in Figure 6.

An interesting, within the framework of our topic, area of physical culture and sports work, which is aimed at ensuring physical training, physical development, physical education of children, as well as their health improvement, hardening, recreation, formation and improvement of health skills and a healthy lifestyle, is closely related to the following areas:

- scouting movement;
- military-patriotic direction;
- health improvement direction;
- tourist and local history direction;
- others (Figure 7).

The implementation of the educational process in out-of-school education institutions is carried out on the basis of standard educational programs approved by the Ministry of Education of Ukraine and other executive bodies in the field of out-of-school education.

Approval of the educational program by the pedagogical council of the out-of-school education institution and approval by the head of the institution are mandatory[115].

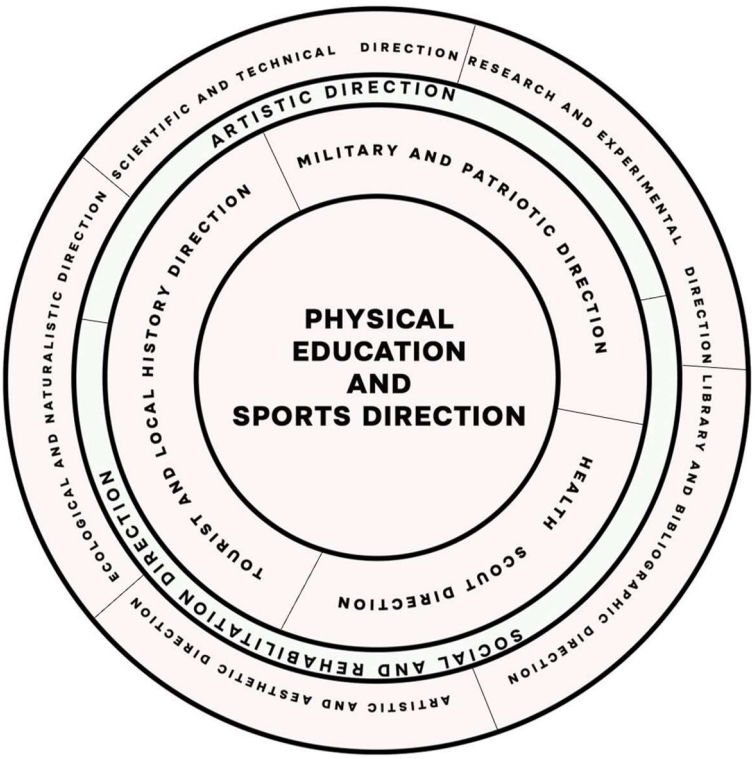


Fig. 7 – **Levels of interconnection of physical education and sports with other areas**

[115] Verkhovna Rada of Ukraine (Supreme Council of Ukraine). URL: https://zakon.rada.gov.ua/laws/show/z0308-21#Text

Typical physical education programs for out-of-school education determine the structure, content, and organization of the educational process aimed at the physical development of children and students. They are based on state requirements for physical fitness and contribute to the formation of a healthy lifestyle, the development of motor skills, and sports abilities. Below we will consider the main aspects of typical physical education programs for extracurricular education.

1. *Purpose and learning objectives.* The purpose and objectives of typical educational programs are to determine the goals that need to be achieved in the process of physical education, for example, the formation of general physical fitness, the development of specific sports skills, and the instillation of healthy lifestyle skills.

2. Content. The content covers a complex of motor tasks, physical exercises, sports games, relay races, and other forms of active activity that contribute to comprehensive physical development.

3. *Structure.* As a rule, programs have a clear structure, including an introductory part, a main part with various types of physical activity, and a final part with relaxation and recovery exercises.

4. *Methods.* When forming an educational program, the authors determine the methods of conducting classes, using various methods, such as frontal, group, individual approach, as well as forms of organization, for example, group classes, competitions, relay races.

5. *Evaluation criteria.* The program must include criteria for assessing physical fitness, motor skills, knowledge about health, and a healthy lifestyle.

6. *Material and technical support.* Requirements for sports equipment, supplies, and venues are determined.

7. *Recommendations for use* include advice on organizing the educational process, taking into account the age characteristics of children, an individual approach, and ensuring safety during classes.

Typical educational programs of extracurricular physical education are an important tool for ensuring high-quality education in the field of physical education, contributing to the harmonious development of children and youth, the formation of a healthy lifestyle, and preparation for active participation in public life.

Examples of typical programs are presented in Figures 8, 9, 10, 11, 12.

In the period from 2021 to 2024, the State Scientific Institution "Institute of Education content modernization"[116] conducted a two-stage study of the state of

[116] State scientific institution "Institute of Education content modernization". URL: https://en.imzo.gov.ua/

development of extracurricular education in Ukraine, the content of which consisted of surveying heads of extracurricular education institutions, leaders of clubs, creative associations of extracurricular education institutions, students of extracurricular education institutions, parents, as well as the administration of united territorial communities in order to address issues of quality management and identify further prospects and trends in the development of the extracurricular education system in today's conditions.

Based on the results of two stages of the study, positive conclusions were drawn, indicating:

- understanding by the authorities of the importance of the high-quality functioning and improvement of the out-of-school education system;
- the presence of diversity and variability of out-of-school educational programs;
- the subordination of the out-of-school education system to "...general trends related to cultural and pedagogical processes"[117];
- the constant development of the network of out-of-school education institutions of various levels of subordination;
- "... the opportunity to engage in activities that are as close as possible to social realities and aimed at the formation of value orientations in students, the application of acquired theoretical knowledge in practice, and successful adaptation in out-of-school life"[118].

[117] Zavalevskyi, Yu. I., Fliarkovska, O. V., Liashchenko, T. V., Melnychuk, V. O., Chupryna, O. B., & Kaulina, N. V. (2022). Research on the development of extracurricular education, stage I (2021/2022 academic year) [Doslidzhennia stanu rozvytku pozashkilnoi osvity I etap (2021/2022)]. State scientific institution "Institute of Education Content Modernization". Retrieved from https://drive.google.com/file/d/121tgCjcpPI7en3XtbgwHBnVJlzcsqFE4/view [in Ukrainian].

[118] Zavalevskyi, Yu. I., Fliarkovska, O. V., Liashchenko, T. V., Melnychuk, V. O., Chupryna, O. B., & Kaulina, N. V. (2023). Research on the development of extracurricular education, stage II (2022/2023 academic year) [Doslidzhennia stanu rozvytku pozashkilnoi osvity II etap (2022/2023)]. State scientific institution "Institute of Education Content Modernization". Retrieved from https://drive.google.com/file/d/1cvD8lq53qOBOB8lHtKCtMk3Q94HkKcC-/view [in Ukrainian].

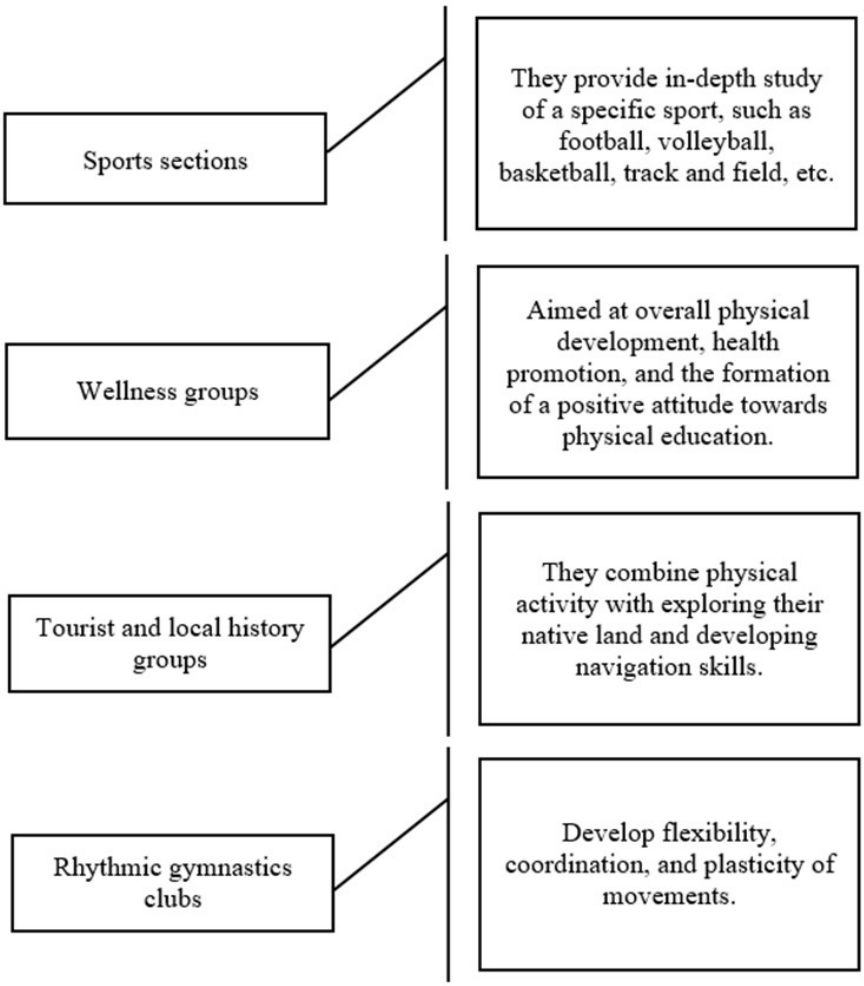


Fig. 8 – **Direction of different types of after-school institutions**

Also, recommendations are justified that will allow improving the system of extracurricular education through expanding the network of extracurricular institutions, increasing funding, improving the material and technical base, improving the educational and methodological base, motivating the work of extracurricular education teaching staff through increasing salaries, providing high-quality educational services through "...professional and responsible attitude of teachers to their work; creative, extraordinary approach to the matter; provision of extracurricular education institutions with information and communication technologies and educational and methodological literature that meet the requirements; support by the management of the educational institution of various innovations, advanced pedagogical ideas; partnership relations of the teaching staff of the institution with parents of pupils/students/listeners; expansion of business

relations of the head of the extracurricular education institution with community representatives"[119].

МІНІСТЕРСТВО ОСВІТИ І НАУКИ УКРАЇНИ

УПРАВЛІННЯ ОСВІТИ І НАУКИ ТЕРНОПІЛЬСЬКОЇ ОБЛДЕРЖАДМІНІСТРАЦІЇ

ГРОМАДСЬКА ОРГАНІЗАЦІЯ
ТЕРНОПІЛЬСЬКЕ ОБЛАСНЕ ВІДДІЛЕННЯ ВСЕУКРАЇНСЬКОГО ГРОМАДСЬКОГО ДИТЯЧОГО РУХУ „ШКОЛА БЕЗПЕКИ"

НАВЧАЛЬНА ПРОГРАМА

З ПОЗАШКІЛЬНОЇ ОСВІТИ
ФІЗКУЛЬТУРНО-СПОРТИВНОГО НАПРЯМУ

„ЮНИЙ РЯТУВАЛЬНИК"

3 роки навчання
(основний рівень)

Тернопіль – 2022 рік

Програма гуртка
„ЮНИЙ РЯТУВАЛЬНИК"
Перший рік навчання (основний рівень) НАВЧАЛЬНО - ТЕМАТИЧНИЙ ПЛАН

№	Назва розділу (теми)	Кількість годин		
		всього	теоретичних	практичних
	Вступ.	0.5	0.5	-
1.	Розділ 1. Загальні теми	5.5	4.5	1
1.1.	Основні правові положення державного і міжнародного законодавства щодо безпеки життєдіяльності	1	1	
1.2.	Рятувальна служба України. Історія і сьогодення	2	1	1
1.3.	ВГДР «Школа безпеки» - школа мужності юних, мета та завдання діяльності	0.5	0.5	
1.4.	Нещасні випадки, надзвичайні ситуації, проблеми безпеки життєдіяльності сьогодення	2	2	
2.	Розділ 2. Життя і здоров'я людини	7	4	3
2.1.	Основні складові та чинники здоров'я	2	1	1
2.2.	Основи здорового способу життя	2	1	1
2.3.	Вплив на життя та здоров'я людини різних небезпек та шкідливих звичок	3	2	1
3.	Розділ 3. Небезпеки і надзвичайні ситуації, моделі поведінки у них	8	5	3
3.1.	Надзвичайні ситуації природного походження - поведінка	2	1	1
3.2.	Пожежна безпека у побуті	3	2	1
3.3.	Правила дорожнього руху	2	1	1
3.4.	Безпека життєдіяльності в інструкціях та правилах	1	1	
4.	Розділ 4. Надання домедичної допомоги	11	6	5
4.1.	Значення домедичної допомоги для врятування життя людини	1	1	
4.2.	Основи анатомії та фізіології людини	2	2	
4.3.	Домедична допомога при харчових отруєннях, кишкових інфекціях, при травмах кінцівок, сонячному та тепловому ударах, ураженнях та опіках	6	2	4
4.4.	Транспортування потерпілого на підручних засобах	2	1	1
5.	Розділ 5. Психологічна та духовна підготовка	8	7	1
5.1.	Особливості психосоціального розвитку підлітків	2	2	
5.2.	Умови, що сприяють здоровому психологічному розвитку	2	2	
5.3.	Людина покликана бути доброю і вірною	4	3	1
6.	Розділ 6. Фізична підготовка	48	5	43
6.1.	Фізична культура – культура здорового тіла – невід'ємна частина загальної культури особистості	1	1	
6.2.	Методика розвитку рухових якостей	1	1	
6.3.	Розвиток фізичних якостей	30	1	29
6.4.	Спеціальна фізична підготовка	16	2	14
7.	Розділ 7. Рятувально-прикладна підготовка	33	8	25
7.1.	Пожежна небезпека. Алгоритм дій у різних випадках виникнення пожежі	5	2	3
7.2.	Домедична допомога потерпілому в залежності від ушкоджень чи травм та його транспортування підручними засобами	8	3	5
7.3.	Профілактика та рятувальна робота на водній акваторії	10	2	8
7.4.	Вправління в подоланні етапів пожежно-прикладної смуги перешкод	10	1	9
8.	Розділ 8. Пошуково-рятувальна підготовка	94	10	84
8.1.	Топографія та орієнтування на місцевості	19	3	16
8.2.	Тактика та техніка пішохідного туризму	45	3	42
8.3.	Рятувальна підготовка	20	2	18
8.4.	Участь у змаганнях з техніки пішохідного туризму, рятувально-прикладних дистанціях за програмою ВГДР «Школа безпеки»	6	1	5
8.5.	Участь у туристських спортивних походах I-II ступенів складності з видів туризму	4	1	3
	Підсумок	1	1	-
	Разом	216	46	170

Fig. 9 – **The content of the curriculum for extracurricular physical education and sports "Young Lifeguard" of the first year of study (author: Sagaydak L.D., Bilous P.M.)**[120]

[119] Zavalevskyi, Yu. I., Fliarkovska, O. V., Liashchenko, T. V., Melnychuk, V. O., Chupryna, O. B., & Kaulina, N. V. (2023). Research on the development of extracurricular education, stage II (2022/2023 academic year) [Doslidzhennia stanu rozvytku pozashkilnoi osvity II etap (2022/2023)]. State scientific institution "Institute of Education Content Modernization". Retrieved from https://drive.google.com/file/d/1cvD8lq53qOBOB8lHtKCtMk3Q94HkKcC-/view [in Ukrainian].

[120] Сагайдак Л.Д., Білоус П.М. Навчальна програма з позашкільної освіти фізкультурно-спортивного напряму „Юний рятувальник" 3 роки навчання (основний рівень) Тернопіль – 2022 рік, стр. 38

МІНІСТЕРСТВО ОСВІТИ І НАУКИ УКРАЇНИ
ДЕПАРТАМЕНТ МОЛОДІЖНОЇ ПОЛІТИКИ ТА НАЦІОНАЛЬНО – ПАТРІОТИЧНОГО ВИХОВАННЯ ДНІПРОВСЬКОЇ МІСЬКОЇ РАДИ
ДИТЯЧО-МОЛОДІЖНИЙ ЦЕНТР «ЛІДЕР»
КОМУНАЛЬНИЙ ЗАКЛАД ПОЗАШКІЛЬНОЇ ОСВІТИ ДНІПРОВСЬКОЇ МІСЬКОЇ РАДИ

Олексій ПУГАЧ

НАВЧАЛЬНА ПРОГРАМА

З ПОЗАШКІЛЬНОЇ ОСВІТИ ФІЗКУЛЬТУРНО-СПОРТИВНОГО НАПРЯМУ

«ШАХИ»

Початковий та основний рівні навчання

4 роки навчання

Дніпро - 2023

Початковий рівень, 1-й рік навчання
НАВЧАЛЬНО-ТЕМАТИЧНИЙ ПЛАН

Тема	Кількість годин		
	Теоретичних	Практичних	Разом
Вступ	**2**	**-**	**2**
1. Елементарні поняття про шахову гру	**20**	**22**	**42**
1.1. Історія розвитку шахів	2	-	2
1.2. Шахова дошка. Хід, взяття та маневри фігур	6	8	14
1.3. Мета шахової гри. Матування одинокого короля	4	6	10
1.4. Спеціальні шахові ходи: рокіровка, взяття на проході, перетворення пішака	2	2	4
1.5. Цінність шахових фігур. Обмін	2	2	4
1.6. Деякі випадки нічиєї. Пат та вічний шах	2	2	4
1.7. Шахова нотація	2	2	4
2. Основи дебюту	**14**	**24**	**38**
2.1. Дебют і його характеристика. Основні дебютні принципи	2	2	4
2.2. Типові помилки в дебюті. Дитячий мат	2	4	6
2.3. Основні ідеї відкритих дебютів	10	18	28
3. Основи міттельшпілю	**24**	**46**	**70**
3.1. Міттельшпіль, його ознаки. Принципи гри в міттельшпілі	4	4	8
3.2. Стратегія шахової гри. Складання плану	2	4	6
3.3. Поняття про тактику. Найпростіші тактичні прийоми та мотиви	10	22	32
3.4. Шахова комбінація. Комбінаційні можливості фігур	8	16	24
4. Основи ендшпілю	**10**	**14**	**24**
4.1. Ендшпіль, його ознаки. Принципи гри в ендшпілі	1	1	2
4.2. Король з пішаком проти короля	3	3	6
4.3. Інші найпростіші шахові закінчення	6	10	16
5. Практична підготовка	-	**38**	**38**
5.1. Тренувальні турніри	-	18	18
5.2. Сеанси одночасної гри	-	8	8
5.3. Конкурси розв'язання комбінацій та задач	-	12	12
Підсумки	**2**	-	**2**
Всього	**72**	**144**	**216**

Fig. 10 – **The content of the curriculum for extracurricular education in the physical education and sports direction "Chess" of the first year of study (author: Pugach Alexey)**[121]

[121] Puhach, O. (2023). Navchalna prohrama z pozashkilnoi osvity fizkulturno-sportyvnoho napriamu «Shakhy» Pochatkovyi ta osnovnyi rivni navchannia, 4 roky navchannia [Curriculum for extracurricular physical education "Chess" (A four-year primary and basic level study curriculum)]. Dnipro [in Ukrainian].

КОМУНАЛЬНИЙ ЗАКЛАД ВИЩОЇ ОСВІТИ «ДНІПРОВСЬКА АКАДЕМІЯ НЕПЕРЕРВНОЇ ОСВІТИ» ДНІПРОПЕТРОВСЬКОЇ ОБЛАСНОЇ РАДИ
ДЕПАРТАМЕНТ ОСВІТИ І НАУКИ ВИКОНКОМУ КРИВОРІЗЬКОЇ МІСЬКОЇ РАДИ
КОМУНАЛЬНИЙ ПОЗАШКІЛЬНИЙ НАВЧАЛЬНИЙ ЗАКЛАД
«ЦЕНТР СПОРТУ ДЛЯ ДІТЕЙ, ЮНАЦТВА ТА МОЛОДІ «ОЛІМП»
КРИВОРІЗЬКОЇ МІСЬКОЇ РАДИ

Навчальна програма з позашкільної освіти
фізкультурно-спортивного напряму
«ЧИРЛІДИНГ»

5 років навчання

м. Дніпро – 2019

Початковий рівень, перший рік навчання
НАВЧАЛЬНО – ТЕМАТИЧНИЙ ПЛАН

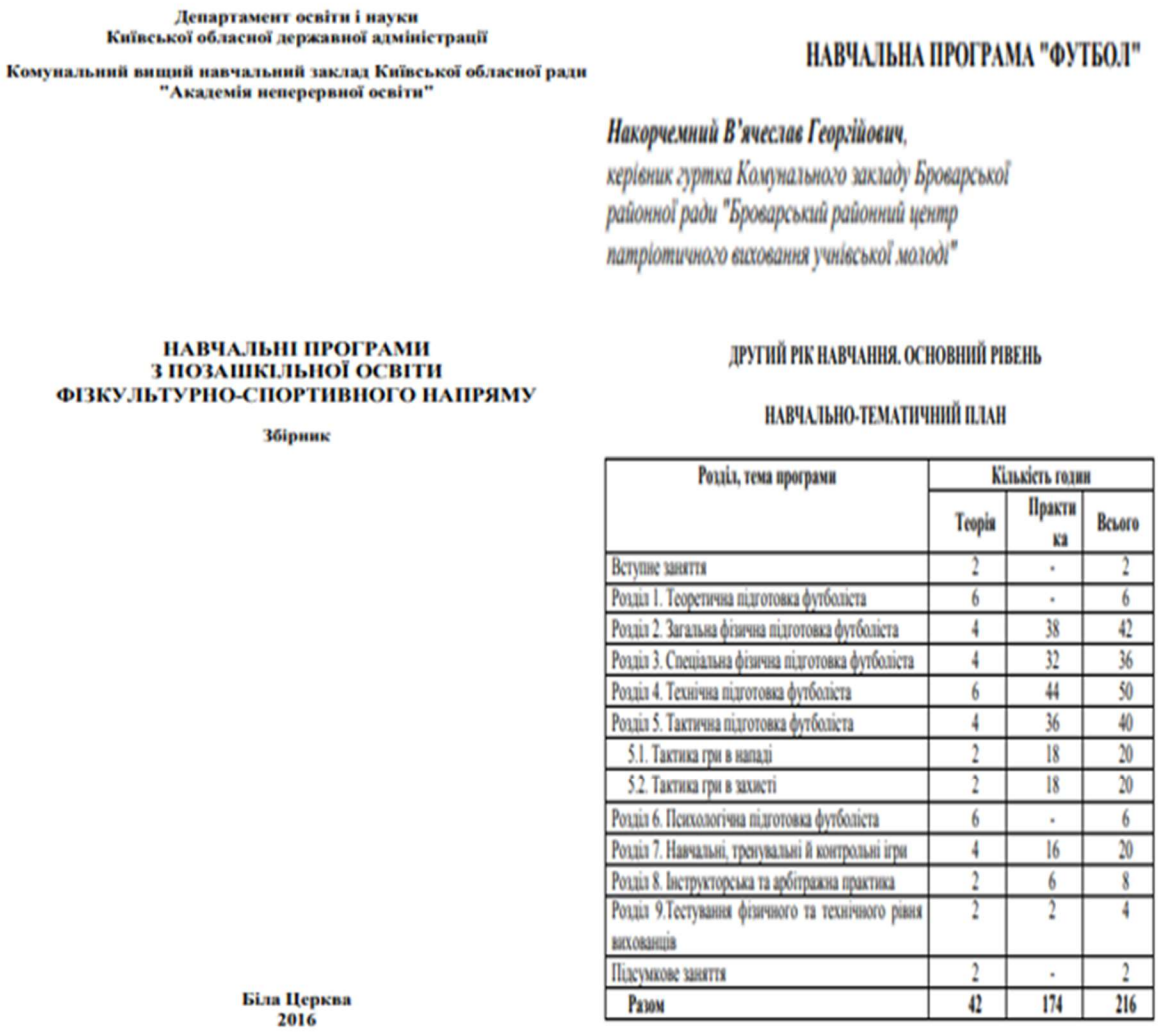
	Тема	Кількість годин		
		теоретичних	практичних	усього
1.	Вступ	1	1	2
2.	Чирлідинг	1	2	3
3.	Елементи акробатики	2	10	12
4.	Художній рух	10	64	74
5.	Програма ЧИР	4	46	50
6.	Програма ДАНС	4	30	34
7.	Психологічна підготовка чирлідерів	4	10	14
8.	Фізична підготовка чирлідерів	1	25	26
9.	Підсумок	-	1	1
	Разом	27	189	216

Початковий рівень, другий рік навчання
НАВЧАЛЬНО - ТЕМАТИЧНИЙ ПЛАН

	Тема	Кількість годин		
		Теоретичних	Практичних	Усього
1.	Вступ	1	1	2
2.	Зовнішній вигляд чирлідерів	1	2	3
3.	Чирлідінг	2	10	12
4.	Програма ЧИР	10	64	74
5.	Програма ДАНС	4	46	50
6.	Художній рух	4	30	34
7.	Психологічна підготовка чирлідерів	4	10	14
8.	Підготовка до участі в змаганнях	1	25	26
9	Підсумок	-	1	1
	Разом	27	189	216

Fig. 11 – **The content of the curriculum for extracurricular physical education and sports "Cheerleading" for the first and second years of primary school (author: Sheremeta D.H.)**[122]

[122] Sheremeta, D. Kh. (2019). Navchalna prohrama z pozashkilnoi osvity fizkulturno-sportyvnoho napriamu «Chyrlidynh», 5 rokiv navchannia [Curriculum for extracurricular physical education "Cheerleading" (A five-year study curriculum)]. Dnipro [in Ukrainian].



Департамент освіти і науки
Київської обласної державної адміністрації

Комунальний вищий навчальний заклад Київської обласної ради
"Академія неперервної освіти"

НАВЧАЛЬНІ ПРОГРАМИ
З ПОЗАШКІЛЬНОЇ ОСВІТИ
ФІЗКУЛЬТУРНО-СПОРТИВНОГО НАПРЯМУ

Збірник

Біла Церква
2016

НАВЧАЛЬНА ПРОГРАМА "ФУТБОЛ"

Накорчемний В'ячеслав Георгійович,
керівник гуртка Комунального закладу Броварської районної ради "Броварський районний центр патріотичного виховання учнівської молоді"

ДРУГИЙ РІК НАВЧАННЯ. ОСНОВНИЙ РІВЕНЬ

НАВЧАЛЬНО-ТЕМАТИЧНИЙ ПЛАН

Розділ, тема програми	Кількість годин		
	Теорія	Практика	Всього
Вступне заняття	2	-	2
Розділ 1. Теоретична підготовка футболіста	6	-	6
Розділ 2. Загальна фізична підготовка футболіста	4	38	42
Розділ 3. Спеціальна фізична підготовка футболіста	4	32	36
Розділ 4. Технічна підготовка футболіста	6	44	50
Розділ 5. Тактична підготовка футболіста	4	36	40
5.1. Тактика гри в нападі	2	18	20
5.2. Тактика гри в захисті	2	18	20
Розділ 6. Психологічна підготовка футболіста	6	-	6
Розділ 7. Навчальні, тренувальні й контрольні ігри	4	16	20
Розділ 8. Інструкторська та арбітражна практика	2	6	8
Розділ 9.Тестування фізичного та технічного рівня вихованців	2	2	4
Підсумкове заняття	2	-	2
Разом	**42**	**174**	**216**

Fig. 12 – **The content of the curriculum for extracurricular physical education in the "Football" direction of the second year of primary school (author: Nakorchemny V.G.)**[123]

[123] *Havryliuk, V. Yu. (2016). Navchalni prohramy z pozashkilnoi osvity fizkulturno-sportyvnoho napriamu [Educational curricula for extracurricular physical education and sports]. Bila Tserkva [in Ukrainian].*

3.2. Retrospective analysis of the regulatory framework for extracurricular physical education and sports in Ukraine (1991-2022).

According to the State Scientific Institution "Institute for Modernization of Educational Content", extracurricular education "…is a component of the system of continuous education, defined by the Constitution of Ukraine, the Laws of Ukraine "On Education", "On Extracurricular Education", and is aimed at developing the abilities and talents of pupils, students and listeners, satisfying their interests, spiritual needs and needs in professional definition. Extracurricular education is a set of knowledge, skills and abilities that pupils, students and listeners receive in extracurricular educational institutions during the time free from studying in general education and other educational institutions"[124].

With the beginning of Ukraine's emergence as an independent and self-governing state, the education and extracurricular education system underwent certain transformations that influenced the approaches and content of various sectors, including physical education and sports. Thus, in the Law of Ukraine "On Extracurricular Education" of 2000, one of the tasks (Article 8) is: «…

- formation of a conscious and responsible attitude towards one's own health and the health of others, safe behavior skills among pupils, students and listeners;
- improvement of the physical development of pupils, students and listeners, preparation of a sports reserve for national teams of Ukraine in various sports;
- formation of a healthy lifestyle among pupils, students and listeners"[125].
- According to the law, participants in extracurricular education are (Figure 13):
- children of different ages: pupils, students, listeners;
- administration: directors, deputy directors, head teachers and others;
- teaching staff;
- other specialists who are involved in the extracurricular educational process (psychologists, social workers and others);
- parents;

[124] *State scientific institution "Institute of Education content modernization". URL: https://imzo.gov.ua/osvita/pozashkilna-osvita-ta-vihovna-robota/*

[125] *On Extracurricular Education, Law of Ukraine. Verkhovna Rada of Ukraine (Supreme Council of Ukraine). Retrieved from https://zakon.rada.gov.ua/laws/show/1841-14#Text [in Ukrainian].*

- representatives of enterprises, institutions and organizations.

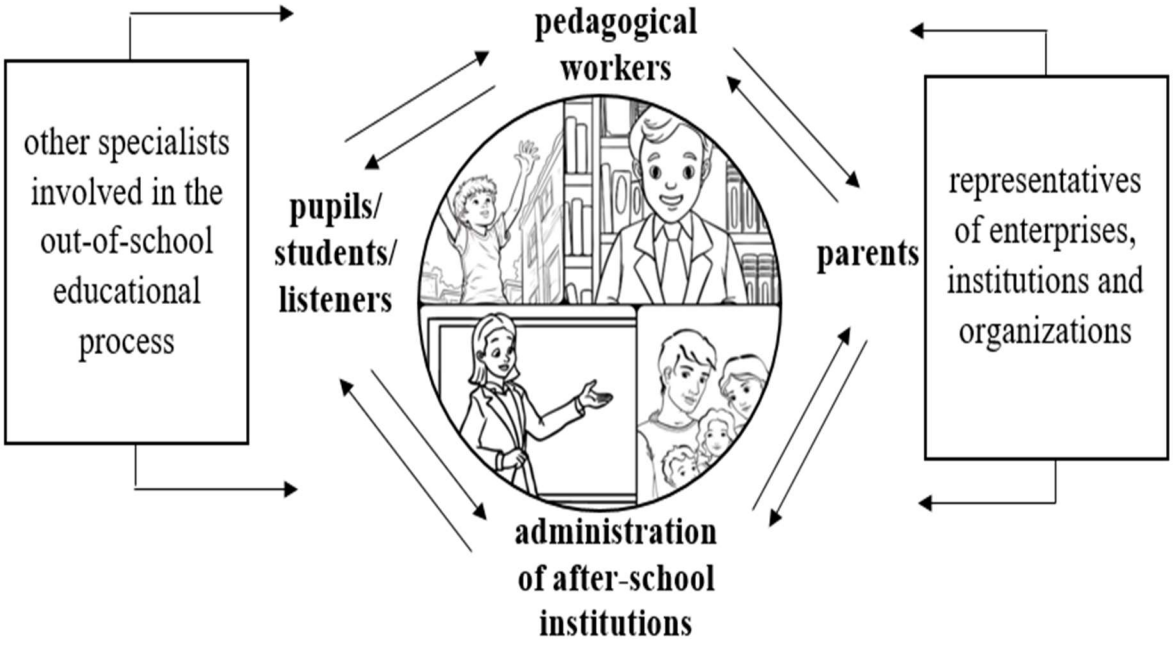


Fig. 13 – **Relationship between participants in extracurricular education**

In the Law of Ukraine "On Education" of 2017, the purpose of extracurricular activities is "...the development of the abilities of children and youth in the field of education, science, culture, physical culture and sports, technical and other creativity, their acquisition of primary professional knowledge, skills and abilities necessary for their socialization, further self-realization and/or professional activity."[126].

Resolution of the Cabinet of Ministers of Ukraine No. 433 of May 6, 2001 "On approval of the list of types of extracurricular educational institutions and the Regulations on extracurricular educational institutions" A list of types of extracurricular educational institutions was determined, physical education and sports work is carried out in the institutions of Children's and Youth Sports Schools, which include:

- comprehensive children's and youth sports schools,
- children's and youth sports schools in sports,
- children's and youth sports schools for people with disabilities,

[126] *On Education, Law of Ukraine. Verkhovna Rada of Ukraine (Supreme Council of Ukraine). Retrieved from https://zakon.rada.gov.ua/laws/show/2145-19#Text [in Ukrainian].*

- specialized children's and youth schools of the Olympic reserve,
- specialized children's and youth sports schools for people with disabilities of the Paralympic and Deaflympian reserve, which, according to the Regulations, must adhere to the following organizational and legal principles: "…
- to carry out educational, informational, methodological, organizational, mass, training and sports work;
- to work according to the annual work plan;
- implement the educational process according to typical curricula and programs in a differentiated manner (according to the individual capabilities, interests, inclinations, abilities of pupils, students and listeners, taking into account their age, psychophysical characteristics, and state of health) using various organizational forms of work: competitions, training sessions, rehearsals, hikes, as well as other forms provided for by the charter of the extracurricular educational institution"[127].

According to the Resolution of the Cabinet of Ministers of Ukraine No. 1133 of August 17, 2002. "On approval of the list of out-of-school educational institutions and activities for out-of-school work with children, as well as institutions and activities in the field of education that ensure the performance of national functions, the expenses for which are made from the state budget"[128] extracurricular physical education and sports activities with children include (Figure 14):

- sports gatherings;
- sports competitions;
- sports festivals;
- sports contests;
- sports events.

Starting from 2010, the Resolution of the Cabinet of Ministers of Ukraine (No. 796 of August 27, 2010) defined and "approved a list of paid services that may be provided by educational institutions, other institutions and educational institutions belonging

[127] On approval of the list of types of extracurricular educational institutions and the regulations on extracurricular educational institutions, Resolution of the Cabinet of Ministers of Ukraine dated May 6, 2001, No. 433. Retrieved from https://zakon.rada.gov.ua/laws/show/433-2001-%D0%BF#Text [in Ukrainian].

[128] On approval of the list of extracurricular educational institutions and activities for extracurricular work with children, as well as institutions and activities in the field of education that ensure the performance of national functions, the expenses for which are made from the state budget, Resolution of the Cabinet of Ministers of Ukraine dated July 17, 2002, No. 1133. Retrieved from https://zakon.rada.gov.ua/laws/show/1133-2002-%D0%BF/paran9#n9 [in Ukrainian].

to the state and municipal forms of ownership"[129] according to which in the field of extracurricular physical education and sports work, paid services include those presented in Figure 15.

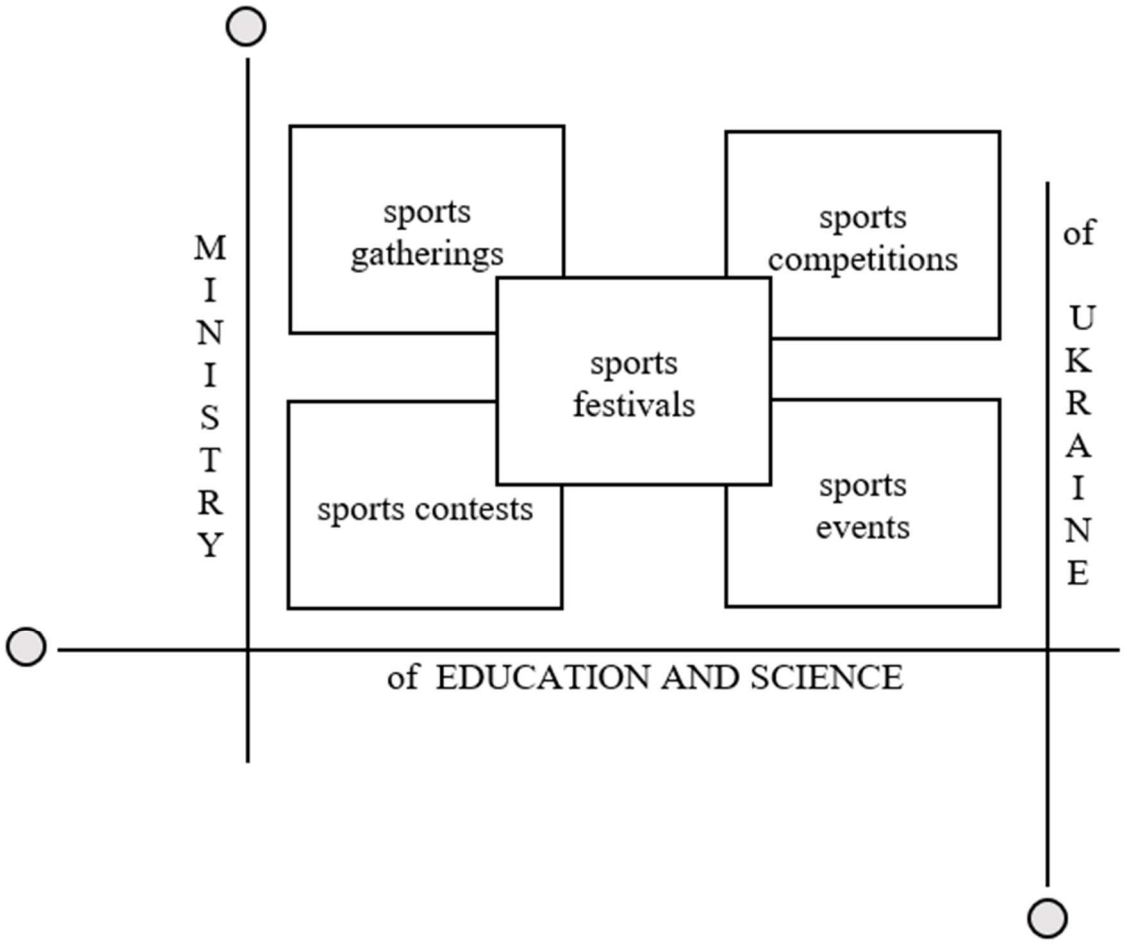


Fig. 14 – **Extracurricular physical education and sports activities with children**

[129] *On approval of the list of paid services that may be provided by educational institutions, other institutions and institutions of the education system, which are state and municipally owned, Resolution of the Cabinet of Ministers of Ukraine dated August 27, 2010, No. 796. Retrieved from https://zakon.rada.gov.ua/laws/show/796-2010-%D0%BF#Text [in Ukrainian].*

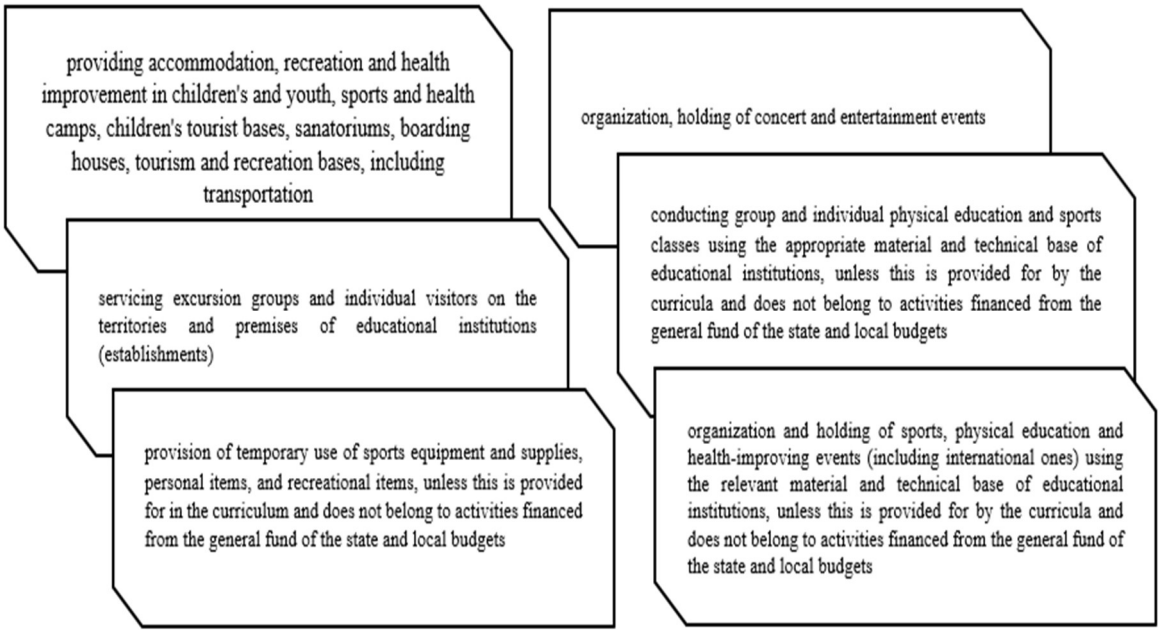


Fig. 15 – **List of paid services that can be provided by extracurricular education institutions in the physical culture and sports sector**

As part of our study, a number of orders were signed between 1991 and 2020 that regulate extracurricular activities of a physical education and sports profile (Table 1).

Table 1. **Orders of the Ministry of Education and Science of Ukraine on the organization of physical education and sports work**

No.	Order name	No.	Date
1.	On approval of Typical lists of teaching aids and special-purpose equipment for out-of-school educational institutions of the Ministry of Education and Science of Ukraine (military-patriotic and sports direction of out-of-school education)[130]	576	13/07/2004

[130] On approval of standard lists of educational visual aids and special purpose equipment for out-of-school educational institutions, the Order of the Ministry of Education and Science of Ukraine (military-patriotic and sports direction of out-of-school education) dated July 13, 2004, No. 576 [in Ukrainian].

2.	On approval of the Regulations on the procedure for organizing individual and group work in extracurricular educational institutions[131]	651	11/08/2004
3.	On approval of the procedures for the provision of paid services by state and municipal educational institutions (jointly with the Ministry of Economy and the Ministry of Finance)[132]	736/902/758	23/07/2010
4.	On approval of the regulations on all-Ukrainian open events in sports and technical sports and other areas of technical creativity among children and schoolchildren[133]	1468	13/11/2017
5.	On approval of the Regulations on the Championships of Ukraine in sports tourism[134]	642	30/05/2012
6.	On approval of the Model Instructions for maintaining business documentation in extracurricular educational institutions[135]	947	23/08/2012
7.	On approval of the Standard Staffing Standards for Extracurricular Educational Institutions[136]	1230	31/10/2012

[131] On approval of the regulations on the procedure for organizing individual and group work in extracurricular educational institutions, Order dated August 11, 2004, No. 651 [in Ukrainian].

[132] On approval of the procedures for the provision of paid services by state and municipal educational institutions, Order dated July 23, 2010 No. 736/902/758, jointly with the Ministry of Economy and the Ministry of Finance [in Ukrainian].

[133] On approval of the regulations on all-Ukrainian open events in sports and technical sports and other areas of technical creativity among children and schoolchildren, Order dated November 13, 2017, No. 1468, registered with the Ministry of Justice of Ukraine, Order dated December 5, 2017, No. 1471/31339 [in Ukrainian].

[134] On approval of the regulations on the championships of Ukraine in sports tourism, Order dated May 30, 2012 No. 642, registered with the Ministry of Justice of Ukraine, Order dated June 18, 2012 No. 992/21304 [in Ukrainian].

[135] On approval of model instructions for maintaining business documentation in extracurricular educational institutions, Order dated August 23, 2012, No. 947 [in Ukrainian].

[136] On approval of standard staff regulations for extracurricular educational institutions, Order dated October 31, 2012, No. 1230 [in Ukrainian].

8.	On approval of reporting forms on the activities of extracurricular educational institutions and instructions for filling them out[137]	1016	12/07/2017
9.	On approval of the Regulations on the Ukrainian Orienteering Championship among students of extracurricular educational institutions[138]	591	27/05/2013
10.	On approval of the Regulations on the Cups of Ukraine in sports tourism among young men and juniors[139]	615	28/05/2013
11.	On approval of the Regulations on competitions in tourist sports hikes among schoolchildren and students[140]	1250	27/11/2015
12.	On approval of the list of the largest out-of-school educational institutions of state and municipal ownership of the system of the Ministry of Education and Science of Ukraine[141]	1157	14/08/2017

[137] On approval of reporting forms on the activities of extracurricular educational institutions and instructions for filling them out, Order dated July 12, 2017, No. 1016, registered with the Ministry of Justice of Ukraine, Order dated August 3, 2017, No. 954/30822 [in Ukrainian].

[138] On approval of the regulations on the Ukrainian orienteering championship among students of extracurricular educational institutions, Order dated May 27, 2013, No. 591, registered with the Ministry of Justice of Ukraine, Order dated June 13, 2013, No. 941/23473 [in Ukrainian].

[139] On approval of the regulations on the cups of Ukraine in sports tourism among young men and juniors, Order dated May 28, 2013, No. 615, registered with the Ministry of Justice of Ukraine, Order dated June 13, 2013, No. 956/23488. Retrieved from https://zakon.rada.gov.ua/laws/show/1841-14 - Text [in Ukrainian].

[140] On approval of the regulations on competitions in tourist sports hikes among schoolchildren and student youth, Order dated November 27, 2015, No. 1250, registered with the Ministry of Justice of Ukraine, Order dated February 2, 2016, No. 175/28305 [in Ukrainian].

[141] On approval of the list of the largest out-of-school educational institutions of state and municipal ownership of the system of the Ministry of Education and Science of Ukraine, Order dated August 14, 2017, No. 1157 [in Ukrainian].

Analysis of orders of the Ministry of Education and Science made it possible to identify some features of physical education and sports work in extracurricular educational institutions. According to paragraph 1.1. Regulations "On the procedure for organizing individual and group work in extracurricular educational institutions" "… Individual and group work in extracurricular educational institutions … is one of the forms of organizing extracurricular education and is carried out with the aim of developing and supporting gifted and talented students (students and listeners), acquiring practical skills and mastering knowledge in the field of … physical culture and sports to meet their needs for professional self-determination and creative self-realization"[142] (Figure 16).

During the period of independence, special attention was paid to sports and technical sports. In the Order of the Ministry of Education and Science No. 1468 dated 11/13/2017. "On approval of the Regulations on All-Ukrainian open events in sports and technical sports and other areas of technical creativity among children and students"[143] the tasks facing the organizers of the All-Ukrainian Open Events are indicated, "… namely:

- popularization of sports and technical sports and other areas of technical creativity among children and schoolchildren;
- increasing the level of technical and practical skills of participants;
- identifying the strongest teams of Ukraine in sports and technical sports and other areas of technical creativity among participants for further participation in international events;
- increasing the level of skill of Ukrainian teams and gaining experience in competitions at the international level;
- forming a high patriotic consciousness in participants;
- organizing health improvement, recreation and meaningful leisure of participants, forming in them the skills of a healthy lifestyle"[144].

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[142] On approval of the regulations on the procedure for organizing individual and group work in extracurricular educational institutions, Order dated August 11, 2004, No. 651 [in Ukrainian].

[143] On approval of the regulations on all-Ukrainian open events in sports and technical sports and other areas of technical creativity among children and schoolchildren, Order dated November 13, 2017, No. 1468, registered with the Ministry of Justice of Ukraine, Order dated December 5, 2017, No. 1471/31339 [in Ukrainian].

[144] On approval of the regulations on all-Ukrainian open events in sports and technical sports and other areas of technical creativity among children and schoolchildren, Order dated November 13, 2017, No. 1468, registered with the Ministry of Justice of Ukraine, Order dated December 5, 2017, No. 1471/31339 [in Ukrainian].

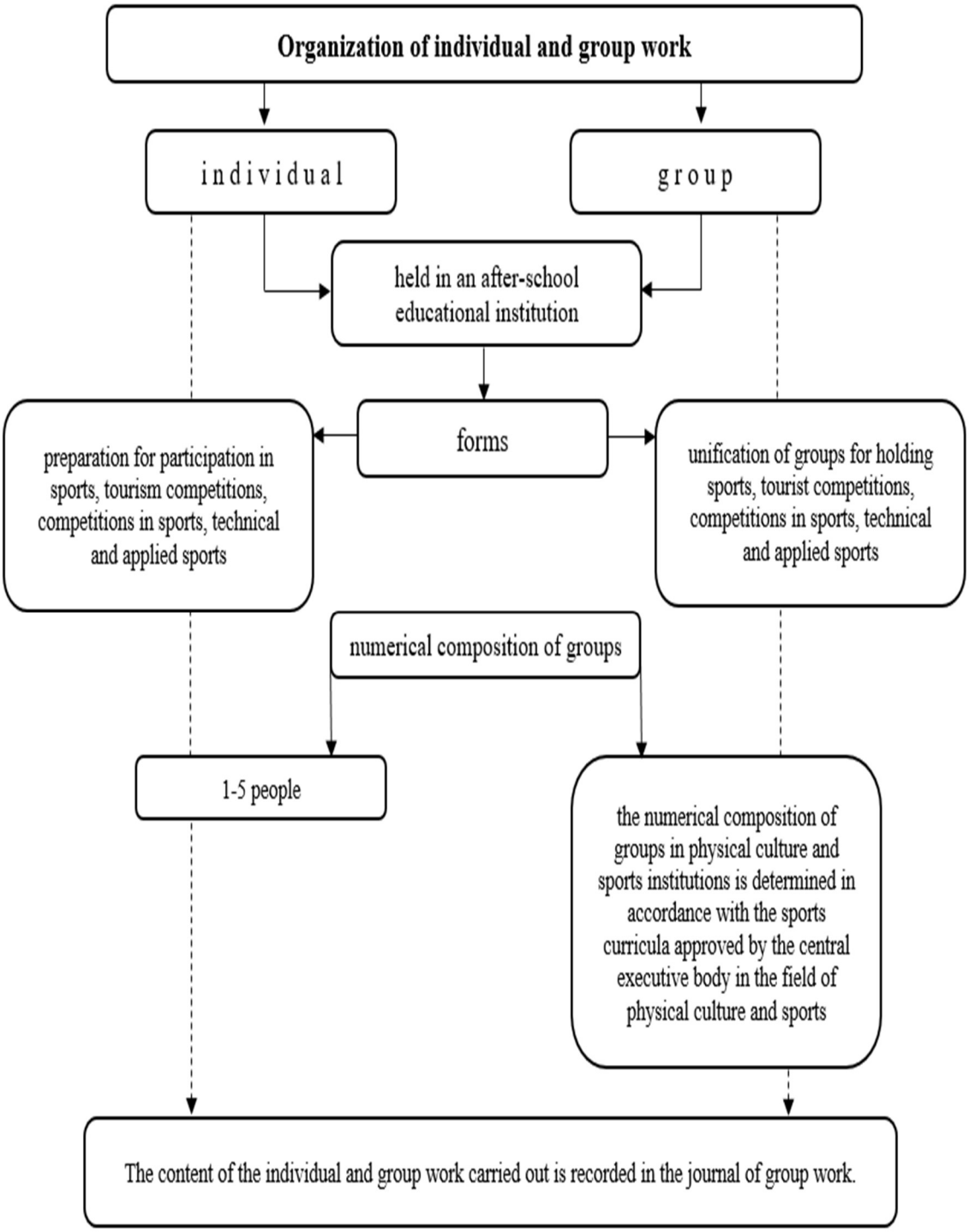


Fig.16 – **Features of conducting individual and group work**

In addition to the tasks, the position determines (Figure 17):

- conditions for holding events;
- requirements for participants;
- program of events with location and timing;
- assessment during events;
- procedure for appealing decisions;
- determination and awarding of event winners;
- requirements for logistical support;
- features of event financing.

Along with the All-Ukrainian open events, the Championships of Ukraine in sports tourism are held (Order of the Ministry of Education and Science of Ukraine "On Approval of the Regulations on the Championships of Ukraine in Sports Tourism" No. 642 of 05/30/2012"[145].

The main tasks of the Ukrainian Championships in sports tourism include:

- organization of active recreation for children and young people;
- dissemination of a healthy lifestyle;
- promotion of sports, sports tourism in particular;
- increasing the level of sports skills;
- increasing the level of knowledge on safety techniques for conducting tourist trips;
- strengthening friendly ties between participants in sports tourism;
- determining the strongest teams and athletes[146].

Types of sports competitions held at the Ukrainian Championships in sports tourism are presented in Figure 18.

Certain requirements are imposed on participants to participate in the Ukrainian Sports Tourism Championships, namely: "…participants who have the necessary sports qualifications are allowed. The age of participants participating in the Championships is determined annually by the Ukrainian State Center for Tourism and Local Lore for Student Youth… One team from each region of Ukraine and the

[145] *On approval of the regulations on the championships of Ukraine in sports tourism, Order dated May 30, 2012 No. 642, registered with the Ministry of Justice of Ukraine, Order dated June 18, 2012 No. 992/21304 [in Ukrainian].*

[146] *On approval of the regulations on the championships of Ukraine in sports tourism, Order dated May 30, 2012 No. 642, registered with the Ministry of Justice of Ukraine, Order dated June 18, 2012 No. 992/21304 [in Ukrainian].*

Ukrainian State Center for Tourism and Local Lore for Student Youth is allowed to participate in each stage of the Championship. Based on the level of development of individual types of tourism and financial and organizational capabilities, additional teams from regions and/or individual educational institutions may be admitted. The composition of the teams for participation in each Championship is determined by the Ukrainian State Center for Tourism and Local Lore of Schoolchildren for each individual Championship, based on the rules (conditions) of holding the Championship and financial and organizational capabilities... The age of the participants and the composition of the teams for participation in the I and II stages of the Championship are determined by orders of the Ministry of Education and Science, departments of education and science of regional city state administrations... Team representatives and coaches ensure the safety of life and health of team members"[147].

The main objectives of the Ukrainian Orienteering Championship among students of extracurricular educational institutions (Order of the Ministry of Education and Science of Ukraine "On Approval of the Regulations on the Ukrainian Orienteering Championship among students of extracurricular educational institutions" No. 591 of 27.05.2013" [148]) are:

- organization of recreation among schoolchildren;
- promotion of a healthy lifestyle;
- promotion of physical education and sports, in particular, orienteering;
- improving the level of sportsmanship;
- identifying the best athletes and teams[149].

[147] On approval of the regulations on the championships of Ukraine in sports tourism, Order dated May 30, 2012 No. 642, registered with the Ministry of Justice of Ukraine, Order dated June 18, 2012 No. 992/21304 [in Ukrainian].

[148] On approval of the regulations on the Ukrainian orienteering championship among students of extracurricular educational institutions, Order dated May 27, 2013, No. 591, registered with the Ministry of Justice of Ukraine, Order dated June 13, 2013, No. 941/23473 [in Ukrainian].

[149] On approval of the regulations on the Ukrainian orienteering championship among students of extracurricular educational institutions, Order dated May 27, 2013, No. 591, registered with the Ministry of Justice of Ukraine, Order dated June 13, 2013, No. 941/23473 [in Ukrainian].

Fig. 17 – **Contents of the Regulations on All-Ukrainian open events in sports and technical sports and other areas of technical creativity among children and schoolchildren**

The main objectives of the Ukrainian Orienteering Championship among students of extracurricular educational institutions (Order of the Ministry of Education and Science of Ukraine "On Approval of the Regulations on the Ukrainian Orienteering Championship among students of extracurricular educational institutions" No. 591 of 27.05.2013" [150]) are:

- organization of recreation among schoolchildren;
- promotion of a healthy lifestyle;
- promotion of physical education and sports, in particular, orienteering;
- improving the level of sportsmanship;
- identifying the best athletes and teams[151].

The program of each stage of the Championship, namely the list of distances and disciplines, is determined by the following bodies:

1. Stage I - by orders of education management bodies, taking into account the stage and local opportunities;

2. Stage II - by orders of education management bodies, taking into account the stage and local opportunities;

3. Stage III - by the Ukrainian State Center for Tourism and Local Lore of Schoolchildren.

To register for the above championships, coaches/teachers must submit the list of documents presented in Figure 20.

[150] *On approval of the regulations on the Ukrainian orienteering championship among students of extracurricular educational institutions, Order dated May 27, 2013, No. 591, registered with the Ministry of Justice of Ukraine, Order dated June 13, 2013, No. 941/23473 [in Ukrainian].*

[151] *On approval of the regulations on the Ukrainian orienteering championship among students of extracurricular educational institutions, Order dated May 27, 2013, No. 591, registered with the Ministry of Justice of Ukraine, Order dated June 13, 2013, No. 941/23473 [in Ukrainian].*

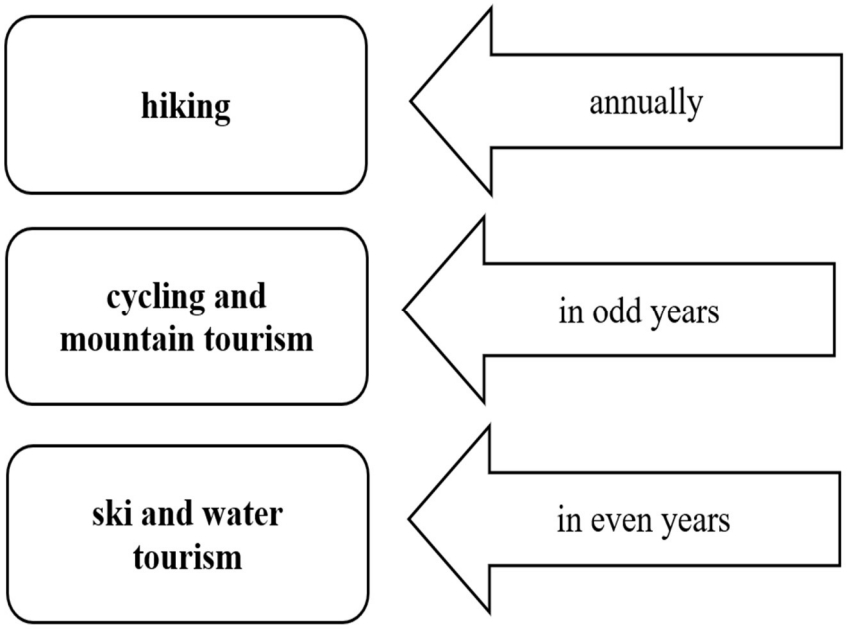


Fig. 18 – **Types of sports competitions held at the Ukrainian Sports Tourism Championships**

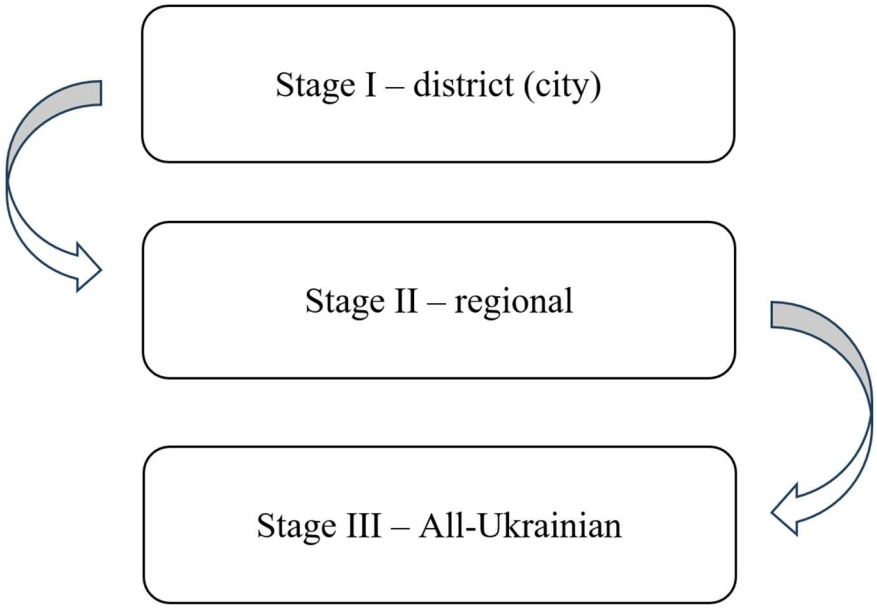


Fig. 19 – **Stages of the Championships**

Documentation and submission deadlines

1. Upon arrival at the venue of the III stage of the Championship, the following are submitted:

— a personal application of the team; passports of participants who are 16 years old at the time of the opening of the Championship (for persons under 16 years old - a birth certificate or a child's travel document);

— for participants who do not have passports or child's travel documents due to age, - student cards for the current academic year (in the case of holding the Championship during the summer holidays - for the previous academic year) or student cards;

— a certificate of assignment of a sports category (rank) (if available);

— medical certificates of the absence of infectious diseases and contact with infectious patients.

2. The list of documents submitted for participation in the I and II stages of the Championship is determined by the education authorities.

3. The use and processing of personal data is carried out in accordance with the requirements of the Law of Ukraine "On Personal Data Protection".

Fig. 20 – **Documentation for registration of participants of the Ukrainian Orienteering and Sports Tourism Championship (information taken from the Order of the Ministry of Education and Science of Ukraine "On Approval of the Regulations on the Ukrainian Orienteering Championship among Students of Extracurricular Educational Institutions" No. 591 dated 05/27/2013)**

The Championships are held within the limits of the relevant appropriations, as well as funds that are not prohibited by law.

In addition to the Championships in sports tourism, since 2013 the Regulations have regulated the holding of the Cups of Ukraine in sports tourism (Order "On Approval of the Regulations on the Cups of Ukraine in Sports Tourism among Young Men and Juniors No. 615 of 28.05.2013[152]).

Fig. 21 – **Poster-announcement regarding the Ukrainian Sports Tourism Championship (material taken from the Facebook page of the Khmelnytskyi Regional Sports Tourism Federation)**

[152] *On approval of the regulations on the cups of Ukraine in sports tourism among young men and juniors, Order dated May 28, 2013, No. 615, registered with the Ministry of Justice of Ukraine, Order dated June 13, 2013, No. 956/23488. Retrieved from https://zakon.rada.gov.ua/laws/show/1841-14 - Text [in Ukrainian].*

It follows from the Regulation: "… The direct organization and holding of the Cups are carried out by the Ukrainian State Center for Tourism and Local History of Schoolchildren and the extracurricular educational institution responsible for organizing tourist and local history work in the relevant administrative-territorial unit where the competitions included in the Cup standings are held… Participants who have the necessary sports qualifications are allowed to participate in the Cups… The program of each stage of each Cup (list of distances, their class) is determined by the Ukrainian State Center for Tourism and Local History of Schoolchildren together with the relevant extracurricular educational institution responsible for organizing tourist and local history work in the relevant administrative-territorial unit where the competitions included in the Cup standings are held. When determining the list of distances, it is determined which of them will be included in the overall Cup standings"[153].

Also: "… The result in the general team standings of each stage of each Cup is determined by the lowest sum of places that the team took in individual types of the program. The result of a team on a separate distance for the general Cup standings is determined by the formula, where Pt– points that the team receives in the Cup standings; Rt – the absolute result of the team for which the number of points for the general Cup standings is determined; RI – the absolute result of the team that took 1st place."[154]

$$Pt = Rt / RI \times \text{Distance rank}$$

[153] *On approval of the regulations on the cups of Ukraine in sports tourism among young men and juniors, Order dated May 28, 2013, No. 615, registered with the Ministry of Justice of Ukraine, Order dated June 13, 2013, No. 956/23488. Retrieved from https://zakon.rada.gov.ua/laws/show/1841-14 - Text [in Ukrainian].*

[154] *On approval of the regulations on the cups of Ukraine in sports tourism among young men and juniors, Order dated May 28, 2013, No. 615, registered with the Ministry of Justice of Ukraine, Order dated June 13, 2013, No. 956/23488. Retrieved from https://zakon.rada.gov.ua/laws/show/1841-14 - Text [in Ukrainian].*

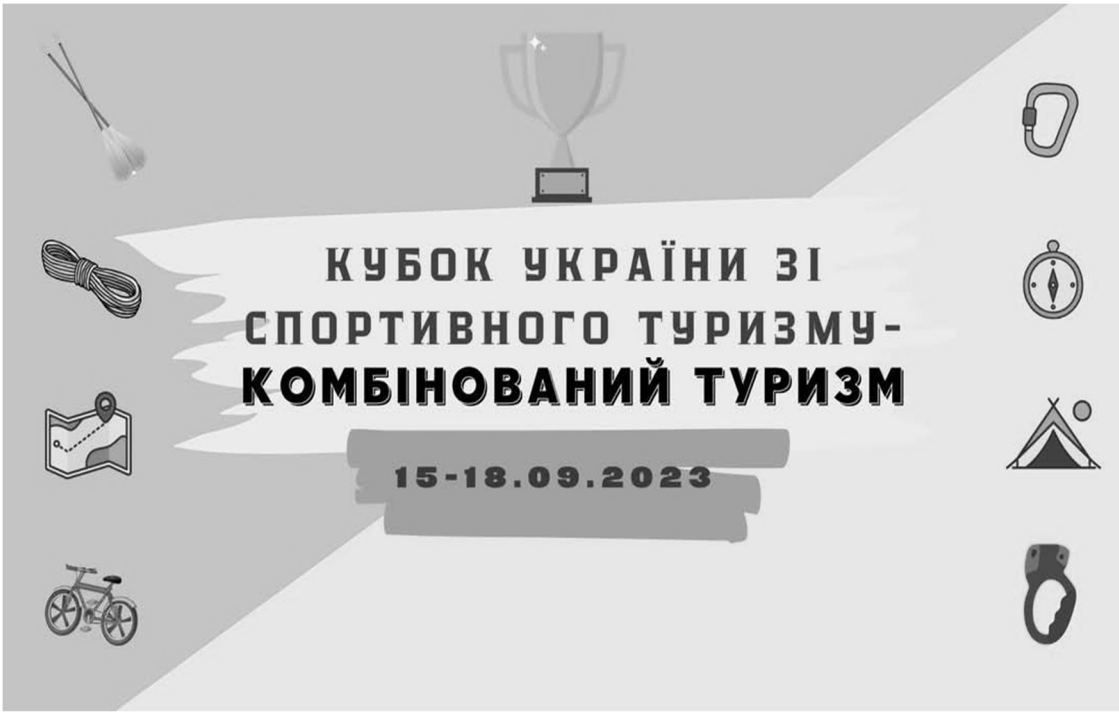
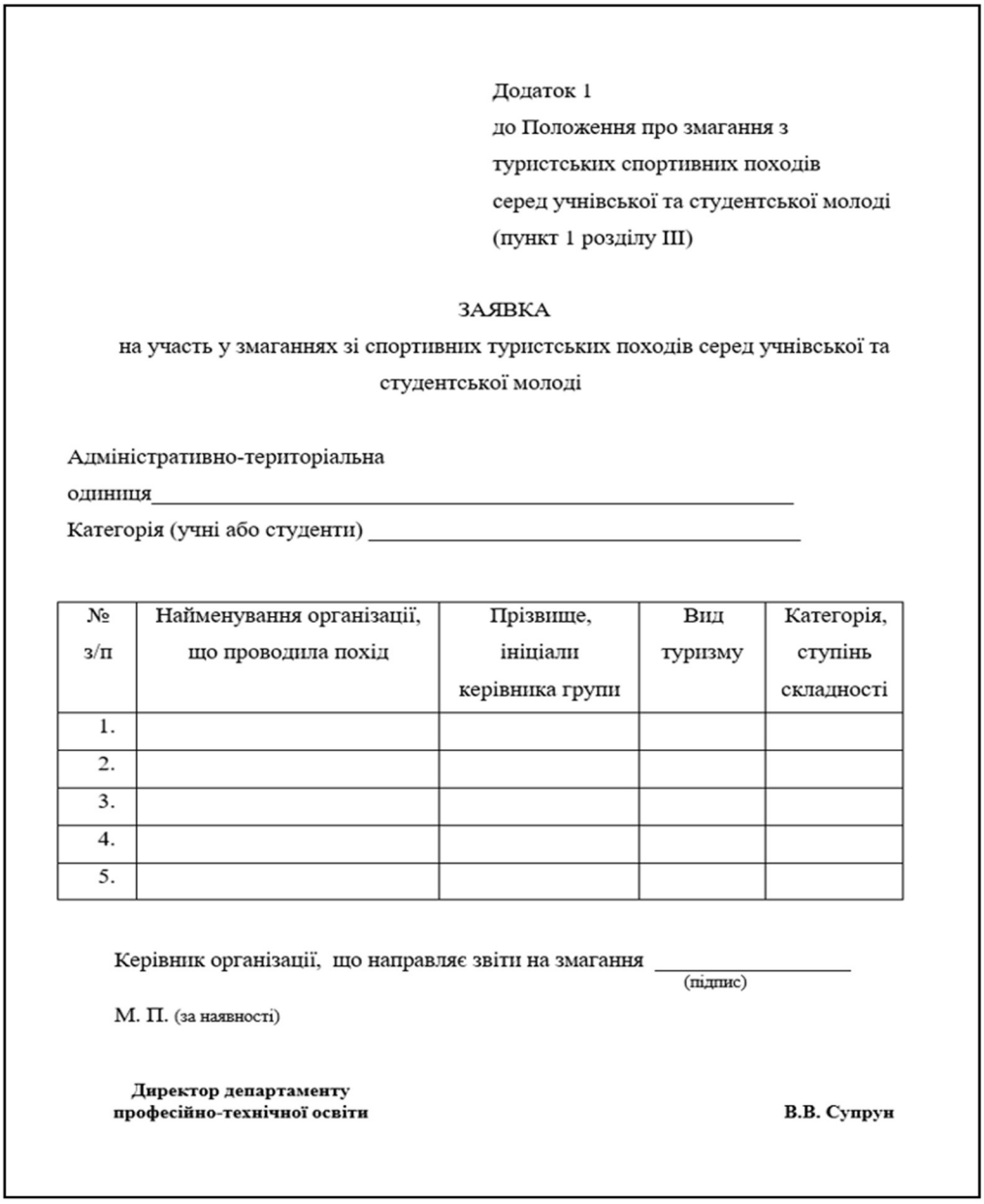


Fig. 22 – **Poster-announcement regarding the Sports Tourism Cup (material taken from the Facebook page of the Kyiv City Federation of Sports Tourism)**

Fig. 23 – **Poster for the Ukrainian Orienteering Championship (material taken from the page of the National Committee for Sports for the Disabled of Ukraine)**

In 2015, one of the forms of extracurricular work, approved by the Order of the Ministry of Education and Science of Ukraine and regulated by the Regulations, was a tourist sports trip among schoolchildren and students, the main tasks of which were: "… organization of meaningful active recreation for schoolchildren and students; popularization of a healthy lifestyle and promotion of sports tourism among schoolchildren and students; improvement of the content of tourist sports trips, expansion and deepening of their participants' knowledge of the history, culture, nature of Ukraine and other countries; increase of the level of tourist skill of participants in competitions and safety of tourist trips; strengthening of friendly ties of young tourists of Ukraine, fostering in them a sense of love for their native land, their people; military-patriotic education of youth, preparing them for the defense of the Fatherland, service in the Armed Forces of Ukraine; determination of the strongest tourist sports groups; identification, study and dissemination of the best experience in organizing and conducting tourist sports trips for schoolchildren and students"[155] (Figure 24, 25).

[155] *On approval of the regulations on competitions in tourist sports hikes among schoolchildren and student youth, Order dated November 27, 2015, No. 1250, registered with the Ministry of Justice of Ukraine, Order dated February 2, 2016, No. 175/28305 [in Ukrainian].*



Додаток 1
до Положення про змагання з
туристських спортивних походів
серед учнівської та студентської молоді
(пункт 1 розділу III)

ЗАЯВКА
на участь у змаганнях зі спортивних туристських походів серед учнівської та студентської молоді

Адміністративно-територіальна
одиниця_____
Категорія (учні або студенти) _____

№ з/п	Найменування організації, що проводила похід	Прізвище, ініціали керівника групи	Вид туризму	Категорія, ступінь складності
1.				
2.				
3.				
4.				
5.				

Керівник організації, що направляє звіти на змагання _____
(підпис)

М. П. (за наявності)

Директор департаменту
професійно-технічної освіти **В.В. Супрун**

Fig. 24 **– Application for participation in competitions in sports tourist hikes among schoolchildren and students (taken from the appendix to the Order "On approval of the Regulations on competitions in sports tourist hikes among schoolchildren and students No. 1250 of 11/27/2015)**

Додаток 2
до Положення про змагання з
туристських спортивних походів
серед учнівської та студентської
молоді
(пункт 1 розділу III)

ІМЕННА ЗАЯВКА
на участь у змаганнях зі спортивних туристських походів
серед учнівської та студентської молоді

Група _____
(найменування організації, яка проводила похід)

Вид туризму _____
(назва виду туризму, з якого проведено похід)

Категорія складності походу _____
(словами)

Категорія (учні або студенти) _____

№ з/п	Прізвище, ім'я, по батькові	Рік народження	Кваліфікація (розряд чи звання зі спортивного туризму)	Учасник чи керівник
1				
2				
3				

Керівник організації, що направляє звіт на змагання _____
(підпис)

М. П. (за наявності)

Директор департаменту
професійно-технічної освіти **В.В. Супрун**

Fig. 25 – **Personal application for participation in competitions in sports tourist hikes among schoolchildren and students (taken from the appendix to the Order "On approval of the Regulations on competitions in sports tourist hikes among schoolchildren and students No. 1250 of 11/27/2015)**

The regulatory and legal framework for extracurricular physical education and sports work in Ukraine from 1991 to 2022, in addition to laws, orders, regulations and instructions, was approved by numerous letters from the Ministry of Education and Science of Ukraine, the latest of which are presented in Table 2.

Table 2. **Letters from the Ministry of Education and Science of Ukraine on the organization of physical education and sports work**

No.	Letters	No.	Date
1.	Regarding the application of the Procedure for organizing inclusive education in out-of-school education institutions[156]	1/9-363	07/07/2020
2.	On the organization of the educational process in out-of-school education institutions in the 2021/2022 academic year[157]	1/9-414	17/08/2021
3.	On ensuring the educational process in out-of-school education institutions during martial law[158]	1/3544-22	18/03/2022
4.	On the organization of the work of extracurricular educational institutions[159]	1/4142-22	14/04/2022

In 2022, full-scale hostilities began on the territory of Ukraine, which led to the deterioration, and in some regions of the country to the impossibility of conducting extracurricular education, in connection with which the Ministry of Education and

[156] On the application of the procedure for organizing inclusive education in out-of-school education institutions, Letter of the Ministry of Education and Science of Ukraine dated July 7, 2020, No. 1/9-363 [in Ukrainian].

[157] On the organization of the educational process in out-of-school education institutions in the 2021/2022 academic year, Letter of the Ministry of Education and Science of Ukraine dated August 17, 2021, No. 1/9-414 [in Ukrainian].

[158] On ensuring the educational process in out-of-school education institutions during martial law, Letter of the Ministry of Education and Science of Ukraine dated March 18, 2022, No. 1/3544-22 [in Ukrainian].

[159] On the organization of the work of extracurricular education institutions, Letter of the Ministry of Education and Science of Ukraine dated April, 14, 2022, No. 1/4142-22 [in Ukrainian].

Science of Ukraine developed and provided Letters of Recommendation on ensuring and organizing the work of extracurricular education institutions during martial law (Figure 26, 27).

Based on the presented material, the following conclusions can be drawn. Extracurricular education in Ukraine is an integral part of general education, which is aimed at the physical and mental development of children of different ages, at the formation of skills and qualities, at the upbringing of norms and rules of life through the prism of observing the rules of sports games, working in a team on any projects, etc.

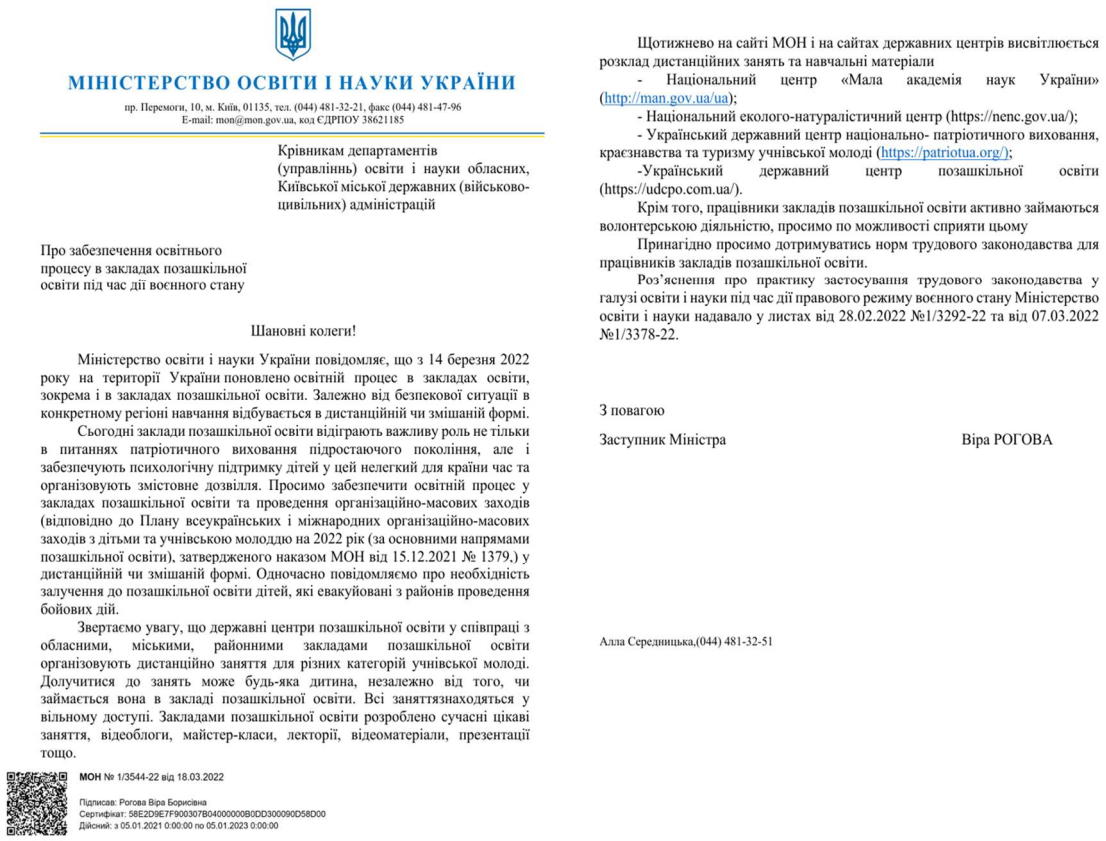
Along with preschool, general secondary, vocational, pre-university and higher education, out-of-school education contributes to the development of the individual through the components of the out-of-school system:

- education;
- culture;
- physical culture and sports;
- science and technology.

Despite the difficult conditions of today, the after-school system has an extensive network of after-school education institutions, which have a certain classification.

After-school education institutions include:

- centers;
- complexes;
- palaces;
- clubs;
- art schools;
- rooms;
- studios;
- children's and youth sports schools;
- stadiums;
- swimming pools.



МІНІСТЕРСТВО ОСВІТИ І НАУКИ УКРАЇНИ

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Крівникам департаментів (управлінь) освіти і науки обласних, Київської міської державних (військово-цивільних) адміністрацій

Про забезпечення освітнього процесу в закладах позашкільної освіти під час дії воєнного стану

Шановні колеги!

Міністерство освіти і науки України повідомляє, що з 14 березня 2022 року на території України поновлено освітній процес в закладах освіти, зокрема і в закладах позашкільної освіти. Залежно від безпекової ситуації в конкретному регіоні навчання відбувається в дистанційній чи змішаній формі.

Сьогодні заклади позашкільної освіти відіграють важливу роль не тільки в питаннях патріотичного виховання підростаючого покоління, але і забезпечують психологічну підтримку дітей у цей нелегкий для країни час та організовують змістовне дозвілля. Просимо забезпечити освітній процес у закладах позашкільної освіти та проведення організаційно-масових заходів (відповідно до Плану всеукраїнських і міжнародних організаційно-масових заходів з дітьми та учнівською молоддю на 2022 рік (за основними напрямами позашкільної освіти), затвердженого наказом МОН від 15.12.2021 № 1379,) у дистанційній чи змішаній формі. Одночасно повідомляємо про необхідність залучення до позашкільної освіти дітей, які евакуйовані з районів проведення бойових дій.

Звертаємо увагу, що державні центри позашкільної освіти у співпраці з обласними, міськими, районними закладами позашкільної освіти організовують дистанційно заняття для різних категорій учнівської молоді. Долучитися до занять може будь-яка дитина, незалежно від того, чи займається вона в закладі позашкільної освіти. Всі заняттязнаходяться у вільному доступі. Закладами позашкільної освіти розроблено сучасні цікаві заняття, відеоблоги, майстер-класи, лекторії, відеоматеріали, презентації тощо.

Щотижнево на сайті МОН і на сайтах державних центрів висвітлюється розклад дистанційних занять та навчальні матеріали

- Національний центр «Мала академія наук України» (http://man.gov.ua/ua);
- Національний еколого-натуралістичний центр (https://nenc.gov.ua/);
- Український державний центр національно- патріотичного виховання, краєзнавства та туризму учнівської молоді (https://patriotua.org/);
- Український державний центр позашкільної освіти (https://udcpo.com.ua/).

Крім того, працівники закладів позашкільної освіти активно займаються волонтерською діяльністю, просимо по можливості сприяти цьому

Принагідно просимо дотримуватись норм трудового законодавства для працівників закладів позашкільної освіти.

Роз'яснення про практику застосування трудового законодавства у галузі освіти і науки під час дії правового режиму воєнного стану Міністерство освіти і науки надавало у листах від 28.02.2022 №1/3292-22 та від 07.03.2022 №1/3378-22.

З повагою

Заступник Міністра Віра РОГОВА

Алла Середницька,(044) 481-32-51

МОН № 1/3544-22 від 18.03.2022

Підписав: Рогова Віра Борисівна
Сертифікат: 58E2D9E7F900307B04000000B0DD300090D58D00
Дійсний: з 05.01.2021 0:00:00 по 05.01.2023 0:00:00

Fig. 26 – **Letter from the Ministry of Education and Science "On ensuring the educational process in out-of-school education institutions during martial law"**

According to the Institute for Modernization of Educational Content, extracurricular education is a link in education that, despite existing problems, is sufficiently developed and operates at an appropriate – sufficiently high – level. However, to modernize and improve the activities of extracurricular educational institutions, the following should be taken into account:

- expansion of the network of extracurricular institutions;
- increase in funding;
- improvement of the material and technical base;
- improvement of the educational and methodological base;
- motivation for the work of pedagogical staff of extracurricular education through an increase in salaries;

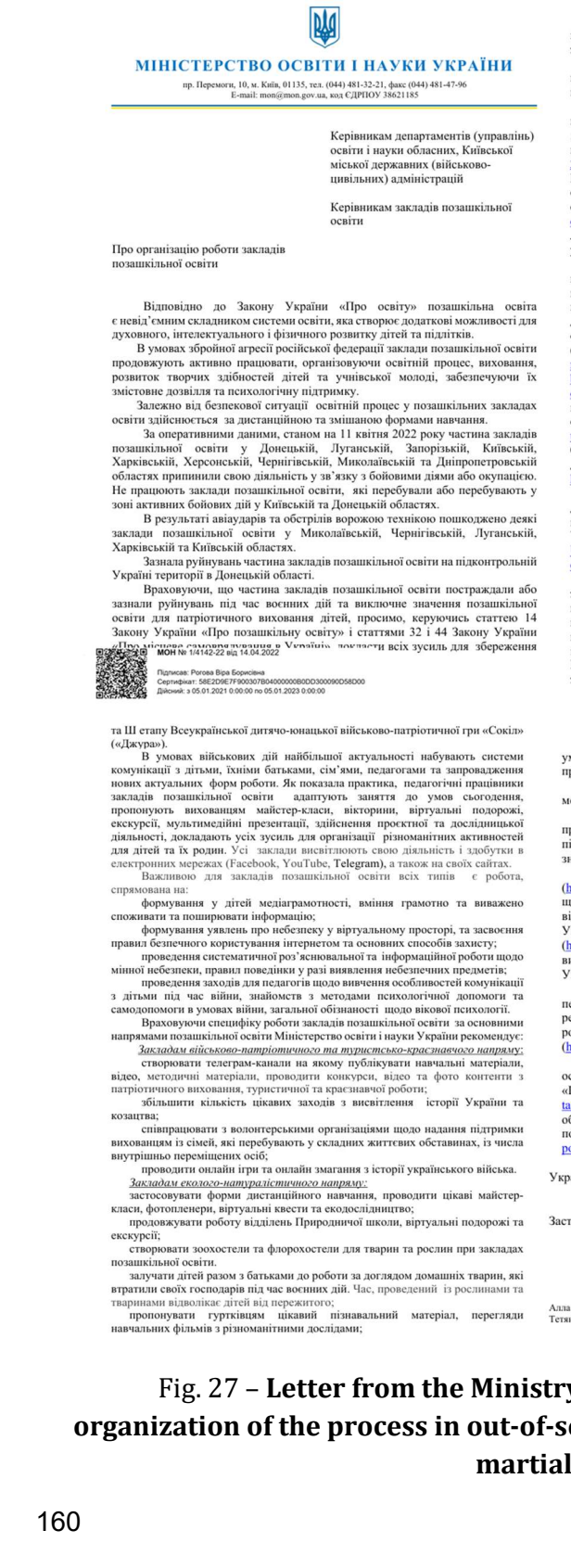
- provision of high-quality educational services through increasing the professional skills of teachers, the formation of creativity and an extraordinary approach;
- provision of extracurricular work with information and communication technologies, as well as educational and methodological literature that meet the modern requirements for establishing communication and relationships through the prism of partnership relations between the administration of extracurricular educational institutions, teachers, parents, pupils/students/listeners;
- expansion of business relations of the head of the extracurricular educational institution with community representatives.

The implementation of the educational process in out-of-school education institutions is carried out on the basis of standard educational programs, which are approved by the Ministry of Education of Ukraine and other executive bodies in the field of out-of-school education, approved by the pedagogical council of the out-of-school education institution and approved by the head of the institution. The mandatory components of standard educational programs are purpose and teaching methods;

- content;
- structure;
- methods;
- assessment criteria;
- material and technical support;
- recommendations for use.

Typical educational programs of extracurricular physical education and sports work are an important tool for ensuring high-quality education in the field of physical education, contributing to the harmonious development of children and youth, the formation of a healthy lifestyle and preparation for active participation in public life.

A retrospective analysis of the regulatory framework of extracurricular physical education and sports work in Ukraine in the period from 1991 to 2022 allows us to assert that with the beginning of the formation of Ukraine as an independent and sovereign state, the system of education and extracurricular education has undergone certain transformations that have affected the approaches and content of various industries, including physical education and sports in particular.



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Керівникам департаментів (управлінь) освіти і науки обласних, Київської міської державних (військово-цивільних) адміністрацій

Керівникам закладів позашкільної освіти

Про організацію роботи закладів позашкільної освіти

Відповідно до Закону України «Про освіту» позашкільна освіта є невід'ємним складником системи освіти, яка створює додаткові можливості для духовного, інтелектуального і фізичного розвитку дітей та підлітків.

В умовах збройної агресії російської федерації заклади позашкільної освіти продовжують активно працювати, організовуючи освітній процес, виховання, розвиток творчих здібностей дітей та учнівської молоді, забезпечуючи їх змістовне дозвілля та психологічну підтримку.

Залежно від безпекової ситуації освітній процес у позашкільних закладах освіти здійснюється за дистанційною та змішаною формами навчання.

За оперативними даними, станом на 11 квітня 2022 року частина закладів позашкільної освіти у Донецькій, Луганській, Запорізькій, Київській, Харківській, Херсонській, Чернігівській, Миколаївській та Дніпропетровській областях припинили свою діяльність у зв'язку з бойовими діями або окупацією. Не працюють заклади позашкільної освіти, які перебували або перебувають у зоні активних бойових дій у Київській та Донецькій областях.

В результаті авіаударів та обстрілів ворожою технікою пошкоджено деякі заклади позашкільної освіти у Миколаївській, Чернігівській, Луганській, Харківській та Київській областях.

Зазнала руйнувань частина закладів позашкільної освіти на підконтрольній Україні території в Донецькій області.

Враховуючи, що частина закладів позашкільної освіти постраждали або зазнали руйнувань під час воєнних дій та виключне значення позашкільної освіти для патріотичного виховання дітей, просимо, керуючись статтею 14 Закону України «Про позашкільну освіту» і статтями 32 і 44 Закону України «Про місцеве самоврядування в Україні», докласти всіх зусиль для збереження

МОН № 1/4142-22 від 14.04.2022

Підписав: Рогова Віра Борисівна
Сертифікат: 58E2D9E7F900307B04000000B0DD300090D58D00
Дійсний: з 05.01.2021 0:00:00 по 05.01.2023 0:00:00

та ІІІ етапу Всеукраїнської дитячо-юнацької військово-патріотичної гри «Сокіл» («Джура»).

В умовах військових дій найбільшої актуальності набувають системи комунікації з дітьми, їхніми батьками, сім'ями, педагогами та запровадження нових актуальних форм роботи. Як показала практика, педагогічні працівники закладів позашкільної освіти адаптують заняття до умов сьогодення, пропонують вихованцям майстер-класи, вікторини, віртуальні подорожі, екскурсії, мультимедійні презентації, здійснення проєктної та дослідницької діяльності, докладають усіх зусиль для організації різноманітних активностей для дітей та їх родин. Усі заклади висвітлюють свою діяльність і здобутки в електронних мережах (Facebook, YouTube, Telegram), а також на своїх сайтах.

Важливою для закладів позашкільної освіти всіх типів є робота, спрямована на:

формування у дітей медіаграмотності, вміння грамотно та виважено споживати та поширювати інформацію;

формування уявлень про небезпеку у віртуальному просторі, та засвоєння правил безпечного користування інтернетом та основних способів захисту;

проведення систематичної роз'яснювальної та інформаційної роботи щодо мінної небезпеки, правил поведінки у разі виявлення небезпечних предметів;

проведення заходів для педагогів щодо вивчення особливостей комунікації з дітьми під час війни, знайомств з методами психологічної допомоги та самодопомоги в умовах війни, загальної обізнаності щодо вікової психології.

Враховуючи специфіку роботи закладів позашкільної освіти за основними напрямами позашкільної освіти Міністерство освіти і науки України рекомендує:

Закладам військово-патріотичного та туристсько-краєзнавчого напрямку:

створювати телеграм-канали на якому публікувати навчальні матеріали, відео, методичні матеріали, проводити конкурси, відео та фото контенти з патріотичного виховання, туристичної та краєзнавчої роботи;

збільшити кількість цікавих заходів з висвітлення історії України та козацтва;

співпрацювати з волонтерськими організаціями щодо надання підтримки вихованцям із сімей, які перебувають у складних життєвих обставинах, із числа внутрішньо переміщених осіб;

проводити онлайн ігри та онлайн змагання з історії українського війська.

Закладам еколого-натуралістичного напрямку:

застосовувати форми дистанційного навчання, проводити цікаві майстер-класи, фотопленери, віртуальні квести та екодослідництво;

продовжувати роботу відділень Природничої школи, віртуальні подорожі та екскурсії;

створювати зоохостели та флорохостели для тварин та рослин при закладах позашкільної освіти.

залучати дітей разом з батьками до роботи за доглядом домашніх тварин, які втратили своїх господарів під час воєнних дій. Час, проведений із рослинами та тваринами відволікає дітей від пережитого;

пропонувати гуртківцям цікавий пізнавальний матеріал, перегляди навчальних фільмів з різноманітними дослідами;

мережі закладів позашкільної освіти в регіонах, **запровадивши мораторій на їх закриття, реформування, злиття або об'єднання.**

Для забезпечення організаційних аспектів діяльності закладів позашкільної освіти Міністерство освіти і науки України пропонує керуватися відповідними нормативно-правовими документами:

Указ Президента України від 24.02.2022 № 64/2022 «Про введення воєнного стану в Україні» (https://www.president.gov.ua/documents/642022-41397) ; Закон України «Про організацію трудових відносин в умовах воєнного стану» від 15.03.2022 №2136-IX (https://zakon.rada.gov.ua/laws/main/2136-20?msclkid=889d9c93b04711ecbe29d874423f7990#Text); постанова Кабінету Міністрів України від 13.03.2022 № 267 «Деякі питання затвердження фінансових документів та казначейського обслуговування в умовах воєнного стану» (https://www.kmu.gov.ua/npas/deyaki-pitannya-zatverdzhennya-finansovih-dokumentiv-ta-kaznachejskogo-obslugovuvannya-v-umovah-voyennogo-stanu-267); листи МОН від 06.03.2022 № 1/3371-22 «Про організацію освітнього процесу в умовах військових дій» (https://osvita.ua/legislation/Ser_osv/86062/); від 18.03.2022 № 1\3544-22 «Про забезпечення освітнього процесу в закладах позашкільної освіти під час дії воєнного стану» (https://hoippo.km.ua/?p=5418); від 19.03.2022 №1/3556-22 «Закладам освіти, установам, які вимушені змінити місце розташування у зв'язку з проведенням в місцях їх розташування бойових дій або тимчасовою окупацією території України, необхідно перейти на обслуговування до органів казначейства за новою адресою розташування» (https://mon.gov.ua/ua/npa/zakladam-osviti-ustanovam-yaki-vimusheni-zminiti-misce-roztashuvannya-u-zvyazku-provedennyam-v-miscyah-yih-roztashuvannya-bojovih-dij-abo-timchasovoyu-okupaciyeyu-teritoriyi-ukrayini-neobhidno-perejti-na-obslugovuvannya-); від 29.03.2022 № 1/3737-22 «Про забезпечення психологічного супроводу учасників освітнього процесу в умовах воєнного стану» (https://mon.gov.ua/ua/npa/pro-zabezpechennya-psihologichnogo-suprovodu-uchasnikiv-osvitnogo-procesu-v-umovah-voyennogo-stanu-v-ukrayini), від 04.04.2022 № 1/3872-22 «Про методичні рекомендації «Перша психологічна допомога. Алгоритм дій» https://drive.google.com/file/d/16esXuCScmCqB5kXLugnkKm-E6SaKg1u0/view.

Просимо також керівників закладів позашкільної освіти неухильно дотримуватись трудового законодавства. Необхідні роз'яснення щодо трудових відносин під час воєнного стану можна знайти на сайті Міністерства економіки України за посиланням: https://me.gov.ua/Documents/List?lang=uk-UA&id=316d6215-7fd2-4e9b-b6a5-e8833d29f065&tag=TrudoviVidnosiniVUmovakhVonnogoStanu.

Відповідно до Плану всеукраїнських і міжнародних організаційно-масових заходів з дітьми та учнівською молоддю на 2022 рік (за основними напрямами позашкільної освіти), затвердженого наказом МОН від 15.12.2021 № 13793, кожний із запланованих заходів координує відповідний державний центр позашкільної освіти МОН, який в установленому порядку надаватиме повну інформацію учасникам про формат і терміни проведення зазначених заходів. Наразі триває підготовка до проведення ІІІ етапу Всеукраїнського конкурсу-захисту науково-дослідницьких робіт учнів-членів Малої академії наук України

швидко реагувати на зміни умов навчання, розробляти адекватні ситуації умови проведення організаційно-масових заходів, намагатись спростити процедуру реєстрації та подачі документів та проведення самих заходів;

збільшити кількість занять та заходів, спрямованих на формування медіаграмотності учнів;

з метою психологічної підтримки учнів в умовах війни на регулярній основі проводити онлайн-зустрічі з психологами-консультантами, говорити про те як підлітки реагують на війну, як надавати інформацію з точки зору психологічних знань щодо підліткового віку.

Принагідно повідомляємо, що на сайті МОН (https://mon.gov.ua/ua/vseukrayinskij-rozklad) і на сайтах державних центрів щотижнево висвітлюється розклад дистанційних занять з позашкільної освіти та відповідні навчальні матеріали: Національний центр «Мала академія наук України» (http://man.gov.ua/); Національний еколого-натуралістичний центр (https://nenc.gov.ua/); Український державний центр національно- патріотичного виховання, краєзнавства та туризму учнівської молоді (https://patriotua.org/); Український державний центр позашкільної освіти (https://udcpo.com.ua/).

Крім того, для проведення дистанційного навчання керівники гуртків та педагогічні працівники закладів позашкільної освіти можуть скористатися рекомендаціями та електронним банком науково-методичної літератури, розміщеними на сайті МОН за посиланням: (https://mon.gov.ua/ua/osvita/pozashkilna-osvita/distancijne-navchannya).

З метою популяризації кращого досвіду педагогів закладів позашкільної освіти, ДНУ «Інститут модернізації змісту освіти» створено електронну сторінку «Позашкілля: скарбничка досвіду»: https://imzo.gov.ua/osvita/pozashkilna-osvita-ta-vihovna-robota/pozashkillia-skarbnychka-dosvidu/. Для поповнення сторінки та обміну досвідом можна надсилати матеріали про кращий досвід закладів позашкільної освіти за всіма напрямами на електронну адресу: pozashkillya22@gmail.com.

Спільними зусиллями та невтомною працею наближаємо перемогу України!

Заступник Міністра Віра РОГОВА

Алла Середницька, 066 734 65 83
Тетяна Кононович, 098 569 88 27

Fig. 27 – **Letter from the Ministry of Education and Science "On the organization of the process in out-of-school education institutions during martial law**

The main regulatory documents regulating extracurricular activities are:

1. Law of Ukraine “On Education”

2. Law of Ukraine “On Extracurricular Education”

3. Decree “On Grants of the President of Ukraine for Gifted Youth (dated 02.08.2000 No. 945/2000)”

4. Decree “On Measures to Develop the System for Identifying and Supporting Gifted and Talented Children and Youth (dated 30.09.2010 No. 927/2010)”

5. Resolution “On Approval of the List of Paid Services that May Be Provided by Educational Institutions, Other Institutions and Educational Institutions of State and Municipal Ownership (dated 27.08.2010 No. 796)”

6. Resolution “On Improving the System of Organizing Work on the Education of Children and Youth in Extracurricular Educational Institutions (dated 20.08.2008 No. 993)”

7. Resolution “On Approval of the List of Extracurricular Educational Institutions and Activities for extracurricular work with children, as well as institutions and activities in the field of education that ensure the implementation of state functions, the expenses for which are made from the state budget (dated 17.08.2002 No. 1133)"

8. Resolution "On approval of the list of types of extracurricular educational institutions and the Regulation on extracurricular educational institutions (dated 06.05.2001 No. 433)"

9. Order "On approval of Typical lists of teaching aids and special-purpose equipment for extracurricular educational institutions of the Ministry of Education and Science of Ukraine (military-patriotic and sports direction of extracurricular education) (dated 13.07.2004 No. 576)"

11. Order “On approval of the procedures for the provision of paid services by state and municipal educational institutions (dated 07/23/2010 No. 736/902/758 - jointly with the Ministry of Economy and the Ministry of Finance)”

12. Order “On approval of the Regulations on All-Ukrainian open events in sports and technical sports and other areas of technical creativity among children and schoolchildren (order dated 11/13/2017 No. 1468, registered with the Ministry of Justice of Ukraine on December 5, 2017 under No. 1471/31339)”

13. Order “On approval of the Regulations on the Championships of Ukraine in sports tourism (dated 05/30/2012 No. 642, registered with the Ministry of Justice of Ukraine on June 18, 2012 under No. 992/21304)”

14. Order “On approval of the Model Instructions on maintaining business documentation in extracurricular educational institutions (dated 08/23/2012 No. 947)"

15. Order "On approval of reporting forms on the activities of extracurricular educational institutions and instructions for filling them out (order dated 07/12/2017 No. 1016, registered with the Ministry of Justice of Ukraine on August 03, 2017 under No. 954/30822)"

16. Order "On approval of the Regulations on the Ukrainian Orienteering Championship among students of extracurricular educational institutions (dated 05/27/2013 No. 591, registered with the Ministry of Justice of Ukraine on June 13, 2013 under No. 941/23473)"

17. Order "On approval of the Regulations on the Ukrainian Cups in sports tourism among young men and juniors (dated 05/28/2013 No. 615, registered with the Ministry of Justice of Ukraine on 13.06.2013 under No. 956/23488)"

18. Order "On approval of the Regulations on competitions in tourist sports hikes among schoolchildren and students (dated 27.11.2015 No. 1250, registered with the Ministry of Justice of Ukraine on 02.02.2016 under No. 175/28305)"

19. Order "On approval of the list of the largest out-of-school educational institutions of state and municipal forms of ownership of the system of the Ministry of Education and Science of Ukraine (dated 14.08.2017 No. 1157)"

20. Letter "On the organization of the work of out-of-school educational institutions (dated 14.04.2022 No. 1/4142-22)"

21. Letter "On ensuring the educational process in out-of-school educational institutions during martial law (dated 03/18/2022 No. 1/3544-22)"

22. Letter "On the organization of the educational process in out-of-school education institutions in the 2021/2022 academic year (dated 08/17/2021 No. 1/9-414)"

23. Letter "On the application of the Procedure for organizing inclusive education in out-of-school education institutions (dated 07/07/2020 No. 1/9-363)"

A promising direction for further research can be identified as the features of the methodological work of out-of-school physical education.

Part 4

Management psychological as of track and field athletes Paralympians from broken forms musculoskeletal apparatus in competitive period

The athlete's high performance during major competitions determines the effectiveness of the training model used during the competitive period[160] [161] [162] [163] [164]. At the present stage, the state of development of the scientific problem related to the design of effective models for managing the educational and training process of highly qualified athletes is at a fairly high level[165]. Significant progress is also noted in solving the problem of determining the foundations and approaches to forming the content of training for such athletes, but with special needs, in particular impaired musculoskeletal functions (PFORA) at the stage of basic training[166] [167] [168] [169]. The decisive factor here is the adaptation of the principles, means, and methods of training athletes without developmental disorders to the capabilities and characteristics of athletes with impaired forms of the musculoskeletal system, which is evidenced by the very name "Adaptive Sports"[170] [171] [172].

[160] Matveev L. P. General theory of sport and its applied aspects: textbook for physical education universities. 5th ed. M.: Sov. sport, 2010. 340 p.

[161] Platonov V. N. Periodization of sports training. General theory and its practical application. Kyiv: Olimp iyska Let eratura, 2013. 624 p.

[162] Bompa, T., Haff, G. G. Periodization: theory and methodology of training. 6rd ed. Champaign, IL: Human Kinetics, 2012. 345 p.

[163] Dick, F. W. Sports training principles. 5th ed. Londonґ: A & C Black, 2007. 387 p.

[164] Issurin, V. B. Block periodization: breakthrough in sport training / ed. M. Yessis. Michigan: Ultimate athlete concepts, 2008. 213 p.

[165] Akhmetov R. F., Maksymenko G. M., Kutek T. B. Athletics: textbook. Zhytomyr: Zhytomyr State University named after Ivan Franko, 2013. 340 p.

[166] Vinnyk D. P. Adaptive physical education and sport / part. ed. D. P. Vinnyka Kyiv: Olympia Literature, 2010. 608 p.

[167] Ovcharenko C., Kunytsia O., Yakovenko A. Individual speed-power preparation football players Paralympic national team in the preparatory period. Young sports science of Ukraine: Collection of scientific works. Lviv: LDUFK, 2011. Issue 15, Vol. 1. Pp. 210–214.

[168] DePauw, K. P., Gavron, S. J. Disability and sport. 2nd ed. Champaign, IL: Human Kinetics, 2005. 212 p.

[169] Sherrill, C. Adapted physical education, recreation, and sport: cross disciplinary and lifespan. 6th ed. Boston: McGraw Higher Education, 2004. 420 p.

[170] Evseev S. P. Theory and organization of adaptive physical education: a textbook for higher education institutions of physical education in 2 volumes. M.: Sov. Sport, 2002. Volume 1. Introduction to the specialty. History and general characteristics of adaptive physical education. 448 p.

[171] Hallahan, D. P., Kauffman, J. M. Exceptional learners: introduction to special education. 9th ed. Needham Heights, MA: Allyn & Bacon, 2003. 345 p.

[172] Paciorek, M. J., Jones, J. A. Disability and recreation resources. 3th ed. Traverse City, MI: Cooper Publishing Group, 2001. 428 p.

As for the design of models for managing the training process of track and field athletes with PFORA at the stage of maximum realization of individual capabilities, including in the competitive period of preparation for major starts, the state of its solution is at the level of general recommendations, the basis of which is the adaptation[173] [10].

There is a contradiction between the importance and necessity of managing the training process of Paralympic athletes with impaired musculoskeletal systems in the competitive period of preparation for the main starts, on the one hand, and the lack of models, the implementation of which will provide each such athlete with the opportunity to demonstrate the highest result during the competition.

There is a need to implement in practice the training process of Paralympic athletes with impaired forms of the musculoskeletal system a management model that is implemented during direct preparation for the main competitions, as well as in determining an effective program of psychological readiness of such athletes as a component of the specified model.

The practical significance of the scientific research in this monograph is confirmed by acts and certificates on the implementation of the results in the training process of members of the Paralympic national team of Ukraine in athletics (certificate of the Ukrainian Federation of Sports for Disabled People with Musculoskeletal System Damage, the Ukrainian Center for Physical Culture and Sports for Disabled People "Invasport" of the Ministry of Youth and Sports of Ukraine), the educational process of the Kharkiv State Academy of Physical Culture and the Department of "Olympic and Professional Sports" of the Educational and Scientific Humanitarian Institute at the Admiral Makarov National Shipbuilding University, Mykolaiv.

4.1. History development easy athletics in the Paralympic sports

Highly qualified athletes with impaired musculoskeletal systems demonstrate their capabilities during competitions of various ranks. At the current stage, the highest-ranking competitions are: European and World Championships, Paralympic Games[14].

The Summer Paralympic Games were launched in 1960. The first ones were held in Italy and included competitions in athletics, swimming, fencing, basketball, archery, table tennis[174]. The representative functions of sports for people with

[173] International Paralympic Committee. IPC handbook– Bonn, Germany: Authorized, 2003. 157 p.
[174] Briskin Y. A. Sports for the disabled: a textbook for university students educational institutions of physical education and science. Kyiv: Olympic Literary, 2006. 263 p.

disabilities were carried out by 7 international sports organizations operating separately: IBSA (International Blind Sports Association), ISOD (International Amputee Sports Organization), ISMGF (another abbreviation - ISMWFS, International Wheelchair Sports Federation), CP-ISRA (International Sports Association for People with Cerebral Palsy), CISS (International Sports Committee for the Deaf), INAS-FMH (another abbreviation - INAS-FID, International Sports Association for People with Intellectual Disabilities), SOI (International Sports Organization for People with Mental Retardation).

In 1989, the Founding Assembly was held in Düsseldorf (Germany), which resulted in the creation of the International Paralympic Committee (IPC). It united 5 international sports organizations of people with disabilities. This organization is currently the organizer of the highest-level competitions for athletes with musculoskeletal disorders - the Summer Paralympic Games, as well as the moderator of other aspects of the organizational content - the definition of nosological groups, competition rules, devices for conducting competitive activities of athletes, etc.

Data from special literature[14] [175] [176] [177] indicate that at the present stage, athletes with impaired forms of the musculoskeletal system are united in this group according to the following nosologies: amputations and related lesions; cerebral palsy and similar lesions; spinal disorders and related lesions. Competitive disciplines that take place on the grounds are marked "F", in particular, these are athletics throwing, various types of jumps. Competitions that take place on running tracks are marked "T". At the same time, the total number of athletics disciplines in which competitions are held is 309 for women and men[178] [179] [180].

Specifying the latter, we note that athletes with impaired forms of the musculoskeletal system, whose nosology is cerebral palsy, compete in track and field

[175] Perederii A. V. Special Olympiads in modern times world: monograph. Lviv: LDUFK, 2013. 296 p.

[176] Attack E. Trends in the development of Paralympic sports. *Science in the Olympics. sports* 2005. No. 2. P. 26–33.

[177] Pristupa E. N., Briskin Yu. A., Perederiy A. V. Disabled sports as a component of the international Olympic movement. *Int. scientific-pr. conf. of the CIS member states on problems of physical culture and sports.* Minsk: BSUPC, 2010. Pp. 66–75.

[178] Aristova L. V. Physical culture and sports facilities for the disabled: textbook. M.: Sov. sport, 2002. 192 p.

[179] Evseev S., Aksenova O. Conceptual apparatus and classification of professionally oriented types of motor activity in adaptive sports. *Science in Olympic Sport.* 2006. No. 1. P. 31–33.

[180] Physical rehabilitation and sports for people with disabilities: regulatory legal documents, implementation mechanisms, practical experience, recommendations: reference book / author-compiler A. V. Tsarik. 2nd ed., supplemented and corrected. M.: Sov. sport, 2003. 576 p.

disciplines that are defined for each class (Table 4.1). At the same time, athletes assigned to classes 35–38 participate in competitions in the 4x100 m and 4x400 m relay. At the same time, athletes of class 35 do not compete in such running disciplines, distances in which are more than 200 м, as well as in long jumps. This is due to problems of physical content that may arise during the performance of competitive exercise[7] [181].

Table 4. 1 - **Track and field events for athletes with cerebral palsy**

Class by nosology	Run100 м	Run200 м	Run400 м	Run800 м	Run1500 м	Long jumps from a running	Shot put	Discus	Javelin Throwing		Skittles competitio
F-31											+
F-32							+	+			
F-33							+	+	+		
T/F – 34	+	+					+	+	+		
T/F – 35	+	+					+	+	+		
T/F – 36	+	+	+	+	+	+	+	+	+		
T/F – 37	+	+	+	+	+	+	+	+	+		
T/F – 38	+	+	+	+	+	+	+	+	+		

In total, the number of track and field disciplines in which women and men with cerebral palsy compete is 45 each.

For athletes with musculoskeletal disorders, the nosology of which is amputations and related disorders, a significant number of track and field disciplines are provided for in specific classes (Table 4.2–4.3). In general, the number of such disciplines in which women and men with the specified nosology can compete is 63 and 64, respectively.

[181] Derkach V. M. Efficiency programs psychological preparation Paralympic athletes from broken musculoskeletal functions device during the period formation readiness for the main competitions. *Scientific Journal of the National Pedagogical University named after M. P. Dragomanov. Series No. 15 « Scientific and Pedagogical problems physical cultures "Physical Culture and Sports"* / edited by G. M. Arzyutov. Kyiv: Publishing House of the National Physical Education University named after M. P. Dragomanov, 2016. Issue 5 (75). P. 39–43.

Table 4.2 - **Track and field running disciplines for competitions by athletes with amputees**

Class by nosology	Run100 м	Run200 м	Run400 м	Run800 м	Run1500 м	Cross country 5000 m	Cross 10000 m	Marathon running
T-42	+	+						
T-43	+	+	+					
T-44	+	+	+					
T-45	+	+	+	+	+			
T-46	+	+	+	+	+	+	+	+
T-47	+	+	+	+	+	+	+	+

Table 4.3 - **Athletics events for throwing, jumping and all-around events for athletes with amputees**

Class by nosology	Core push	Discus	Javelin Throwing	Upward jump from a running start	Long jump from a running start	Triple long jump from a running start	Pentathlon
F-40	+	+	+				
F-41	+	+	+				
F-42	+	+	+	+	+	+ men	
F-43	+	+	+				
F-44	+	+	+				
F-45				+	+	+	
F-46	+	+	+	+	+	+	+
F-47	+	+	+	+	+	+	+

As for athletes whose musculoskeletal disorders are caused by disorders in the functioning of the spinal cord, competitions between them take place in running and athletics throwing events, but also taking into account a certain class of the specified general nosology (Table 4.4–4.5). At the same time, such athletes compete in the 4x100 m and 4x400 m relay races. At the same time, the total number of running

disciplines in which women and men with such nosology participate is 25, and athletics throwing events are 21.

Table 1.4 - **Track and field running disciplines for competitions of athletes with spinal cord disorders (in wheelchairs)**

Class by nosology	Run100 м	Run200 м	Run400 м	Run800 м	Run1500 м	Cross5000 м	Cross 10000 m	Marathon running
T-51	+	+						
T-52	+	+						
T-53	+	+	+	+	+			
T-54	+	+	+	+	+	+	+	+
T-55	+	+	+	+	+	+	+	+

Table 1.5 - **Track and field throwing events for athletes with spinal cord impairments (in throwing carts)**

Class by nosology	Shot put	Discus	Javelin Throwing
F-51	+		
F-52	+	+	
F-53	+	+	+
F-54	+	+	+
F-55	+	+	+
F-56	+	+	+
F-57	+	+	+
F-58	+	+	+

At the current stage of development, the state pays significant attention to sports for people with various limited functions, including those with impaired forms of the musculoskeletal system, both at the level of mass and professional sports[182]. An indicator of confirmation of this is the increase in the number of medals of various types with each new Paralympic Games. Thus, from the beginning of participation to

[182] Kohut I. State support of sports for disabled people in Ukraine. *Young sports science of Ukraine:* Collection of scientific works in the field of physical culture and sports. Lviv, 2007. Issue 11, Vol. 5. Pp. 167–172.

the present, the number of medals won by Ukrainian athletes, in particular track and field athletes, was: 1996 - one gold, silver and bronze; 2000 - one, 14 and 10, respectively; 2004 - 9, 4, 8; 2008 - 12, 8, 9; 2012 - 15, 11, 14; 2016 - 4, 10, 7; 2021 - 6, 18, 3; 2024 year – 8, 6, 5[15].

Therefore, there remains an urgent need for research aimed at further improving models for managing the training process of Paralympic athletes with musculoskeletal disorders at different stages of their sports careers and training periods.

There are important factors that influence the training process of highly qualified athletes with impaired musculoskeletal functions.

Taking into account the previously presented classification of athletes with impaired forms of the musculoskeletal system, we analyzed the information from available literary sources regarding the features that distinguish them from individuals with the corresponding diseases. First of all, this concerned athletes with the consequences of cerebral palsy, since such a disease causes the development of pathological processes[183] [184].

One of the leading factors of such processes is a brain disease that does not progress, occurs in the early stages of brain development and leads to damage to its parts responsible for body movements and position[185]. At the same time, it is proposed[186] [187] [188]to use the most common in medical-psychological-pedagogical research understanding of the consequences of cerebral palsy: organic brain damage, the result of which is negative changes in its motor zones and various psychomotor disorders, accompanied by mental, speech disorders, impaired functions of other analyzer systems (vision, hearing), deep sensitivity, convulsive seizures. According to

[183] Kozyavkin V.I. Cerebral palsy: textbook. allowance. L.: Medicine for the World, 1996.219 p.

[184] Litosh N. L. Adaptive physical education. Psychological and pedagogical characteristics of children with developmental disabilities: teaching aid. M.: SportAkademPress, 2002. 140 p.

[185] Mamaychuk I. Psychology of dysontogenesis and the basics of psychocorrection: monograph. St.P.: SPU, 2000. 166 p.

[186] Boyko G. M., Maksimova O. M. Medical- psychological classification disabled athletes different nosological groups. *World Medicine and Biology*. 2005. No. 9. pp. 34–39.

[187] Litosh N. L., Astafiev N. V. Track and field all-around. Program for children's and youth physical training clubs (for children, teenagers, young men and women with mild mental retardation). Omsk: SibGAFK, 1997. 74 p.

[188] Shynkaryuk A. I. Development of motor skills and psyche: the problem of activity and freedom: monograph. Kamianets-Podilskyi: Kamianets-Podilskyi State Pedagogical University, Information and Publishing House Department, 2002. 200 p.

the latest data, motor disorders of varying severity are detected in 100%, speech disorders - in 75%, mental disorders - in 50% of people with cerebral palsy[189] [190] [191].

Such data is extremely important, as it allows the coach to take into account the specified violations (developmental deviations) in the process of training his athletes, but primarily during technical and physical training.

In the technical training of an athlete, the motor sphere plays a leading role[1] [28] [192]. In this regard, knowledge about the peculiarities of the development of such a sphere in people with impaired forms of the musculoskeletal system, in particular those related to their movement disorders, which are caused by a complex of disorders in the morphology and functioning of certain organs and systems of the body, is extremely important[24] [28] [193] [194] [195]. One of such disorders is a violation of muscle tone. In particular, the regulation of muscle tone provides a coordinated action of different parts of the nervous system[36]. In the case of deviation from the norm, frequent manifestations and the formation of a stable increased muscle tone - spasticity are noted. It is characterized by its increase, in a vertical position, during the implementation of an attempt to perform a certain motor action.

Another type of impaired muscle tone is rigidity – constant muscle tension, and its consequences are disruption of the smooth execution of movement and coordinated interaction of individual muscles[24]. Another type of impaired muscle tone is hypotonia, or reduced tone, which is characterized by weakness of the muscles of the limbs, trunk and a much larger than normal volume of passive movements. The next type is dystonia, that is, its constant change: at rest the muscles are in a relaxed

[189] Dubovtseva O. O. Diagnostics and stimulation therapy linguistic disorders in children with cerebral palsy paralysis: author's abstract dissertation … candidate of medical sciences: 14.01.15. Kyiv, 1999. 18 p.

[190] Margosyuk I. P. Clinico-pathogenetic characteristics of motor disorders in cerebral palsy: author's abstract dissertation … candidate of medical sciences: 14.01.15. Kharkiv, 2000. 23 p.

[191]Private methods of adaptive physical education: textbook / edited by L. V. Shapkova. M.: Sov. sport, 2003. 464 p.

[192] Experience of work of children's and youth sports schools and physical education and sports clubs for disabled people and people with developmental disabilities: collection of materials / with authorship by N. A. Sladkova. M.: Sov. sport, 2003. 185 p.

[193] Kozyavkin V. I., Babadagly M. A., Tkachenko S. K., Kachmar O. A. Cerebral palsy in children. *Fundamentals of clinical rehabilitation diagnostics: textbook.* Lviv: Medicine for the World, 1999. 295 p.

[194] Matveev S., Briskin Yu. Structural and functional features of sports for people with disabilities and trends in the formation of programs for the Summer Paralympic Games. *Science in Olympic sports.* 2004. No. 1. P. 84–94.

[195] Rosenbaum, P.L. Cerebral palsy: what parents and doctor want know. *BMI.* 2003. Vol. 326, N 7396. P. 970 - 974.

state, and during an attempt to perform a movement, the tone increases sharply, sometimes to a level that makes it impossible to perform the movement. Complicated forms of cerebral palsy are characterized by a combination of several of the above types.

Another factor in movement disorders is associated with impaired expression of such a physical quality as coordination[28] [196]. Such disorders are called ataxia, and it is characterized by an unstable position of the body while sitting, standing, walking. At the same time, motor actions are performed inaccurately, movements of the upper limbs are uncoordinated, and violations in fine motor skills and the ability to differentiate movement parameters are also recorded.

Another factor of movement disorders is associated with violent movements. The manifestation of such movements is due to hyperkinesis or tremor[34]. In the first case, involuntary violent movements occur in connection with a change in muscle tone, are characterized by unnatural postures, incomplete movements that occur at rest, and in addition, are intensified during an attempt to perform a movement or in the event of a change in the emotional state of a person with cerebral palsy. Hyperkinesis in all cases complicates or even makes it impossible to perform an arbitrary movement, mainly in the cervical region, trunk, various parts of the extremities. As for tremor (shaking), it is characteristic, primarily for the fingers, occurs during the performance of movements that require the manifestation of fine motor skills; it is marked by an increase from the beginning to the end of the movement.

Another factor that causes motor disorders is the limitation (inability) to perform voluntary movements or central paresis[197]. It is usually accompanied by a reduced tone of skeletal muscles. In connection with the above, another factor is considered, namely pathological tonic reflexes, despite the fact that their manifestation occurs at an early age. Such reflexes belong to congenital unconditioned motor automatisms, but in cerebral palsy they decrease with a delay in age, which negatively affects the natural development of motor function and contributes to the formation of pathological tonic postures, movements, contractures, deformations. These formations at an older age lead to disorders in the function of the musculoskeletal system, and therefore to a negative result when performing certain types of motor activity.

[196] Gorskaya I. Yu., Sinelnikova T. V. Coordination abilities of schoolchildren with intellectual disabilities: monograph. Omsk: SibGAFK, 1999. 163 p.

[197] Zhilenkova V. P., Ulrikh E. S. Medical and pedagogical aspects of adaptive physical education of disabled people with musculoskeletal disorders: textbook. St.P.: Lesgaft State Academy of Physical Culture, 2001. 40 p.

Another factor of motor disorders is considered kinesthesia – a disturbance in the perception of movements[32]. The characteristic features of this disorder are as follows: low efficiency of movement regulation, which is caused by insufficient interaction of proprioceptors and parts of the central nervous system, which are responsible for the force of muscle contraction and orientation in space. The result of this is defects consisting in a weakening of the sense of posture, distortion of the perception of the direction of movement, one-sidedness of the execution of certain types of movements, and a delay in the development of fine motor skills.

Finally, motor disorders are caused by the insufficient development of the guiding extension reflexes, which belong to the statokinetic ones and ensure the vertical position of the body in space, the formation of voluntary motor skills. The consequence of the underdevelopment of such reflexes, in connection with the disease of cerebral palsy, is the low ability to hold the head and torso in the desired position.

Depending on the severity and combinations of the above-mentioned disorders, different degrees of motor disorders are distinguished[34]. A severe degree of impairment is characterized by the fact that the child moves independently with significant difficulties, only partially mastering the basic movements. The average degree is characterized by the ability of the person to move independently only over short distances, to perform basic movements, which, at the same time, is a process that is not sufficiently automated and coordinated in differentiating the parameters of movement. A mild degree of impairment is characterized by the ability of the person to move independently over long distances, to develop skills in basic movements at a sufficient level, but a significant number of such movements are not performed effectively enough from the standpoint of biomechanics, which is due to the existing psychomotor and morphofunctional structural defects, primarily of the neuromuscular apparatus.

As for the functional indicators of people with impaired forms of the musculoskeletal system, as the basis of physical training of athletes with disabilities, according to the generalized data of G. A. Yedinak[198], over the course of 15-17 years, such girls and boys significantly improve their motor function, in particular, related to ensuring the performance of motor tasks in lying and turning, while the efficiency of performing other complexes of basic movements (the complex of "sitting", "crawling", "standing", "walking, running, jumping") remains at the previously achieved level. At the same time, limitations and peculiarities of the performance of basic movements by girls and boys are recorded, primarily deterioration of gait with age, impaired

[198] Yedinak G. A. Physical education children with cerebral palsy Paralyzed: monograph. Kamianets-Podilskyi: PP Buynytskyi O. A., 2009. 394 p.

posture due to insufficient muscle mass, imbalance of the strength of antagonist and synergist muscles[199] [200].

In connection with the above, the issue of technical training of athletes with impaired forms of the musculoskeletal system becomes important. It is carried out using means that are absolutely identical to those that form the basis of the educational and training process of athletes without developmental disorders[7] [201]. At the same time, taking into account movement disorders, an additional but important tool is special simulators, devices, devices.

In connection with the latter[202], it is noted that the use of mechanotherapy devices and humanoid mechanisms when performing physical exercises by persons with impaired forms of the musculoskeletal system is based on the doctrine of motor-visceral reflexes, namely, that the exercises that a person with impaired forms of the musculoskeletal system performs in such a device (simulator, device) provide interaction of the locomotor and visceral systems (the first is the leading one), which occurs as a result of simultaneous segmental innervation of the organ (skeletal muscle groups) on the development of which such an exercise is aimed, as well as innervation of other muscle groups of organs that respond to this exercise.

Mechanotherapy devices used in kinesiotherapy of people with impaired forms of the musculoskeletal system are currently classified using various characteristics. One of the most common is the classification based on the effectiveness of the impact of physical exercises performed using such devices on sensory-motor disorders[203], another is based on the energy-force interaction of the

[199] Levchenko I. Yu., Prykhodko O. T. Technologies of training and education of children with disorders of the musculoskeletal system. M.: Academy, 2001. 186 p.

[200] Kondo, I., Iwata, M. Gross motor function Classification System: Preliminary study for Japanise children. *Amer. Journal Phys. Med. Rehabil.* 2003. Vol. 82. P. 89-95.

[201] Lynets M. M., Perederii A. V. Main directions of optimization technical preparation athletes with cerebral palsy paralysis. *Health and sports work with the disabled: collection of scientific articles on the problems of physical education and sports and physical rehabilitation Disabled.* Lviv, 2005. pp. 62–67.

[202] Popov G. I. Biochemical bases of creation of the subject environment for formation and improvement of sports movements: author 's abstract diss. … doctor of biological sciences: 03.00.13. M., 1992. 45 p.

[203] Ratov I. P., Kryazhev V. D., Artamonov V. A. Method for rehabilitation of the musculoskeletal system and device for its implementation: description of invention No. 2054920 to the patent of the Russian Federation. *Bulletin of Inventions.* 1996. No. 6. P. 13–24.

device and the person[204] [205] [206]. In the latter case, groups of devices are distinguished that provide for: adapting the properties of the environment to the capabilities of a person with impaired forms of the musculoskeletal system; programming its biomechanical characteristics; limiting the irrational trajectory (position) of individual body parts; providing a generalized physical effect in the form of traction applied to the body, mainly in the area of the general center of mass of the body; controlling movements in certain joints; using electrical stimulation to tense certain groups of skeletal muscles.

The effectiveness of using mechanotherapy devices in the rehabilitation of motor disorders in people with impaired forms of the musculoskeletal system, and therefore the formation of motor skills and abilities in various movements and actions, is evidenced by the results of relevant studies [44] [207] [208] [209]. Thus, the use of the "strength training devices" they developed during the formation of spatial orientation, support reaction, as well as the ability to hold a certain position, move from one position to another with a vertical body position and optimal unloading of the musculoskeletal system, in some cases partially, in others completely contributed to the restoration of children's natural ability to perform movements in the most important phases.

At the same time, the use of mechanotherapy devices contributes to achieving proper rhythmic and speed characteristics in the motor action performed by a person with impaired forms of the musculoskeletal system, but without restructuring the

[204] Grechikho A. A. Psychobioenergetic method of disease prevention and health improvement of the human body. Positive decision on international patent application RS/RU 98/00104, priority 09.04.1998. *Bulletin of Inventions.* 1996. No. 6. P. 25–33.

[205] Popov G. I., Ratov I. P., Mochenov V. P. Methodological approaches to the development of new psychophysical and psychobiomechanical technologies. *Theory and practice of physical culture.* 1998. No. 5. P. 24–26.

[206] Ratov I.P. The concept of "artificial control environment", its main provisions and prospects for use. *Scientific works of 1995.* M.: VNIIFK, 1996. Vol. 1. Pp. 129–148.

[207] Verkhalo Yu. N. Exercise machines and devices for health restoration and recreation of disabled people. M.: Sov. sport, 2004. 536 p.

[208] Grets G. N. Methodological techniques for restoring human motor function using exercise machines that provide "power supplements" during movement performance: author's abstract diss … candidate of ped. sciences: 13.00.04. M., 1998. 22 p.

[209] Gross Yu. A. Use of training devices in the process of rehabilitation physical exercise classes for children with musculoskeletal disorders: Abstract of Cand. Science (Pedagogical Sciences) dissertation: 13.00.04. M.: VNNIFK, 1998. 23 p.

motor stereotype formed in him [46] [210] [211]. At the same time, the basis here is the provisions of the theory of I. P. Ratov[47] about the "artificial controlled environment" – creating with the help of a special training stand the feeling of performing a movement, which is characteristic of a person without developmental disorders. Thus, the use of this device by a person with a hip joint contracture, which limits her ability to walk, allows her to run for 20 minutes or more, and also improves the activity of the cardiovascular and respiratory systems, normalizes hormonal status.

The use of another apparatus, namely a rigid mechanical device, with the help of which the instructor connects with a person with impaired forms of the musculoskeletal system into a single tandem (tando method[212]), ensures a forced, but technically correct reproduction of a certain motor action by the latter, since the instructor plays the main role in its execution. With repeated repetition of this action in a person with PFORA, a stable dynamic stereotype with correct biomechanical parameters is formed.

The basis of the action of another group of devices is the production of electric current, with the help of which damaged skeletal muscles are stimulated and thus an afferent -compensatory effect on motor function is provided[213]. Thus, the use of the "Mioton" device allows to improve the functional state of paretic muscles, to increase the effectiveness of measures to correct movements, primarily in the formation of the correct stereotype in walking movements[214] [215] [216]. Achieving specific movement parameters is also facilitated by functional biocontrol, which involves the use of a special individual device for correction of simple motor coordination and motor

[210] Vehbi A. Comprehensive methodology for teaching walking on a hip prosthesis during primary prosthetics for disabled people by means of physical education and artificial correction of movements: author's abstract diss. … candidate of ped. sciences: 13.00.04. M., 1999. 21 p.
[211] Reid, D. T. Benefits of a virtual play rehabilitation environment of children with cerebral palsy on perceptions of self-efficacy: a pilot study. *Paediatr. Rehabilit.* 2002. Vol. 5, N 3. P. 141-148.
[212] Pevchenkov V.V. Tando - a new method of adaptive physical education. *Theory and practice of physical culture.* 1998. No. 1. P. 56.
[213] Volozhin A. I., Subbotin Yu. K. Adaptation and compensation – universal biological mechanisms of adaptation: monograph. M.: M. Medical - Stomatological Institute, 1987. 176 p.
[214] Bar-Or O., Rowland T. Children's health and physical activity: from physiological foundations to practical application / translated from English by I. Andreev. Kyiv: Olimp. l-ra, 2009. 528 p.
[215] Gordievich S. M. The role of proprioceptive referrals in the organization movement child. Use high-speed low-amplitude momentum in the process mobilization peripheral joints in children with cerebral palsy in the system intensive neurophysiological rehabilitation (SINR). *Ukrainian herald Psychoneurology.* 2000. Vol. 8. Issue 2 (24). Pp. 22–24.
[216] Van der Linden M. L. Electrical stimulation of gluteus maximus in children with cerebral palsy: effect on gait characteristics and muscle strength. *Dev. Med. Child. Neurol.* 2003. Vol. 45, N 6. P. 385-390.

function in specific movements; the action of the device is based on deviations from programmed muscle efforts: the appearance of a deviation during the movement automatically turns on the electrical stimulation pulse, which disappears after returning to the specific movement parameters[57].

Another, but highly effective device for the development (correction) of motor function is the LK-92 "Adeli" medical-load suit. The main problem of its use is the extremely high cost, as well as other similar devices, namely exoskeletons and anthropomorphic mechanisms that allow replacing areas of the musculoskeletal system with limited (lost) functions, thus ensuring the technically correct execution of a certain motor action[217] [218].

In connection with the movement disorders present in individuals with impaired forms of the musculoskeletal system, data confirming their functional capabilities are important. Thus, the data of some researchers[219] [220] [221] indicate that in girls and boys with cerebral palsy, heart activity indicators during physical exertion are marked by deviations from the norm, they have slightly lower blood pressure values at rest, reduced tolerance to physical exertion, and impaired respiratory system function. In the latter case, the following negative trends are distinguished: shortness of breath at rest and during physical exertion was found in 12% and 72.6% of the examined, respectively, superficial (discoordinated) breathing - in 58%, pathological shape of the chest - in 68.7%, hypertonicity of the chest muscles - in 46%, reduced breath holding time on inhalation and exhalation - in 80%.

At the same time, it has been found[222] that the maximum aerobic capacity of individuals with impaired forms of the musculoskeletal system is 10-30% lower compared to peers without developmental disorders. At the same time, the heart rate of the former during submaximal physical exertion is disproportionately higher due

[217] Semenova K. A., Antonova L. V. Effect of the therapeutic load suit LK-92 "Adeli" on electroneuromyographic characteristics in patients with cerebral palsy. *Journal of Neurology and Psychiatry.* 1998. No. 9. P. 22–26.

[218] Cook, A. M. Development of a robotic device for facilitating learning by children who have severe disabilities. *IEETrans. Neurol. Syst. Rehabil. Eng.* 2002. Vol. 10. № 3. P. 178-187.

[219] Lun G. P. Functional state of the respiratory system systems in patients with childhood cerebral paralysis and its changes in use systems intensive neurophysiological rehabilitation: author's abstract dissertation … candidate of medical sciences: 14.01.10. Kharkiv, 2001. 20 p.

[220] Matveev S., Kogut I., Shulga L. Adaptive sports and the Olympic movement. *Science in Olympic Sports.* 2006. No. 1. P. 9–14.

[221] Lockette, KF, Keyes, AM Conditioning with physical disabilities. Champaign, IL: Human Kinetics, 1994. 420 p.

[222] Chia, M., Lee, K. S., Teo-Koh, S. M. Exercise performance of young people with intellectual disability. *MINDS Millennium Conference.* Singapore, 2002. P. 56-68.

to reduced efficiency of movements, and at maximum exertion it shows low values, the nature of which is still unclear[55]. One of the possible reasons for low aerobic capacity is the inability of skeletal muscles to create such a metabolic stimulus that would be sufficient for increased realization of the capabilities of the cardiorespiratory system, which together with reduced motor activity leads to such results[223].

The anaerobic capabilities of girls and boys with limited functions are 15-35% lower than those of peers without developmental disorders, and one of the possible reasons is called the following: due to spasticity and impaired coordination in the contraction of antagonist muscles, the former spend additional energy, which is not registered as mechanical work on a bicycle ergometer, but is the main indicator when assessing the above capabilities[224]. At the same time, the following are characteristic of these individuals: limited ability to develop muscle contraction with high frequency and selective involvement of a number of fast muscle fibers in the work[55]; discrepancies with the negative trend in the development of the internal environment according to a complex of homeostatic indicators[225].

Data on the development of muscle strength in girls and boys with impaired forms of the musculoskeletal system are practically absent, and the available data[226] indicate a lower level of development, on average, by 50-65% compared to peers without developmental disorders. One of the main reasons for this is muscle spasticity in such individuals, which only increases with age, and motor activity, on the contrary, decreases. The essence lies in the additional energy expenditure, which, due to spasticity and impaired coordination in the contraction of antagonist muscles, is not used to perform the main work.

At the same time, the data of recent studies, although indirectly (obtained from a contingent of young people with impaired forms of the musculoskeletal system who

[223] Kurdybaylo S. F. Morphofunctional substantiation of motor capabilities of disabled people after limb amputation as a basis for medical and social rehabilitation: author's abstract diss. … doctor of medical sciences: 14.00.18. St.P., 1993. 44 p.

[224] Unnithan, V., Dowling, J., Frost, G., Volpe Ayub, B., Bar-Or, O. Contraction and phasic activity during gait in children with cerebral palsy. *Electromyogr. Clinics Neurophysiol.* 1996. N 36. P. 487-494.

[225] Burygina A. D., Drinevsky N. P., Vitrinskaya O. E. Study in a comparative aspect of the state of the internal environment of the body of healthy children and patients with cerebral palsy according to some homeostatic indicators. *Herald of Physiotherapy and Balneology.* 1998. No. 3. P. 20–23.

[226] Dudkhan, A. Use of Dohsa-hou, a Japanese psychorehabilitative program, to guide motor activity of young adults with cerebral palsy. *Percept. Mot. Skills.* 1998. Vol. 86. № 1. P. 243-249.

did not engage in sports professionally)[55] but indicate that despite the increased muscle tone due to spasticity, the level of metabolism during sleep in these individuals is practically no different from that found in individuals without developmental disorders. Such a level of metabolism creates a prerequisite for improving the aerobic capabilities of individuals with impaired forms of the musculoskeletal system, but the main one is a sufficient metabolic stimulus to increase the implementation of the functional capabilities of the cardiorespiratory system, which is insufficient with low activity of skeletal muscles due to spasticity.

In addition, in the case of systematic physical exercises of various contents, there is an improvement in the anaerobic capabilities of people with impaired forms of the musculoskeletal system[62 227 228].

The next set of factors that the coach must take into account during the training process of athletes with impaired forms of the musculoskeletal system is related to mental disorders. This is due to the fact that individuals with impaired forms of the musculoskeletal system, firstly, are characterized by such disorders, and secondly, the latter are characterized by a large polymorphism of clinical manifestations[13 26 29 62]. Taking into account the magnitude and qualitative structure of the defect, the indicated manifestations are combined into the following groups: uneven development of various mental functions, expressiveness of organic psychosyndrome, delayed development of logical thinking. Thus, girls and boys with impaired forms of the musculoskeletal system are characterized by a reduced supply of information and ideas about the environment, a violation of the coordinated activity of various analyzer systems, which must be considered as factors that determine the success of such athletes in solving the tasks of the training process.

Other factors include low cognitive activity (consisting of lack of interest in tasks, poor concentration, slowed and reduced switching of mental processes) and low mental performance (rapid fatigue when performing tasks that require the manifestation of intelligence)[26].

As for the level of general intellectual development, as another factor, it is distinguished by a wide variation in results, namely from normal development to a delay in the development of mental functions up to oligophrenia[229].

[227] Durstine, J. L., Moore, G. E. ACSM's exercise management for persons with chronic diseases and disabilities. 2nd ed. Champaign, IL: Human Kinetics, 2003. 412 p.

[228] French, R., Henderson, H., Kinnison, L., Sherill, C. Revisiting section 504, physical education and sport. *Jour. of physical education, recreation and dance.* 1998. N 69 (7). P. 57–63.

[229] Baikina N. G., Kret Ya. V. Fundamentals of Disabled Sports: a teaching aid for students, special education teachers and disabled sports trainers. Zaporozhye: ZSU, 2002. 58 p.

Another factor that determines the peculiarities of the educational and training process of individuals with impaired forms of the musculoskeletal system are disorders of the emotional-volitional sphere[38]. At the same time, the variants of emotional disorders are in a very wide range, in particular from increased excitability, irritability, motor freedom to emotional apathy, shyness. As for volitional activity, individuals with impaired forms of the musculoskeletal system are distinguished by insufficient confidence in their own abilities, a constant desire to receive outside help, unwillingness (inability) to overcome difficulties and be independent, as well as a rapid decrease in volitional activity, indecision, low perseverance.

Finally, individuals with impaired forms of the musculoskeletal system are characterized by behavioral disorders, the main cause of which is the formation of a psychogenic complex based on the awareness of physical inferiority, which is mainly characterized by hyposthenic or hypersthenic variants[230]. At the same time, the first variant is characterized by neurotic and passive-protective reactions (excessive vulnerability, shyness, tendency to solitude), the second by aggressive-protective reactions, in particular, incontinence, opposition, conflict, aggression.

The above-mentioned mental disorders affect the personality structure of girls and boys with impaired forms of the musculoskeletal system, which is characterized by a complex of mental inferiority, in particular: anxiety, loss of self-confidence, passivity, isolation or, conversely, egocentrism, aggressiveness, sometimes - asocial attitudes[34]. At the same time, they are often combined with insufficient independence, increased autosuggestion, personal immaturity (naivety of judgments, poor orientation in everyday and practical issues), and the formation of consumer attitudes[13].

Therefore, the negative symptoms of the morphofunctional state of individuals with impaired forms of the musculoskeletal system, primarily the motor and mental components, which vary in degree and nature, necessitate taking into account such features in the process of practicing the chosen sport at a certain stage of preparation, and therefore their content will differ from that inherent in athletes without developmental disorders.

Currently, specialists are adapting modern training approaches to building models for managing the educational and training process of highly qualified Paralympic athletes during the competitive preparation period.

[230] Finkel N.V. Social and psychological characteristics of the personality of patients with cerebral palsy. *Medical and social rehabilitation of patients and disabled people due to cerebral palsy:* collection of scientific papers. M., 1991. pp. 44–59.

One of the important and responsible periods of training for highly qualified athletes is the competitive period, as it is implemented to ensure that they demonstrate maximum results during the competitions for which such training is carried out[231] [232]. Such competitions are the World Championships and the Olympic Games (for athletes with musculoskeletal disorders – the Paralympic Games).

In connection with the above, it is extremely important to generalize and systematize data on the organization and content of training of highly qualified athletes for the most responsible (main) competitions. The main reason for this is that the availability of such information will ensure further improvement of the training process, which in turn will contribute to the achievement of new records. At the same time, we have not found the necessary information in the available literary sources, although a significant number of scientific works have been devoted to the issue of training athletes with impaired functions, classified as different nosological groups, at the earlier stages of this long-term process, according to one of the leading foreign researchers of adaptive sports D. P. Vinnyk[7].

On the other hand, we note the development at a high scientific level of theoretical and organizational and methodological foundations of sports training for highly qualified athletes, but who are not distinguished by special needs, that is, athletes without developmental disorders[1] [2] [233].

Taking into account the above, one of the first steps in solving the problem raised is to identify the theoretical foundations of training highly qualified athletes with impaired forms of the musculoskeletal system, in particular track and field athletes, using information from the general theory of sports training for athletes without developmental disorders. This is due to the fact that the key, both in the theory and methodology of physical education of individuals with impaired forms of the musculoskeletal system, and in their sports activities, is the adaptation of the principles, methods, means, organization, approaches to the formation and implementation of content used in the specified pedagogical processes of individuals without developmental disorders.

In this regard, we note that the general theory of sports training of athletes without developmental disorders indicates the following: the training of these athletes is characterized by a megastructure, that is, the structure of multi-year

[231] Borisova O. Modern professional sports and ways of its development in Ukraine (based on tennis): monograph. Kyiv: Center of educational literature, 2011. 312 p.

[232] Kutek T. B. Modern sports training qualified athletes who specialize in athletics jumping: monograph. Zhytomyr: Zhytomyr State University named after Ivan Franko, 2014. 280 p.

[233] Fleck, S., Kraemer, W. Design resistance training program. 3rd ed. Champaign, IL: Human Kinetics, 2004. 375 p.

training and its stages, four-year Olympic cycles[2 5 234 235]. The megastructure involves two independent stages: the formation of higher sports skills and the development and implementation of such skills; the duration of these stages is usually from 7-8 to 10-12 and from 2-3 to 10-15 years, respectively. The second stage, in turn, involves the following stages: maximum implementation of individual capabilities, preservation of higher sports skills, gradual decline in achievements.

The above, but more likely with certain clarifications, primarily regarding the age limits for the duration of each of the two stages, fully applies to adaptive sports[7 11 236] or sports for the disabled[15].

The information available in this area[237] indicates that the structure of long-term training of athletes with various limited functions provides for the following stages: correctional and health-improving with elements of athletics and other sports; initial training without clear specialization; educational and training; sports improvement; higher sports skills.

Comparing the components of the above structures, we note the presence of a common, namely the same stage - the maximum realization of individual capabilities, which is presented in the above structure of long-term training of athletes without developmental disorders, and higher sportsmanship (presented in the structure of athletes with limited functions).

Therefore, the basis for periodization of sports training of highly qualified athletes with impaired forms of the musculoskeletal system, as a multi-year process of their training, can be the classical theory, that is, developed for athletes without developmental disorders.

Analysis of information related to the stage of maximum realization of individual capabilities has shown that its task is to further improve sports results[238]. The main features of the stage are the maximum training loads for a particular athlete, which are achieved mainly through special means. In the future, the total volume of loads mostly remains at the achieved level, and the main thing here is to search for

[234] Platonov V. N. High-Performance Sports and Preparation of National Teams for the Olympic Games. M.: Sov. Sport, 2010. 310 p.

[235] Shkrebtiy Yu. M. Management training and competition loads athletes high class: monograph. Kyiv: Olimp. l-ra, 2006. 258 p.

[236] Briskin Yu. A., Evseev S. P., Perederiy A. V. Adaptive sports: training manual. M.: Sov. sport, 2010. 316 p.

[237] Verkhoshansky Yu. V. Theory and methodology of sports training: block system of training high-class athletes. *Theory and practice of physical culture.* 2005. No. 4. P. 2–14.

[238] Bondarchuk A. P. Periodization of sports training: monograph. Kyiv: Olimp. summer, 2005. 304 p.

hidden reserves to increase certain aspects of the athlete's preparedness and ensure their implementation in competitive activity[1]. In particular, it is necessary to focus on physical preparedness[8 78]; the priority is to search for reserves in psychological, tactical preparedness and the formation of the most effective model of competitive activity, which is based on the athlete's individuality and the leading aspects of his preparedness[2 239 240].

Thus, the goal and objectives, which in the general theory of sports training are decisive when distinguishing each stage of long-term training of athletes without developmental disorders, at the stage of maximum realization of individual capabilities largely coincide with the goal and objectives for athletes with impaired forms of the musculoskeletal system. At the same time, this stage will be marked by certain differences, primarily due to the peculiarities inherent in athletes with impaired forms of the musculoskeletal system, the reflection of which is found in the current classification of nosological groups and classes of each of them. In particular, the following nosological groups and classes are distinguished in track and field athletes with impaired forms of the musculoskeletal system: athletes with amputations and equivalent lesions - the group provides for 8 classes; athletes with cerebral palsy and equivalent lesions (8 classes); athletes with spinal disorders and equivalent lesions (8)[14]. As for possible discrepancies, they are primarily related to: a different duration of the specified period (most likely shorter than in athletes without developmental disorders); greater effectiveness of a different periodization strategy for the stage of maximum realization of individual capabilities.

In other words, the basis for periodization of sports training of highly qualified athletes with impaired forms of the musculoskeletal system at the stage of maximum realization of individual capabilities can be the classical theory, but adapted to the career situation, in particular with clarifications that take into account the characteristics of the disease of representatives of each nosological group.

In connection with the above, the analysis of special literature showed that at the present stage, the periodization of the stage of maximum realization of individual capabilities in track and field athletes without developmental disorders is characterized by several strategies that most guarantee the achievement of the athlete's highest readiness for the main start: the first is the use of one-, two- and

[239] Gruzevych I. V. Improvement physical preparedness swimmers at the stage previous basic preparation with the help of endogenous-hypoxic breathing: author's abstract dissertation … candidate of sciences in physical education and sports: 24.00.01. Kyiv, 2015. 19 p.

[240] Ovcharenko S., Lukovska O., Petrechuk L., Myznikov E. Functional state of the respiratory system systems disabled athletes with consequences cerebral palsy. *Sports herald Dnieper Region.* 2015. No. 1. pp. 142–146.

three-cycle (number of macrocycles) models, the second is the use of multi-cycle models, usually 4-7[3 74]. At the same time, it is emphasized[2] that in years when the World Championship or Olympic Games are not held, it is advisable to use the second strategy, and in the year of their holding - the first.

The first option of the strategy is to some extent specified by the information of the American Swimming Coaches Association, the need to take into account which in our case is due to several reasons: the significant advantage of American swimmers on the world stage during 1992–2021; track and field athletics, like swimming, belongs to individual sports, and according to the biomechanical structure of competitive exercises, swimming and most disciplines of the first (taking into account the variety of running distances for athletes with impaired forms of the musculoskeletal system) are cyclical. It is noted that[241 242], which is the most effective at the present stage – a single-cycle periodization model, which provides for a long preparatory period (8 months), consisting of general and special preparatory, as well as competitive and transitional periods. It is extremely important that in this model the basic principles and biological prerequisites are in full accordance with the traditional periodization theory[2].

As for the optimal annual workload, it is 1400-1500 hours, and the ratio of general, auxiliary and special training is 12, 23 and 65%, respectively[243 244]. At the same time, it is noted[245 246], that in both of the above strategies, the volumes of work performed during one year may be different: the given volume can be performed by athletes with the number of training sessions in shock microcycles up to 12–15 and their total number up to 600–700; in other years, the load can be reduced to 900–

[241] Derkach V. M., Borovik V. D., Knyaz, N. V. Meaning physical load in process adaptations organism. *Humanitarian NUK bulletin:* Collected scientific works. Mykolaiv: Ilion, 2012. No. 5. pp. 119–120.

[242] Widmer, S. Planning for success. *Swim coaching bible* / ed. by D. Hamulla, N. Thornton. Vol. II. Champaign, IL: Human Kinetics, 2012. 345 p.

[243] Bulatova M. M. Theoretical and methodological foundations for the implementation of functional reserves of athletes in training and competitive activities: author's abstract diss. ... Doctor of Pedagogical Sciences: 13.00.04. Kyiv, 1996. 50 p.

[244] Lytvynenko Y. V. Improvement techniques motor actions qualified athletes who specialize in short track: author's abstract dissertation … candidate of sciences in physical education and sports: 24.00.01. Kyiv, 2008. 19 p.

[245] Donets O. V. Special control system working capacity athletes-combatants (boxing, kickboxing) at the stage direct preparation for competitions: author's abstract dissertation … candidate of sciences in physical education and sports: 24.00.01. Lviv, 2015. 19 p.

[246] Mujika, I. Tapering and peaking for optimal performance. Champaign, IL: Human Kinetics, 2009. 209 p.

1000 hours, 8–10 sessions in shock microcycles and 350–400 such sessions during the year. In this case, the emphasis is on the qualitative characteristics of the training work, especially on performing exercises with high intensity in conditions of full recovery from the previous load.

Analysis of the recommendations of the development department of the International Association of Athletics Federations (IAAF) on periodization showed that it is based on the classical theory, but adapted to different stages of the career of highly qualified athletes. In particular, in the recommended periodization models[2], the structure and content of training during one year, individual macro- and mesocycles are classical, as they provide for: a preparatory period (contains general and special preparatory stages); a competitive period (consists of the stage of early and main competitions); a transitional period. The peculiarity lies in the priority of a certain number of cycles, which depends on the age of the athlete and his location at one of the stages of the second stage. Thus, at the stage of preparation for the implementation of the highest achievements within one year, a single-cycle model is used, at the stage of maximum implementation of individual capabilities - a two-cycle model, at the stage of maintaining achievements - a model of three to five cycles.

The structure and approximate content of the training of track and field athletes at the stage of maximum realization of individual capabilities, namely direct preparation for the start of the Olympics, which begins one year before their start, according to recommendations[1 5 75247 248], provides for the following. Training is aimed at achieving the highest level of readiness of the athlete to start the competition, which is ensured by preserving the basic while increasing the level of special components of preparedness as much as possible and ensuring full recovery. The structure and content take into account both the basic principles of building a macrocycle and the specific provisions determined by the task. Thus, the structure is represented by 4 mesocycles: basic, the duration of which is 14 days, and the volume of work is 70-75 hours; special preparatory (21 days and 95-105 hours); pre-competitive (14 days, 40-45 hours); competitive (13 days, 30-35 hours).

In turn, the structure of the basic mesocycle provides for two shock microcycles lasting one week each and as follows: the first - performance of the work volume at the level of 30-32 hours with a load of 80% of the maximum; the second - 34-36 hours and 100%. At the same time, the fundamental feature of such a short

[247] Roda O. B. Specifics construction basic mesocycles training process athletes who specialize in running at medium distances distance: author's abstract. dissertation … candidate of sciences in physical education and sports: 24.00.01. Lviv, 2015. 2 0 with.

[248] Kiely, J. New horizons for the methodology and physiology of training periodization. Block periodization: new horizons or a false dawn. *Sports med.* 2010. Vol. 40, N 9. P. 803-805.

mesocycle is the basic focus with the volume of funds: for general training - 60-70% of the total in order to preserve the functional foundation achieved during previous training; for special training - 10%; for recreation and recovery - the remaining 20-30%.

The special-preparatory mesocycle consists of three shock microcycles, each lasting one week and with the following parameters: the first - the volume of work that must be performed is 24-26 hours with a load of 80% of the maximum; the second and third - 28-30 hours and 100%. The main feature of this mesocycle is a sharp increase in the volume of special training in the direction of maximum approximation of the performed work to the requirements of competitive activity. In other words, here the limiting loads of a special orientation are used, which exceed those that the athlete performed before, as well as some additional external factors - conditions of medium or high- mountainous terrain, etc.[87 249]. The main tasks of the mesocycle are: maximum increase in speed parameters of work, development of speed and special endurance, various integrated training in modeling individual elements of competitive activity. The volume of funds that ensure the solution of these tasks should be at least 60% of the total; 15% is planned for basic training, and the remaining 25% of the specified funds are planned for recreation and recovery.

Pre-competition. The mesocycle consists of two microcycles, each lasting one week and with the following parameters: the first is a recovery cycle, the amount of work is 16-18 hours, the load is 30% of the maximum; the second is a recovery cycle, the amount of work is 18-20 hours, the load is 40-45% of the maximum. The main feature of the mesocycle is the full restoration of physical and mental conditions after the extreme loads of the previous mesocycle. One of the ways to achieve this is to use small amounts of loads of a special orientation to improve technical and tactical actions and functional reactions, which are necessary to demonstrate the highest results in future competitive activities. Other tasks, for the solution of which most of the total amount of means is used, are: recreation and recovery, the formation of an optimal daily regimen of motor activity and rest, psychological preparation.

The structure of the competitive mesocycle is determined by the number and time of specific starts during the competition[2 87]. The main feature is that the content of the work involves a set of activities. In particular, this is an understanding of technical and tactical actions, the implementation of which will contribute to the optimal (based on the specifics of the existing competitive situation) organization of wrestling during a certain start. Psychological adjustment to such starts, primarily in

[249] Kirby, T. Model for progressing of strength, power and speed training. *Performance training NSCA.* 2010. Vol. 32, N 5. P. 86-90.

the direction of forming the athlete's confidence in his own readiness to demonstrate the highest result. At the same time, the following are important: the formation of the optimal daily rhythm of motor and vegetative functions; prevention of injuries and diseases, full recovery; effective warm-up before the start[3 250].

Analyzing the above information, we note the absence of pre-competition mesocycles of clearly defined volumes of work and load values, which ensure the successful solution of the tasks set during special, basic training, recreation and recovery. One of the reasons for this may be the exclusive determination of these parameters by the individual characteristics of the athlete, primarily related to the currently achieved condition, which is considered from the position of "weak-strong" sides of his readiness to demonstrate the highest results during the competition for which he is preparing.

Therefore, the basis for periodization of sports training of highly qualified athletes with impaired forms of the musculoskeletal system at the stage of maximum realization of individual capabilities can be the classical theory - adapted to their career achievements, taking into account the characteristics of the disease of athletes assigned to the specified nosological group.

Specialists in the field of Paralympic sports adapt the psychological training of track and field athletes without developmental disorders to Paralympians with impaired musculoskeletal functions during the competitive period.

Despite the crucial place of physical and technical training in the general training of highly qualified athletes, both athletes without developmental disorders and with impaired forms of the musculoskeletal system of high qualification, a special place in the latter is occupied by psychological training. This is due to at least two reasons. First, taking into account the data presented earlier, the importance of this component during the period of direct preparation for the main competitions.

Secondly, as experts point out[7 10 12 13], already at the first stage (stages of basic training) in the training programs of young athletes with impaired forms of the musculoskeletal system, an important place is occupied by means of controlling their behavior. In athletes of similar qualifications, but without developmental disorders, the specified task is practically absent [3 74 251 252 253].

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[250] Balague, D. Periodization of psychological skills training. *Jour. Sci. Med. Sport.* 2000. Vol. 3, N 3. P. 234-235.

[251] Voronova V. I. Psychology of sports: a teaching manual. Kyiv: Olimp. l-ra, 2007. 298 p.

[252] Gogunov E., Martyanov B. Psychology of physical education and sports. M.: Academy, 2004. 288 p.

[253] Rodionov A. V. Psychology of physical education and sports: textbook. M.: Academichesky proekt, 2004. 570 p.

Taking into account the above, we studied the issue of psychological training of track and field athletes without developmental disorders and with impaired forms of the musculoskeletal system in terms of similar trends and features. We note that in highly qualified athletes of both of the above-mentioned samples, the tasks of psychological training at the stage of maximum realization of individual capabilities occupy one of the leading places, both in the educational and training process in general and in the competitive period, in particular[75 92 254].

The information available in the special literature allows us to outline only general approaches to the formation and implementation of the content of psychological training of track and field athletes with impaired forms of the musculoskeletal system. Thus, for managing the behavior of the latter at the present stage, it is proposed to use the following approaches: strengthening or weakening of behavior[255]; psychopedagogical[256]; ecological[12]; psychodynamic[257]; biogenic[7]; humanistic[10.] Without stopping to analyze such approaches, we note that the data on their practical application are very general: the most widespread is the complex implementation of the above-mentioned approaches, in particular, methods of behavior change and humanistic and psychopedagogical approaches; depending on the conditions in which training (training) takes place, one of these approaches is dominant, the others are auxiliary[87].

Another factor in the difference in the content of psychological training of athletes with impaired forms of the musculoskeletal system and without developmental disorders is its important place in the general training of the former and its absence in the latter - this is joint training activities (inclusive training). The need for athletes with impaired forms of the musculoskeletal system to conduct joint training sessions with athletes without developmental disorders is due to a set of reasons proven by practice and scientific research, the most important of which are: creating a stimulating and motivational atmosphere; providing the former with models that act as a stimulus for the further development of their capabilities[9 258].

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[254] Weinberg R., Gould D. Psychology of sports: a handyman. Kyiv: Olimp. l-ra, 2001. 335 p.

[255] Kazdin, A. E. Behavior modification in applied settings. 6th ed. Belmont, CA: Wadsworth/Thomson Learning, 2001. 264 p.

[256] Hall, R. V., Hall M. L. How to manage behavior series. 2nd ed. Austin, TX: Pro-Ed, 1999. 211 p.

[257] Safran, S. P., Oswald K. Positive behavior supports: can schools reshape disciplinary practices? *Exceptional children.* 2003. N 69. P. 361–373.

[258] Prystupa E. N., Petryshyn Y. V., Bodnar I. R. Inclusive physical education schoolchildren of 1–3 groups health. *Pedagogy, psychology and biomedical sciences problems of physical*

At the same time, despite the existing differences, in the competitive period of preparation for the main starts, the psychological preparation of highly qualified track and field athletes, both with impaired forms of the musculoskeletal system and without developmental disorders, is marked by the same goal - to maximally realize the potential that the athlete has at the time of their start during the competition[2 75]. To achieve this, at the stage of direct preparation for the competition, a set of tasks is solved to form: self-confidence, self-esteem of prospects; motivation to achieve success; existing personality complexes; an adequate level of self-esteem and aspirations, as well as components of the psychological state (mood, desire and readiness to compete, situational anxiety); readiness to reveal psychological qualities that ensure the perception of information (attention switching, speed of perception of changes in the situation, speed of operational thinking, accuracy of operational memory); ability to psychologically model the conditions of future competitive struggle [259]. It is also important to take into account the athlete's predisposition to an individual strategy of behavior in tactical combat. At the same time, it is noted[6 92 95 260 261] that the solution of psychological training tasks occurs mainly in close connection with other important tasks, primarily aimed at improving physical and technical readiness.

During competitions, the main tasks of psychological preparation are to maintain the achieved level of: motivation to achieve success, adequate self-esteem, optimal degree of arousal, self-control of emotional expressions, stability of motor skills reproduction, overcoming psychological barriers and internal fear during competition with a certain opponent, the ability to concentrate on solving the main task[262 263].

In connection with the above, it is legitimate to analyze the information available in the special literature regarding the content of psychological training of

education: Collection of scientific works / edited by S. S. Ermakova. Kharkiv, 2013. No. 1. P. 62–67.

[259] Shirkovets E. A. Operational control and correction in programmed training experiments. M.: VNIIFK, 2003. 184 p.

[260] Malkin V. R. Management of psychological training in sports: monograph. M.: FiS, 2008. 200 With.

[261] Sladkova N. A. Experience of work of children's and youth sports schools and physical education and sports clubs of disabled people and people with developmental disabilities: manual. M.: Sov. sport, 2003. 147 p.

[262] Kiselev Yu. Ya. Mental readiness of an athlete: ways and means of achieving it: monograph. M.: Sov. sport, 2009. 276 p.

[263] Yakovleva V. P. Psychology of physical education and sports: teaching aid. Surgut: SGPU, 2003. 104 With.

highly qualified athletes without developmental disorders during the competitive period, since similar information, but addressed to Paralympic athletes with impaired forms of the musculoskeletal system, is absent in such literature.

One of the main tasks in shaping the content of psychological training of highly qualified athletes is to determine the components of the psyche on which it is necessary to exert targeted influence[92 93 264]. Information from a significant amount of special literature[265 266 267 268 269]shows that one of the indicators that takes into account a significant number of the above components in the complex is the motivation for achievement and avoidance.

For the first time, the "need for achievement" and the "need to avoid failure" were singled out among the 27 "psychogenic needs" identified by G. A. Murray in the middle of the last century[110]. At the same time, the "risk choice model" proposed[270] by J. Atkinson played a significant role in the development of ideas about such aspects of motivation. In it, the achievement motive was considered as a mobilizing effect during goal achievement, and the strength of the failure avoidance motive was considered as a restraining function that reduces the magnitude of the leading motive[271 272 273]. The greatest motivation to perform actions to achieve the goal arises when the complexity of the task corresponds to the average level (average values of the subjective probability of success and failure). In other words, by "weighing" the subjective probability of a certain result, the subject makes a decision on the expediency or inexpediency of implementing actions aimed at achieving the goal in conditions of uncertainty regarding its attainability[53 274 275].

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[264] Serova L.K. Psychology of the athlete's personality: textbook. M.: Sov. sport, 2007. 116 p.

[265] Deckers L. Motivation. Theory and practice. M.: Gross Media, 2007. 637 p.

[266] Morgun V. F., Titov I. G. Fundamentals psychological diagnostics: teaching aids for higher education students educational institutions. 2nd ed. Kyiv: Slovo, 2012. 464 p.

[267] Sopov V. F. Actual segments of sports activity as determinants of the emergence of mental states. *Sports Psychologist.* 2004. No. 2. P. 40–45.

[268] Titov I. G. Introduction to psychophysiology. Kyiv: Academvidav, 2011. 296 p.

[269] Heckhausen H. Motivation and activity. St.P.: Piter, 2003. 860 p.

[270] Polezhaev O. P. Psychometric methods: textbook. Yoshkar -Ola: Nectar, 2001. 140 p.

[271] Introduction to psychodiagnostics / edited by K. M. Gurevich, E. M. Borisova. M.: Academy, 2000. 192 p.

[272] Zanyuk S. S. Psychology motivation and emotions: a teaching aid. Lutsk: VSU, 1997. 180 p.

[273] Psychological diagnostics: textbook. help / edited by K. M. Gurevicha, E. M. Borisova. Voronezh, 2001. 368 with.

[274]Malkin V. R. Formation of mental competitive reliability of athletes. *Sports psychologist.* 2004. No. 2. P. 33–36.

[275] Malkhazov O. R. Psychology and psychophysiology management motor activity: monograph. Kyiv: Euroliniya, 2002. 320 p.

In the practical aspect of solving the above problem, we note that due to the difficulties in using projective tests (significant time consumption, difficulties in analyzing the results obtained), in particular TAT and other similar ones, it is proposed to use more standardized approaches to assessing achievement and avoidance motivation, in particular questionnaires[276]. Among the latter, the most widespread so far, based on their retest reliability and development taking into account the theory and results, were the questionnaires of A. Mehrabian and H. Hermansen[106 110].

The readaptation of the specified test-questionnaire was carried out by S. A. Shapkin[277], the result of which was the clarification of the factor structure of the methodology and the proposal of full and shortened versions for women and men, containing 26 questions each. In the modification of the test under consideration proposed by M. Sh. Magomed-Eminov, the number of questions for men is 32, for women - 30; in the computer program for calculations "Multipsychometer-05" they are presented in the form of the first and second modes[112 278 279]. The format of the answers to the test questions is 7-alternative (Likert scale): the degree of agreement with the statement can range from complete denial (1) to complete acceptance (7); high indicators indicate the dominance of the motive for achieving success, low indicators indicate the dominance of the motive for avoiding failure.

In the version for males, the following factors were identified: achievement motive, assessment of the probability of success, assessment of the attractiveness of achievement. In the version for females, the factors were somewhat different, so other names were proposed for them, in particular: achievement motive (in professional activity), desire for comfort, achievement motive during leisure activities. At the same time, substantive differences in the factors identified in the samples of males and females were established. The author interpreted the identified differences so that in men the achievement motive is strongly associated with achieving social success, competitiveness, while in women it is actualized mainly in a situation of individual activity. In men, play serves the goals of achievement to a greater extent, in women - affiliation. The actualization of the achievement motive in men occurs with the participation of two mechanisms - assessment of attractiveness and assessment of the

[276] Korobeynikov G. Psychophysiology of human activity: monograph. Saarbrucken: LAP Lambert Academic Publishing, 2011. 126 p.

[277] Shapkin S. A. Achievement motivation questionnaire: new modification. *Psychological journal.* 2000. Vol. 21, No. 2. P. 113–127.

[278] Burlachuk L. F., Morozov S. M. Dictionary-reference book on psychodiagnostics. M.; Kharkiv; Minsk; St.P.: Peter, 2001. 518 p.

[279] Korobeynikov G. Psychophysiology of human activity: monograph. Saarbrucken: LAP Lambert Academic Publishing, 2011. 126 p.

probability of success, which are relatively independent of each other. In women, on the contrary, these mechanisms are strongly connected.

From the perspective of the theory of tests defined by the relevant metrological requirements[280] [281] [282], the test-retest reliability of the male version of the specified test-questionnaire is 0.78, and the female version is 0.72[118].

In the issue of forming and strengthening the motivation of an individual, we note that at the current stage in the psychology of motivation, the leading positions have been taken by the theory of self-determination[113] [283] [284]. In a generalized form, the essence of the latter is that the determining factor in the actualization of motivation to the highest level is the satisfaction of the individual's psychological needs, namely independence, competence and interaction (with others in collective activities). Achieving this level occurs in stages, at each motivation is marked by a certain type: from amotivation (lack of motivation), through external motivation to internal. The latter involves the activity of the individual in connection with the reasons that come from within (directly from the individual) or are caused by the activity performed. The external type of motivation is characterized by the fact that the reasons that determine it are associated with external influence (the actions of the mentor, circumstances). It has been experimentally established [9] [285]that the level of motivation depends on the degree of realization of psychological needs, namely: an increase in this degree strengthens, a decrease, on the contrary, weakens internal motivation and strengthens external up to possible demotivation.

At the same time, some researchers[24] [286] note the existence of three types of intrinsic motivation, which are associated with the following: understanding the need (likes to do physical exercises), desire for achievements (satisfaction from improving

[280] Kostyukevich V. M. Sports metrology: a teaching aid for students of faculties of physical education. Vinnytsia: VDPU, 2001. 183 p.

[281] Nachinskaya S. IN. Sports metrology: учеб. help for higher education students studies routine. M.: Academy, 2005. 256 p.

[282] Sports metrology: a textbook for int physics. culture / ed. V. M. Zatsiorsky. M.: FiS, 1982. 256 p.

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[284] Tileston, D. W. What every teacher should know about student motivation. Thousand Oaks: Corwin Press, 2010. 110 p.

[285] Horn, T. S. Expectancy effect in the interscholastic athletic setting: methodological consideration. *Journ. of sport psychology.* 1984. N 6. P. 60–76.

[286] Vallerand, R. J., Fortier, M. S. Measures of intrinsic and extrinsic motivation in sport and physical activity: a review and critique. In: *Advances in sport and exercise psychology measurement. Fitness information technology / ed. J. L. Duda.* Morgatown, 1998. P. 81-101.

the result), repeated reproduction of the stimulating effect, that is, pleasure from the emotional uplift that occurs during the specified activity.

The solution of the above-mentioned task and other important ones for highly qualified athletes during the competitive period occurs during their psychological preparation. First of all, we note that the leading condition here is the comprehensive solution of the tasks of psychological and other aspects of preparation, primarily physical and technical[103287 288 289 290]. The main components of the psychological preparation of track and field athletes are: obtaining information about the conditions of the competition; self-assessment of the level of preparedness of athletes for the competition; actualization of the motives for performing at the competition; formation of the athlete's confidence in realizing his capabilities; actualization of readiness for maximum volitional efforts; use of techniques for regulating and self-regulating mental states during the competition; optimization of the current emotional state at the beginning of each training session using a rational warm-up[2 73291 292].

In connection with the above, according to leading experts in sports psychology[92 95 101 293 294], methods and techniques of psychological training should be related to the "training" of psychological skills and abilities, regulation of the level of arousal, creation of mental images (ideas), formation of self-confidence, mastering the ability to concentrate attention and define goals.

Specifying the above, we note that the introduction of psychological skills and abilities into training involves the use of the following methods: goal setting,

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[287] Kokun O. M. Optimization adaptive opportunities human: psychophysiological aspect of providing activities: monograph. Kyiv: Millennium, 2004. 265 p.

[288] Kolesov A.I., Lenz N.A., Razumovsky E.A. Problems of training highly qualified athletes in sports with a cyclic structure of movements. M.: Physical Education and Sport, 2003. 80 p.

[289] Koshcheyev O. S. Construction training process in the pre-competition mesocycle in highly qualified taekwondo players: author's abstract. dissertation … candidate of sciences in physical education and sports: 24.00.01. Dnipropetrovsk, 2014. 21 p.

[290] Romanov V. Psychological features of education of physical qualities. *Theory and practice of football.* 2003. No. 1. P. 18–21.

[291] Ermolaeva M.V., Strizhik A. P., Ter-Ovanesyan I. A. Psychological preparation of track and field athletes: practical recommendations. M.: Sov. sport, 1992. 68 p.

[292] Kolosov A. B. Features cognitive style of skilled athletes and his value in elevation stress resistance. *Theory and methodology of physical Education and Sports.* 2005. No. 2/3. Pp. 120–123.

[293] Rodionov A. V. General psychological preparation of a high- class athlete. *Actual problems of sports science in preparation of athletes for the Olympic Games:* Proc. Int. Conf. Minsk: ZAO Vedy, 2004. Pp. 21–24.

[294] Yakovleva V. P. Psychology of physical education and sports: teaching aid. Surgut: SGPU, 2003. 104 With.

ideomotor acts (mental images), physical relaxation, control of thinking (attention)[95 295 296].

Regulation of arousal occurs based on its level, namely to reduce it or, conversely, to increase it. In the first case, we are talking, first of all, about reducing the state of anxiety, and the following methods are effective: progressive (physical, muscular) relaxation[115 297], mental relaxation[298 299 300], including autogenic training[301 302 303], systematic desensitization[304 305]. In the case when it is necessary to increase the state of arousal, the technique proposed by R. S. Weinberg and D. Gould[95] is effective, which involves: increasing the breathing rate, performing energetic movements, using positive statements, stimulating ideomotor acts, and listening to music.

The creation of mental images (ideas), as another component of the psychological preparation of athletes in general and track and field athletes in particular, involves the use of internal and external representations[103 306 307], although according to some studies[95], internal representations are more effective, as evidenced

[295] Experience of preparing national teams of different countries for the Olympic Games. Section 1. *Science in Olympic Sports.* 2009. No. 1. P. 4–79.

[296] Seluyanov V. N., Shestakov M. P., Kosmina I. P. Fundamentals of scientific and methodological activity in physical education: textbook. M.: SportAkademPress, 2001. 184 p.

[297] Carr, J., Shepherd, R. Stroke rehabilitation: Guidelines for exercise and training to optimize motor skill. London, England: Butterworth-Heinmann, 2003. 236 p.

[298]Pylypenko N. M. Dynamic transformation into motivational field persons from elevated anxiety under influence psychocorrection. *Practical Psychology and Social Work.* 2006. No. 6. pp. 49–58.

[299] Romanovskaya D. D. How to remove emotional tension or What such relaxation. *Practical Psychology and Social Work.* 2002. No. 2. Pp. 23–31.

[300]Yakovlev B. P. Emotional stress in sports activities: monograph. Surgut: SGPU, 2003. 182 p.

[301] Grigoryants I. A. Psychological and pedagogical assistance in the activities of athletes. *Theory and practice of physical culture.* 2006. No. 6. P. 36–38.

[302] Lobzin V. S., Reshetnikov M. M. Autogenic training: textbook. Leningrad: Medicine, 1986. 280 p.

[303] Sitkar V. I. Autogenous training: teaching -methodical manual. Ternopil: V. Hnatyuk National Polytechnic University, 2009. 76 p.

[304] Hellison, D. R. Teaching responsibility through physical activity. 2nd ed. Champaign, IL: Human Kinetics, 2003. 268 p.

[305] Silva, J., Weinberg R. Psychological foundations in sport and exercise. Champaign, IL: Human Kinetics, 1984. 211 p.

[306] Gorbushina O. P. Psychological training. Secrets of behavior: training manual. St.P.: Piter, 2008. 176 p.

[307] Feltz, D. L. Self-efficacy as a cognitive mediator of athletic performance / W. F. Straub & J. M. Williams (Eds.), Cognitive sport psychology. Lansing, NY: Sport Science Associates, 1984. P. 191-198.

by their induction using higher electrical activity of the biceps muscle of the hand. At the same time, one of the important aspects of creating mental images is the clarity of the representation created by the athlete, another is the controllability of the created images, that is, the ability to manage them, to reach the level when they are the ones the athlete wants.

As for the formation of self-confidence as the next component of the psychological training of track and field athletes, the leading method here is the one based on the coach's expectations and the athlete's self-expectations[126]. At the same time, according to researchers[308 309], the coach's[310] expectations play a leading role here, and the basis of the methodology is the coach's positive statements about various actions (results, etc.) of the athlete. At the same time, an ideomotor act is additionally used to form the athlete's confidence in his thoughts and actions.

The ability to concentrate attention is formed using, first of all, the inner language method, which provides the following recommendations: ignore distracting factors, which is ensured by the formation of the ability to shift attention; use keywords that are personal for each athlete; avoid evaluative thinking, which is ensured by the formation of the ability to maintain concentration of attention; develop your own ritual (sequence of actions, content of thoughts, etc.), control the direction of the gaze (preventing the gaze from wandering in the direction of irrelevant objects)[95 146 311 312].

As adaptive sports experts point out[7 68 313]. The use of the above methods and techniques by young athletes with impaired forms of the musculoskeletal system contributes to achieving a positive effect in regulating their behavior, which is one of the leading tasks of their psychological training. At the same time, it is emphasized[9 10 314] on the need to take into account the individual characteristics of the psyche of an athlete with PFORA during training sessions. At the same time, with age and

[308] Zaitseva T. V. Theory of psychological training. Psychological training as an instrumental action: teaching aid. M.: Smysl, 2002. 80 p.

[309] Osipova A. A. General psychocorrection: a teaching aid for students of higher education institutions. M.: Sfera, 2000. 512 p.

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increasing sports skills, individualization should be decisive in the psychological preparation of such athletes.

During direct competitive activity, the leading method is to control the state of arousal: if necessary, increase it - increase the breathing rate, perform energetic movements, listen to music, use positive statements and stimulating ideomotor acts; if necessary, reduce it - perform a smaller number of exercises, with an increased duration of each (compared to the following option), the main focus is on its qualitative characteristics, but with performance in different ranges (variable continuous method), namely from low to high speed; if necessary, increase the state of arousal - perform several exercises with the setting "concentrate attention on the quality of performance", others of various content - with an emphasis on the manifestation of the speed component, as well as the use by the coach of such methodological techniques as encouragement, positive verbal assessment of the athlete's actions.

One of the main tasks in the formation of the content of psychological training of highly qualified athletes is to determine the components on which it is necessary to exert targeted influence[92] [93]. At the same time, the most motivating force for performing actions to achieve the goal arises in the case of an average level of task complexity, that is, with average values of the subjective probability of success and failure. The interpretation of the latter indicates the following: “weighing” the subjective probability of a particular outcome, the subject makes a decision on the expediency or inexpediency of performing actions aimed at achieving the goal in conditions of uncertainty regarding its attainability[116].

Manifestation of motivation to achieve success and avoid failure during preparation for major competitions. ***Women***. At the beginning of the competitive period, it was found that in the sample of female Paralympians specializing in sprinting and long jumping, the assessment of the studied motivation was practically the same, with the exception of one case. In particular, in 80% of such athletes, the assessment was within 33.3-52.2%, i.e. it indicated the dominance of the motive of striving to avoid failure in them (Table 1.6). Only in 20% of athletes the assessment was 59.4%, i.e. it reflected the balance of both motives.

Table 1.6 - **Peculiarities of achievement and avoidance motivation in female athletes from PFORA during direct preparation for major competitions, %**

P. I.	View PFORA	Early		At the end		Change
		value	interpretation	value	interpretation	
sprint and long jump						
Cr -o. V.	CPU	41.7	MU	53.9	MU	12.2
Rud. T.	VK	52.2	MU	62.8	MU=MD	10.6
Photo by M.	CP	34.4	MU	48.3	MU	13.9
St. I.	CP	59.4	MU=MD	57.2	MU=MD	–2.2
Kr -k. O.	CP	33.3	MU	50.6	MU	17.3
throwing						
Assistant M.	CPU	74.4	MD	75.0	MD	0.6
As. T.	CPU	73.9	MD	70.6	MD	–3.3
Fig. A.	CPU	36.7	MU	48.9	MU	12.2
Jas. V.	CPU	21.7	MU	38.3	MU	16.6
Seth. O.	CPU	23.9	MU	46.7	MU	22.8

Notes: "CP" – cerebral palsy, "VC" – limb defect; "MU" – failure avoidance motive, "MD" – success achievement motive, "MU=MD" – balance of both motives

In another sample of Paralympians - women with impaired forms of the musculoskeletal system, namely, whose specialization is athletics throwing (javelin, shot put, discus), at the beginning of the competitive period they obtained results that were marked by certain features. Thus, 40% of the representatives of this sample were characterized by the dominance of the motive of striving for success (score within 73.9-74.4%), while the remaining 60% - by the dominance of the motive of avoiding failures, since the score was within 21.7-36.7%.

The obtained data were interpreted as follows: female athletes with a dominant motive in their motivation structure such as avoiding failures are characterized by instability of the level of aspirations, a tendency to extreme in terms of complexity of goal choices (from very simple to very complex). At the same time: the need to avoid failures in them can be combined with a high level of anxiety; in situations where it is necessary to use simple, well-learned actions, they are able to perform them more effectively and stably; in problem situations, in conditions of time shortage, their performance of actions becomes unpredictable.

For female Paralympians, whose motivation for achievement and avoidance was marked by a balance of both motives, the following are characteristic: activity, realistic level of aspirations, planning for the medium-term and near-term prospects, reasonable and measured risk, and the situation of achieving success or avoiding failure is usually not associated with strong emotions.

Regarding the motivation of female Paralympians, with the dominance of the motive of striving for success, a constantly high level of aspirations is characteristic for them, independence, a desire to plan the future for longer time intervals, concern for the development of their abilities, competence in significant areas. At the same time, they prefer somewhat overestimated, but achievable goals, while unrealistically high ones are rejected, and when solving problems of a problematic nature (requiring forward-looking thinking in conditions of time shortage) the effectiveness of activity may increase. In situations associated with risk, preference is given to calculated risk.

Considering that the impaired functions present in female Paralympians may affect the characteristics of psychological indicators[7 11 315], in the studied samples analyzed the above data, but taking into account such disorders. It was established that the features of the structure of achievement motivation found in female sprinters, namely the dominance of the motive of avoiding failures and the option of balancing both motives, were found with the same etiology of impaired forms of the musculoskeletal system, in particular cerebral palsy (Table 1.6).

A similar result was observed in female Paralympians, whose sports specialization is track and field throwing: with impaired functions due to cerebral palsy, the variant of dominance of the motive for achieving success and the variant of dominance of the motive for avoiding failures were equally common among them.

In other words, the above indicated that a certain variant of the structure of achievement and avoidance motivation is not associated with the etiology of the disturbed forms of the musculoskeletal system of female Paralympians, whose sports specialization is sprinting and long jumping, as well as athletics throwing.

Taking into account the data obtained, we studied the dynamics of the studied indicator when such athletes used the traditional model and the content of the competitive period of preparation for the 2023 World Championship. We found that in the most general form, the change in the indicator in the vast majority was insignificant, namely from a decrease of 3.3% to an increase of 13.9% *(p>0.05)*. In this regard, we noted that the variant of the structure of motivation for achievement identified at the beginning did not change during the studied period in the majority of such athletes.

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At the same time, it was noted that in one case, an increase in the indicator by 10.6% led to a change in the structure, namely from the dominance of the failure avoidance motive in it to the option of balancing the success achievement motive and the failure avoidance motive. In the other three cases, the change in the indicator, although it was greater than the specified one (it was at the level of 16.6 - 22.8%), nevertheless reflected only a certain trend. This was evidenced by a comparison of the motivation structure options of such athletes at the beginning and end of the competitive period: in all of them the structure remained the same, that is, it was characterized by the dominance of the failure avoidance motive (Table 1.6).

A more detailed analysis of the same data, namely, taking into account the sports specialization of female Paralympians, revealed that it practically does not affect the peculiarities of the change in the structure of the studied motivation. Thus, no athlete specializing in athletics throwing did not experience a change in the structure of the studied motivation, while among sprinters this result was established in 80% of cases.

In connection with the latter, it was noted that the absence of changes in the structure of the studied motivation was characterized by female Paralympians, whose musculoskeletal disorders were caused by cerebral palsy. A change in the structure of such motivation from the dominant failure avoidance motive to the balanced version of both motives was established in one female athlete (20%), whose specialization was sprinting and long jumping, and whose musculoskeletal disorders were caused by limb defects.

Summarizing the above, we found that there was no dependence on sports specialization, the features of the structure of achievement motivation at the beginning and the etiology of the disturbed forms of the musculoskeletal system of female Paralympians on changes in the structure of such motivation when they use traditional models and the content of sports training during the competitive period. At the same time, there was such a feature: the vast majority of such athletes, whose specialization is sprint and long jump, were characterized by the dominance of the failure avoidance motive in the structure, while among women whose specialization is athletics throwing, this feature of the structure was found equally often together with another option, namely the dominance of the success achievement motive.

Men. At the beginning of the competitive period, it was found that for all male Paralympians, whose specialization is middle-distance running, the assessment of achievement motivation was within 51.6-60.4%, i.e. it indicated a balance between the motive of striving for success and the motive of avoiding failure (Table 1.7). Characteristic for such athletes are: activity, realistic level of aspirations, planning for the medium-term and near-term prospects, reasonable and dosed risk, and the situation of achieving success or avoiding failure is usually not associated with strong emotions.

Table 1.7 - **Features of achievement and avoidance motivation in male athletes from PFORA during direct preparation for major competitions, %**

P. I.	Type PFORA	Early		At the end		Change
		value	interpretation	value	interpretation	
sprint and long jump						
Dan. A.	KU	51.0	MU=MD	56.8	MU=MD	5.8
Kp. C.	CP	45.8	MU	53.1	MU=MD	7.3
Pav. R.	CP	65.6	MD	61.5	MU=MD	–4.1
Sen. M.	CP	54.2	MU=MD	55.7	MU=MD	1.5
He. A.	CP	28.1	MU	35.4	MU	7.3
Kach. M.	Amp.	76.6	MD	65.1	MD	–11.5
throwing						
Ol. O.	CP	51.0	MU=MD	50.0	MU	–0.5
Ball. A.	ST	54.7	MD	55.8	MD	1.1
Pash. O.	CP	40.1	MU	49.5	MU	9.4
Sol. M.	Amp.	70.3	MD	63.5	MD	–6.8
Hebrews. D.	Amp.	78.6	MD	66.1	MD	–12.5
Same. M.	CPU	36.5	MU	45.8	MU	9.3
Dr. O.	CPU	60.9	MU=MD	61.5	MU=MD	0.6
middle distance running						
L- in. O.	Amp.	60.4	MU=MD	60.4	MU=MD	0
Sak. S.	CP	51.6	MU=MD	49.0	MU	–11.6

Notes: “KU” – combined lesion, “CP” – cerebral palsy, “ST” – spinal cord injury, “Amp.” – amputation; “MU” – motive of avoiding failures, “MD” – motive of achieving success, “MU=MD” – balance of both motives

A somewhat different result was obtained in the sample of male Paralympians with impaired forms of the musculoskeletal system, whose specialization is sprinting and long jumping. Thus, out of all six athletes studied, two were distinguished by a balanced variant of the motivation structure, as evidenced by the corresponding estimates, since they were within 51-54.2%, the other two - by the dominance of the motive of avoiding failures (score at the level of 28.1-45.8%), the rest - by the dominance of the motive of striving for success (65.6-76.6%).

In the sample of male Paralympians, whose specialization is track and field throwing (javelin, shot put, discus), the result was similar to that established in the previous sample. Thus, out of all seven athletes studied, two were characterized by a balanced variant of the motivation structure, since the score was within 51-60.9%, the other three - by the dominance of the motive of striving for success (score 54.7-78.6%), the remaining athletes - by the dominance of the motive of avoiding failures (36.5-40.1%).

At the same time, the characteristics of those male Paralympians in whom the motive of avoiding failures dominated in the structure were: instability of the level of aspirations, a tendency to extreme in terms of the level of complexity of the goal choices (from very simple to very complex). At the same time, the need to avoid failure can be combined with a high level of anxiety; in situations where it is necessary to use simple, well-learned actions, one can perform them more effectively and stably; in problem situations, in conditions of time shortage, the execution of actions becomes unpredictable.

For male Paralympians, in whom the structure of achievement motivation was characterized by the dominance of the motive of striving for success, the following were characteristic: a high level of aspirations, independence, a desire to plan the future for longer time intervals, concern for the development of one's abilities, competence in significant areas. At the same time, preference is given to somewhat overestimated but achievable goals, while unrealistically high ones are rejected, and when solving problems of a problematic nature that require forward-looking thinking in conditions of time shortage, efficiency may increase. In situations associated with risk, preference is given to calculated risk.

The obtained data confirmed the existence of peculiarities in the structure of achievement and avoidance motivation in male Paralympians with impaired forms of the musculoskeletal system at the beginning of the competitive period. They were as follows: middle-distance runners were distinguished by a balanced variant of the structure of such motivation; sprinters and athletes specializing in throwing were characterized by a dominance in the structure of the motive of striving for success or the motive of avoiding failures, and in each such sample almost equally.

Analysis of the same data, but taking into account the disturbed forms of the musculoskeletal system of male Paralympians, showed the following. In middle-distance runners, the balance of both motives is characteristic of both men with CP and amputation. In other words, the revealed peculiarity of the structure of their motivation did not depend on the etiology of the disturbed forms of the musculoskeletal system (Table 1.7).

Among sprinters and athletes specializing in track and field throwing, the structure with the dominance of the motive of avoiding failures was noted only in men

with cerebral palsy, although these samples also included men with amputation, spinal cord lesions, and combined etiology. But in them, with the exception of the latter, the structure of achievement and avoidance motivation was marked by the dominance of the motive of striving for success, and in the case of combined disorders - by a balance of both motives.

As for other male Paralympians with cerebral palsy, in those specializing in athletics throwing, the studied motivation was characterized by a balance of both motives, in sprinters - by this variant of the structure and the dominance of the motive of striving for success.

The above indicated that the conditionality of disturbed forms of the musculoskeletal system may be one of the reasons for the peculiarities of the formation of achievement and avoidance motivation in male Paralympians, whose sports specialization is throwing, as well as sprinting and long jumping.

Taking into account the data obtained, we studied the dynamics of the indicator of the studied motivation when using the proposed model of training of male Paralympians with impaired musculoskeletal system for the 2023 World Championship during the competitive period. We found that in the most general form, the change in the indicated indicator in the vast majority of such athletes was insignificant, namely from a decrease of 6.8% to an increase of 7.3% *(p>0.05)*. In some cases, the change, although it was greater than the indicated one (negative by 11.5-12.5% and positive by 9.3-9.4%), also showed only a corresponding trend *(p>0.05)*. In other words, the use of the proposed model in the majority of male Paralympians with impaired forms of the musculoskeletal system did not lead to a change in the structure of their motivation, that is, during the competitive period it remained at the level they reached at the beginning of the specified period.

A more detailed analysis of the same data, namely, taking into account sports specialization, showed certain features of the change in the structure of the studied motivation. Thus, the corresponding assessment in 50% of middle-distance runners decreased by 11.6%, which indicated a change in the balanced version of the motivation structure to the dominance of the motive of avoiding failures in it. In the remaining 50% of athletes of such specialization, the motivation structure did not change, since at the beginning and end of the stage the value of the indicator was 60.4%, i.e. it indicated a balanced version of the manifestation of the motive of striving for success and the motive of avoiding failures. At the same time, it was noted that in the former, the disturbed forms of the musculoskeletal system were caused by cerebral palsy, in the latter - by amputation.

A slightly different feature of the change was found in sprinters. Thus, in the majority (66.8%) the value did not differ from that established at the beginning,

regardless of the peculiarities of the motivation structure. In the remaining 16.6% of such athletes, the value of the indicator increased by 7.3%. In this regard, the structure of their motivation changed, namely from the variant of dominance of the motive of avoiding failures to a balanced one of both motives. In the remaining 16.6% of sprinters, the value of the indicator, on the contrary, decreased by 4.1%, that is, there was a change in the structure of their motivation from the variant in which the motive of achieving success dominated to the variant of a balance of both motives.

At the same time, it was noted that the change in the structure of achievement motivation occurred only in male Paralympians whose etiology of the disease was associated with cerebral palsy. As for the invariability of the structure of such motivation during the competitive preparation period, such dynamics were noted both in male Paralympians with cerebral palsy and with other etiology of impaired functions, in particular combined and amputation.

In male Paralympians, whose specialization is athletics throwing, the dynamics of the achievement motivation indicator was characterized by the fact that the traditional model and content of training sessions used in 85.7% of such athletes did not significantly affect the structure established at the beginning of the competitive preparation period. At the same time, this was not associated with a specific variant of the motivation structure, since all possible variants were diagnosed in the sample of such athletes - the dominance of the motive of striving for success, the motive of avoiding failures, and the option of balancing both motives.

As for the remaining 14.3% of such men, they found a decrease in the indicator, which indicated a change in the structure of achievement motivation, namely from the option of balanced motives to the option of dominance of the motive of avoiding failures. It was noted that the disturbed forms of the musculoskeletal system in these athletes were caused only by cerebral palsy.

In other male Paralympians with a sports specialization in "athletics throwing" and an unchanged structure of achievement motivation during the competitive training period, the etiology of impaired forms of the musculoskeletal system was associated with both cerebral palsy and other diseases that were noted in these athletes.

Thus, the obtained data showed that regardless of the sports specialization, the peculiarities of the structure of the studied motivation and the etiology of the disturbed forms of the musculoskeletal system, in most male Paralympians, when using the proposed model of management of their educational and training process during the competitive period of preparation, the specified structure did not change. The exceptions were 14.3% of such men, whose specialization is throwing, 50% of middle-distance runners and 16.6% of sprinters, in whom the structure of achievement motivation changes: in the first two cases - to a structure with a dominance of the motive of avoiding failures, in the latter - to a balanced version of the structure of the studied

motivation. At the same time, in all cases, the disturbed forms of the musculoskeletal system of such athletes are caused by cerebral palsy.

There is probably a relationship between physical fitness indicators and changes in the structure of achievement and avoidance motivation during preparation for major competitions.

The above data were analyzed from the standpoint of the degree of dependence of the indicators of special physical training of Paralympic athletes with impaired forms of the musculoskeletal system on the state of their motivation during direct preparation for the 2023 World Championships. Using regression analysis, where the independent variable was the change in the motivation indicator, the dependent variable was the change in the indicators of special physical training, and the significance level was α=0.05, certain features were identified.

Women. In the most general form, in female athletes with impaired forms of the musculoskeletal system, whose specialization is sprinting and long jumping, the change in indicators of special physical training was characterized by a high (*R=0.789*) dependence on the features of the change in the studied motivation. At the same time, it was established that in female athletes whose specialization is athletics throwing, there was no such dependence, since the value of the multiple regression coefficient was *R=0.039*.

The obtained data were associated with the features of the dominance of a certain motive in the structure of the studied motivation of female Paralympians with the indicated sports specializations. In particular, the high dependence of the change in the indicators of special physical training on the change in the structure of motivation of women whose specialization is sprinting and jumping was due to the fact that in 80% of them at the beginning the structure was dominated by the motive of avoiding failures, in the remaining 20% - both motives were balanced. And during the studied period of training, the structure of motivation of the vast majority (80%) of female athletes did not change, in the remaining 20% - it was marked by a change from the variant of dominance of the motive of avoiding failures to the variant of balance of both motives. At the same time, in no case was a variant of the structure diagnosed where the motive of achieving success dominated over the motive of avoiding failures (Table 1.6).

In female Paralympians with a specified track and field specialization, there was a significant (*p<0.05) improvement in speed strength* during the competitive period, while in women whose specialization is throwing, the indicators of special physical training remained at the achieved level.

The latter was consistent with the obtained value of the multiple regression coefficient, namely, which indicated the absence of dependence of the change in the

indicators of special physical training of such female athletes on the characteristics of their motivation. This result was associated with the fact that in 40% of them, the motive for achieving success dominated the structure at the beginning and it did not change throughout the entire period, as well as with another variant identified, namely, when the motive for avoiding failures was dominant in the structure, which was characteristic of the remaining (60%) women.

Men. In the most general form, their result was very similar to that established in women. This was evidenced by the following data: in male Paralympians, whose specialization is sprinting and jumping, the value of the multiple regression coefficient was *R=0.410*; in men, whose specialization is middle-distance running, the coefficient was also at the level of *R=0.410*. This value indicated a close to average degree of dependence of the change in indicators of special physical training on the characteristics of athletes' motivation. At the same time, the value of the coefficient established in athletes, whose specialization is throwing, was almost half as small – *R=0.220*. This value indicated a very low statistical dependence of the change in indicators of special physical training on the characteristics of motivation of such athletes.

The obtained data were associated (as in the case of female Paralympians with similar sports specialization) with the features of the dominance of a certain motive in the structure of the studied motivation. In particular, at the beginning, 33.3% of men, whose specialization is sprinting and long jumping, were characterized by dominance in the structure of the motive of avoiding failures, another 33.3% - by the motive of achieving success, the rest - by a balanced variant of the motivation structure (Table 1.7). And during the studied period of preparation, the following was found: in the vast majority (66.6%) of athletes, the structure of the motivation of achievement did not change, in 16.7% - it was marked by a change from the variant of dominance of the motive of avoiding failures to the variant of balance of both motives, in the remaining 16.7%, on the contrary - by a change from the balanced variant to the variant of dominance of the motive of avoiding failures.

As for the discrepancy in the values of the multiple regression coefficients established in female and male Paralympians (*R*= 0.789 and 0.410, respectively), namely, in the latter, the weaker statistical dependence of the change in special physical training indicators on the change in the motivation structure, this result was associated with the fact that men had all possible structure options, while women had only two, in particular, with the exception of the option with the dominance of the motive of achieving success.

In men whose sports specialization is middle-distance running, the result was similar to the above, but with the following features: at the beginning, 50% were dominated by the motive of avoiding failures, in the remaining 50% the motives were

balanced, i.e. there was no option of dominance of the motive of achievement. At the same time, during the studied period of preparation, the structure of motivation in the latter changed to one marked by the dominance of the motive of avoiding failures.

At the same time, during the competitive training period, sprinters experienced a significant ($p<0.05$) improvement in speed strength, and middle-distance runners additionally experienced explosive strength and speed endurance, while men whose sports specialization is throwing had special physical training indicators that remained at the achieved level.

The latter was consistent with the obtained value of the multiple regression coefficient, namely, which indicated a very weak statistical dependence of the change in the indicators of special physical training of such boys on the characteristics of their motivation. This result was associated with the fact that in 42.8% at the beginning of the competitive training period the motivation structure was characterized by the dominance of the motive of achieving success and did not change throughout the entire stage, as well as with another variant of the structure, namely with the dominance of the motive of avoiding failures, which was characterized by the other 28.6% of men. In the rest (28.6%) at the beginning both motives were balanced, at the end in 14.3% there was a change of such a structure to another, namely with the dominance of the motive of avoiding failures.

Thus, the obtained data showed that the change in the indicators of special physical training of Paralympic athletes during the competitive training period is characterized by unequal dependence on the change in their motivation to achieve and avoid. At the same time, regardless of gender, the dependence is much stronger in sprinters and middle-distance runners than in athletes specializing in throwing. One of the reasons for this peculiarity is the difference in the motives that dominate the structure of the studied motivation of such Paralympic athletes with impaired forms of the musculoskeletal system at the beginning of the competitive period. This must be taken into account when forming the content of their sports training for the main competitions during the specified period.

Conducting a comparative analysis of the relevant data in female track and field athletes specializing in sprinting and long jumping, the motivation for achievement was characterized by the following features: 1st place in the team ranking – at the end, the motivation was characterized as balanced and remained unchanged; 2nd and 3rd places in the team ranking – the structure was dominated by the motive of avoiding failure, and during the competitive period the structure remained unchanged. In male track and field athletes with the indicated sports specialization: 1st place in the team ranking – at the end of the competitive preparation period, the structure was dominated by the motive of avoiding failure,

and during the competition it remained unchanged; 2nd place in the team ranking – the motivation structure is balanced, unchanged during the period; 3rd place – the motivation structure is similar, but during the period it changed from the one marked by the dominance of the motive of achievement. Thus, during the competition, the best results in sprinting and long jumping were achieved by female and male track and field athletes in whom the structure of achievement and avoidance motivation remained unchanged during the competitive preparation period. At the same time, the structure is characterized by the dominance of such a motive as avoidance of failures or a variant of the balance of both motives.

Women ranked 1st to 3rd in the team had a higher level of special physical training during the competition period than those with a lower rating, namely an increase in speed endurance, explosive power, and frequency of movements. At the same time, at the beginning their special physical training indicators were better than those of athletes with a lower rating.

Male track and field athletes with a rating from 1st to 3rd during the competitive training period had a greater increase in speed endurance and speed strength than those with a lower rating. At the same time, the former had better indicators of special physical training than the latter.

So, during the competition, the best results in sprinting and long jumping were achieved by female and male athletes with impaired musculoskeletal systems, in whom during the competitive preparation period: the structure of achievement and avoidance motivation remains unchanged, and the motive of avoiding failures or the balance of both motives dominates; at the beginning, special physical training is noted with high indicators, and the greatest increase is in speed endurance and speed strength, and in women, in addition, explosive strength and frequency of movements.

In female track and field athletes specializing in throwing, the structure of achievement motivation at the end of the competitive training period was characterized by the following features: at 1st place in the ranking – dominance of the motive for achieving success or the motive for avoiding failure, at 2nd and 3rd – dominance of the motive for achieving and the motive for avoiding failure, respectively; in all cases, during the competitive training period, the structure remained unchanged.

In male track and field athletes with the specified sports specialization, the structure of the studied motivation had the following peculiarity: at 1st place in the rating it was characterized by a balanced variant, at 2nd place – by the dominance of the motive of achieving success, at 3rd place – in two cases it was similar to the last one, in one – by the dominance of the motive of avoiding failures.

The above indicated that during the competitions the best results in athletics throwing were achieved by women and men with impaired forms of the

musculoskeletal system, in whom the structure of motivation for achievement and avoidance remained unchanged during the competitive period. Characteristic in this case is the dominance of the motive for achieving success in men and women, and additionally - the balance of both motives and the dominance of the motive for avoiding failures.

As for the special physical training of athletes with the studied specialization, the following was noted here. In female track and field athletes with a rating from 1st to 3rd during the competitive training period, the increase in the speed strength of the muscles of the upper extremities, both involved in the bench press and in the splits, was greater than in those with a lower rating. At the same time, at the beginning the indicators of special physical training of such athletes were better than those of athletes with a lower rating, but despite this, there was also an increase in indicators.

Male track and field athletes with a rating from 1st to 3rd during the competitive training period had a greater increase in the speed strength of the upper limb muscles, but only those involved in the bench press, than those with a lower rating. At the same time, the former had better indicators of special physical training than the athletes with a lower rating, but the increase was smaller.

So, during the competitions, the best results in athletics throwing were achieved by women and men with impaired forms of the musculoskeletal system, in whom during the competitive preparation period: the structure of motivation for achievement and avoidance remains unchanged, and the motive for achieving success dominates in it, in women additionally - the motive for avoiding failure, in men - the balance of both motives; at the beginning, high indicators are noted for SFP, and the greatest increase is in speed strength and explosive strength of the muscles of the upper extremities.

In male track and field athletes specializing in middle-distance running, the structure of achievement and avoidance motivation at the end of the competitive period was characterized by the feature that in the leader of the rating it was balanced and unchanged throughout the entire training period; special physical training was characterized by the following features: the highest indicators at the beginning of the period, greater than in such athletes, but with a lower rating, an increase in explosive strength of the muscles of the lower extremities, much smaller - most other physical qualities, but primarily speed strength and speed endurance.

Thus, the obtained data showed similar trends, features of manifestation and dynamics during the competitive period of preparation of indicators of motivation to achieve success and avoid failures, as well as special physical training of female and male athletes with impaired forms of the musculoskeletal system of a certain sports specialization, who achieved the highest results at the 2023 World Championship.

Such data must be taken into account when improving the content of the model, which is implemented during the specified period of preparation for each athlete to achieve maximum results at competitions of the highest rank, based on the indicators of their psychological and physical fitness at the beginning of the specified period.

Therefore, it is possible to conclude that regardless of the sports specialization, the features of the disturbed forms of the musculoskeletal system and the structure of motivation at the beginning, the use of the proposed model of management of the educational and training process of such athletes in the competitive period does not lead to a change in the structure of such motivation. At the end, in women, whose specialization is sprinting and long jumping, the balanced variant and the dominance of the motive of avoiding failures are equally common, in men - mainly the first. In women and men, whose specialization is throwing, the variant of the dominance of the motive of achieving success and the dominance of the motive of avoiding failures are equally common, in middle-distance runners - the last variant and balanced.

4.2. Components programs psychological training of Paralympic athletes

When developing a program of psychological training for Paralympic athletes with impaired musculoskeletal system during the competitive period, implemented to achieve high results in major competitions, information from special literature was taken into account. First of all, the theory of sports activity and pedagogy at the present stage, as one of the most effective ways of forming and implementing its content in practical activities, considers programming a certain educational process [1] [2] [116] [316]. This is due, first of all, to the possibility of significantly reducing the coach's impromptu when reproducing the proposed content, and therefore achieving the planned result.

At the same time, it was taken into account that the program is the result of programming, presented in one of several possible options, namely: as a trainer's action plan, as a brief summary of the content of a certain educational material or a description of the algorithm for solving the task[317]. In turn, programming is the process of preparing for solving the tasks, which involves: drawing up a plan for

[316] *Rybkovsky A. G., Kanishevsky S. M. System organization motor activities Humanity. Donetsk: DonNU, 2003. 436 p.*

[317] *Large explanatory dictionary of modern Ukrainian languages / compiler and editor-in-chief V. T. Busel. Kyiv - Irpin: Perun, 2004. 1440 p.*

solving each such task in the form of a complex of sequential operations (algorithmic description of operations); describing the specified plan (drawing up the program); translating the program in the form of sequential actions (p. implementation)[75 78 100].

Therefore, the goal can be achieved if there is an appropriate program that will be implemented during training sessions during a certain period of athletes' training.

Taking into account the above, the program of psychological training of Paralympic athletes with impaired forms of the musculoskeletal system during the competitive period was considered as a set of measures, and taking into account the information of the special literature[12 115 150 151 318] – that their implementation will contribute to achieving the maximum possible results at the competitions for which sports training is carried out. The main reason for this is the opportunity, in addition to solving the main task, to also expand the boundaries of influence on other aspects of the athlete's preparedness, in particular physical, technical, tactical[101 120 128 136].

When developing the program, we took into account the specifics of the motivation of athletes with impaired musculoskeletal systems and the ability to solve both the main task of psychological preparation and secondary ones related to physical, technical and tactical preparation, in order to maximize the realization of the formed potential during the competition.

To achieve the set goal, a set of tasks of different content was identified and solved, the main ones of which were as follows: correction of athletes' behavior within the existing features of their motivation structure for achieving success and avoiding failures; promotion of more complete and higher-quality recovery after a training session; involvement of the body's reserves (functional, physical, cognitive) when performing the tasks of a certain training session; elimination of possible inadequate manifestations of the athlete's behavior in connection with the implementation of a certain coach's instruction during a training session; effective management by the athlete of his mental state during competitive activity.

The solution of such tasks took place sequentially: first - during the direct preparation for the main competitions, then - during their conduct. The content of the proposed program was adequate to the tasks of the methods (Table 1.8). Thus, during the direct preparation for the main competitions, the selected methods were used in the following areas: in free time from training, during training sessions and immediately after such sessions.

[318] Kazmiruk A. V. Development priority components structures personality a skier-athlete in the process psychological preparation: author's abstract dissertation … candidate of sciences in physical education and sports: 24.00.01. Lviv, 2013. 20 with.

Table 1.8 - **Content of psychological training of Paralympic athletes from PFORA in specific areas during the competitive period**

Program objectives	Direction of implementation	Methodology used
1) promoting a more complete and better recovery after a training session	at leisure	breathing exercises with an emphasis on relaxation
2) correction of the state of arousal at the beginning of training	during a training session	optimal warm-up
3) involvement of the body's reserves when performing the tasks of a certain training session: – during technical training (with the dominance of the failure avoidance motive) (with dominance of the motive of achieving success) (if both motives are balanced) – during physical training; – during tactical training		formation of psychological skills and abilities with an emphasis on: concentration of attention; progressive relaxation; ideomotor training formation of psychological skills and abilities with the specified accents; expectations of the trainer coach's expectations
4) elimination of possible inappropriate behavior of the athlete		expectations, conversations « life-space interview ", "modeling-repetition"
5) effective management of the athlete's mental state during competitive activity		formation of psychological skills and abilities, relaxation on the spot, optimal warm-up, application of ideas
6) formation of constructive behavior of the athlete within the existing features of the structure of motivation for achievement and avoidance:	immediately after training session	

Program objectives	Direction of implementation	Methodology used
– dominance of the avoidance motive (formation of skills to reduce the level of anxiety, formation of confidence in the ability to achieve the set goal);		in the following sequence: progressive relaxation; slowed breathing combined with mental relaxation; self-expectation combined with ideomotor training
– dominance of the achievement motive (increasing concentration, focus, developing the ability to relax in order to convince the athlete of his ability to achieve a higher goal);		in the following sequence: self-expectation combined with ideomotor training; progressive relaxation; slowed breathing combined with mental relaxation
– balance of both motives		in the following sequence: progressive relaxation; slowed breathing combined with mental relaxation; self-expectation combined with ideomotor training; inner speech
7) effective management by the athlete of his mental state and behavior during the competition: – before the start of the competition;	during the competition	used: in free time, during warm-up, situationally during training, immediately after training sessions (in full)
– during competitions		used: in free time, during warm-up, immediately after training sessions (in full), relaxation on the spot, application of representations

In free time from training. The techniques used at the specified time were implemented by the athletes independently, but after mastering the appropriate technique; the basis of these techniques was the recommendations of special literature[140 319 320 321 322].

Mastering the technique used in free time, as well as the techniques implemented in other specified areas, took place before the start of the competitive period, namely during the six-day rest after the qualifying competitions and during the first two microcycles of the basic mesocycle. The peculiarities of the organization of this process were as follows: first, the peculiarities of the structure of his motivation for achievement and avoidance were clarified for each athlete. After that, taking into account the data obtained, subgroups of athletes with the same peculiarities of the structure of the specified motivation were formed, then an oral survey of athletes was conducted to establish the knowledge and skills available to each of them related to the methods of influencing the mental state, which were planned to be used in the competitive preparation period. After that, taking into account the information obtained and data from special literature[323 324 325 326 327], began to master selected techniques.

Characterizing the features of the technique that athletes used in their free time, namely in the morning after sleep, after morning training and in the evening immediately before sleep, we note the following: it was aimed at solving the problem

[319] Peshkov V. F. Physical and psychological means of restoring working capacity in the process of sports and educational activities: author 's abstract diss. ... dr. ped. sciences: 13.00.04. Omsk, 2001. 46 p.

[320] Rogov E. I. Handbook of a practical psychologist: a textbook manual in 2 books. M.: VLADOS-PRESS, 2006. Book 2. 477 p.

[321] Sirenko P. O. Innovative technology in physics preparation qualified football players: author's abstract dissertation … candidate of sciences in physical education and sports: 24.00.01. Lviv, 2015. 18 p.

[322] Sobko I. M. Innovative technology in training process qualified basketball players with hearing impairments: author's abstract dissertation … candidate of sciences in physical education and sports: 24.00.01. Kyiv, 2014. 22 p.

[323]Vagin I., Ripinekaya P. Master class: trainings. M.: AST; Astrel; Transitkniga, 2005. 271 p.

[324] Ozolin N. G. Handbook of the trainer: reference manual. M.: Astrel, 2002. 221 p.

[325] Sidorenko E. V. Motivational training: method. manual. St.P.: Rech, 2005. 240 p.

[326] Smirnov A., Dolgopolova V. Psychology of activity in extreme situations: monograph. Kharkiv: Humanitarian Center, 2007. 276 p.

[327] Smolentseva V.N. Development of psychoregulation skills in athletes in the process of sports improvement. *Theory and practice of physical culture.* 2004. No. 2. P. 41–45.

of promoting a more complete and better recovery [101] [150] [328]Its basis was breathing exercises with an emphasis on relaxation, duration – 15-20 minutes with compliance with all specified conditions for performing exercises and organizing such activities.

During training sessions. The content of psychological training of Paralympic athletes with impaired forms of the musculoskeletal system in this area was associated with the following: involvement of the body's reserves when performing the tasks of a certain training session; elimination of possible inadequate manifestations of the athlete's behavior in connection with the implementation of a certain coach's instruction; effective management of the mental state during competitive activity.

The solution of the first of these tasks involved: at the beginning of the training session - optimization of the current emotional state of athletes; during the main part of the session - their targeted psychological training in combination with the priority determined for a specific training session - physical, tactical or technical training. In particular, during technical training, the basis of the mentioned related influence was the methodology for the formation of psychological skills and abilities[329] [330], but with adjustments made to it, which were due to both the psychological characteristics of athletes with impaired forms of the musculoskeletal system in general, and taking into account the peculiarities of the structure of motivation for achievement and avoidance in each, in particular. It was considered that with a balance of both motives, the following were characteristic: activity, realistic level of aspirations, planning for the medium-term and near-term prospects, reasonable and justified risk, and the situation of success or failure is not associated with strong experiences. In this regard, during technical training for such athletes, the psychological emphasis was placed on the maximum manifestation of available capabilities[95], and this was ensured by the method of ideomotor training.

When the motive for achieving success dominates, the following are characteristic: a stable high level of aspirations, independence, a desire to plan the future for long time intervals, concern for the development of one's own abilities and competencies in sports activities; somewhat overestimated but achievable goals dominate, while unrealistically high ones are rejected; when solving problems of a

[328] Strategies and recommendations for a healthy lifestyle and physical activity: collection of materials from the WHO / compiled by E. V. Imas, M. V. Dutchak, S. V. Trachuk. Kyiv: NUFVSU "Olimp. l-ra", 2013. 528 p.

[329] Asken, M. J. The challenge of the physically challenged: delivering sport psychology services to physically disabled athletes. *The sport psychologist.* 1991. N 5. P. 370.

[330] Vealey, RS Future directions in psychological skills training. *The sport psychologist* 1988. N 2. P. 318 - 336.

problematic nature (requiring forward-looking thinking in conditions of time shortage), efficiency may increase; in situations associated with risk, actions are characterized by prudence regarding risk. In connection with the above, in such a subgroup of athletes during technical training, the psychological emphasis was placed on reducing the mental stress characteristic of them, which was due to their high degree of disposition to necessarily achieve success in the development of their abilities and competencies due to the maximum manifestation of available opportunities when solving the task determined by the coach[10 95]. The reduction of the indicated tension was ensured by using the progressive relaxation technique, but in an abbreviated version of its implementation.

In the case of dominance of the motive of avoiding failure, the characteristic psychological features of athletes with such a structure of motivation for achievement and avoidance were: instability of the level of aspirations, a tendency to choose goals that are extreme in terms of complexity; it is manifested in combination with a high level of anxiety, in the event of problem situations with a shortage of time, actions become unpredictable. Therefore, during technical training, the psychological emphasis was placed on weakening the indicated negative phenomena[7 95331 332 333]To achieve this, the technique of concentration of attention was used.

As for the place of the mentioned techniques in the training session, they were used during rest between repetitions (series, approaches) when performing a certain task or between performing different tasks.

During training sessions, the priority of which was *physical training,* the basis of the related influence on Paralympic athletes with impaired musculoskeletal systems was the above-mentioned techniques with a similar place in the training session, and in addition to this, the use of expectations by the coach, primarily "personal prompts"[126]. They were based on the coach's knowledge of the abilities, potential opportunities, and peculiarities of the structure of achievement and avoidance motivation in athletes. The content of such expectations was the coach's statements, which were marked by positive and educational feedback and were his reaction to the athlete's current actions.

During training sessions, the priority of which was *tactical training,* the basis of the related influence on the psychological preparation of Paralympic athletes with impaired musculoskeletal system was the coach's expectations. The content of such

[331] Anti-stress plastic gymnastics / author-compiler A. V. Popkov. M.: Sov. sport, 2005. 164 p.
[332] Pylypenko N. M. Psychocorrection elevated anxiety. *Practical Psychology and Social Work*. 2006. No. 7. P. 62–63.
[333] Rubshteyn N. Emotion management training: 42 simple exercises that will teach you to cope with jealousy, resentment or fear. And enjoy life!: method. manual. M.: Eksio, 2008. 236 p.

expectations depended on the athlete's actions seen by the coach, namely: were they adequate to the task, how well they were performed, what is the reason for the result different from the possible one, etc.

As for the warm-up, the elements of psychological training that were used during its implementation were aimed at optimizing the current emotional state of the athletes and did not differ from those used during the first stage of the formative experiment. In particular, in the case of reduced emotional arousal, several exercises were performed with the setting "concentrate attention on the quality of their performance", other exercises were of various content, but all were performed with an emphasis on the manifestation of the speed component of the activity. Additionally, the coach used methodological techniques that were also aimed at increasing the athlete's emotional arousal, namely: encouragement, positive verbal assessment of the athlete's actions, individual musical accompaniment (the athlete turned on the music player and listened to his favorite rhythmic music through headphones). Musical compositions were formed in advance, by the athletes themselves, and transferred to the coach, who used them in the specified situation.

In the case of increased emotional arousal, on the contrary, during the warm-up the athlete performed a smaller number of exercises, the duration of each was longer than in the above case, and the athlete focused mainly on qualitative characteristics, but with its performance in different ranges (variable continuous method), i.e. from low to high speed. At the same time, if desired, the athlete could also use individual musical accompaniment, but in this case the selection of musical compositions (they were also chosen by the athletes at the beginning of the competitive period) was characterized by a slow tempo and measuredness.

Solving another task of psychological training of Paralympic athletes with impaired musculoskeletal system during training sessions, namely, eliminating possible inadequate manifestations of their behavior due to various reasons, occurred situationally, that is, only in the event of such situations[97]. Typically, such situational psychological training occurred in two cases: when the athlete was unwilling (refusal) to perform the task set by the coach and, conversely, when there was an excessive desire, which consisted in performing additional (unplanned) work, performing the task with a higher than specified intensity, etc.

The specified task was solved immediately after the occurrence of an inadequate situation or immediately after the training session. In the first case, the coach used, first of all, the means of a psychopedagogical approach to influence the athlete's behavior. One of the main ones involved the use of expectations aimed at strengthening the athlete's "Ego": the coach "pushed" the athlete to recognize that his actions were a problem[12]. After that, the athlete moved on to perform another task,

and after the training session was completed, the coach and the athlete returned to considering the situation that had arisen. Here, the emphasis was on the athlete's understanding of the motivation for his behavior, then on analyzing its consequences and reflecting on an alternative way of behaving in similar conditions.

In case of inability to resolve the situation, immediately after its occurrence, the athlete was offered to perform another task, and after the training session the coach returned to resolving the specified situation. For this purpose, the "life-space interview" method was used[7], its basis is a conversation with the definition of a set of actions of the athlete that will help overcome the situation in order to achieve the main goal of the activity - the best result at the competition. At the same time, the "modeling-repetition" technique was used, which is another means of a psychopedagogical approach to influencing the athlete's behavior. In particular, the coach noted, for example, the following: "He (another athlete in the team) can, but why can't you? You can achieve the goal only if you do the same. Therefore, you need to control yourself, focus on the task at hand and continue to perform it no matter what."

In addition, the above-mentioned means were used, mainly in combination with means of the psychodynamic approach, since the latter contribute to the normalization of the athlete's emotional activity, which is achieved by understanding the reasons for inadequate behavior that caused the negative situation. In this case, the coach perceived the athlete as he is, but did not agree with his undesirable behavior, and the main emphasis was on the desire to help the athlete in the issue of his self-knowledge. To do this, during the conversation, the coach focused the athlete's attention on the formation of healthy ideas about himself, in particular, to trust the coach's instructions, to be confident in his own feelings, abilities, emotions, but at the same time to control their manifestation.

Solving another task of psychological training of Paralympic athletes with impaired forms of the musculoskeletal system during training sessions, namely, effective management of their mental state during competitive activity, took place during classes that involved modeling such activity. The basis of psychological training was the formation of the following psychological skills in each athlete: to determine the state of their mental activity (excessive excitement or pre-start apathy (insufficient excitement)); to form a certain model of realizing available opportunities during competitions; to apply the technique of "relaxation on the spot"[146] or increasing the state of excitement using "optimal warm-up"[2 92]. The content of the latter was the above-mentioned exercises and the conditions for their performance, which were used in each training session, with the difference that during the sessions with modeling competitive activity, the athlete independently determined his current state and, taking this into account, chose an adequate method of managing it - relaxation or increasing the state of arousal.

As for the “relaxation in place” technique, it was based on actions that were offered to the athlete, but he chose the optimal ones for himself. Such actions included: smiling; enjoying the current extreme situation; consciously “braking” the desire to perform the exercise as quickly as possible; focusing attention on the present moment.

In addition to the above, each athlete formed a personal model of realizing the achieved capabilities during competitive activity. This took place first in the athlete's imagination: he imagined himself in those conditions (rivals, spectators, venue, atmosphere prevailing during the competition) before the start; then the athlete used the optimal method of its correction for the current mental state ("relaxation on the spot", increasing the state of excitement); after that - in the imagination the athlete performed a competitive exercise with the obligatory achievement of victory. After several repetitions of the above, all subsequent actions, except for the last one, were the same, and the last one implied: the athlete did not imagine, but actually performed the competitive exercise with the manifestation of maximum capabilities.

This contributed to the formation (increase) of the athlete's confidence in his abilities and the actualization of his readiness to demonstrate maximum willpower when performing a competitive exercise during the competition.

Immediately after training sessions. After completing the morning training session and hygiene procedures, athletes were engaged in psychological training for 35 minutes, after completing the evening training session - for 25 minutes. It was used to form the athlete's constructive behavior during the competition, based on the peculiarities of the structure of his motivation to achieve and avoid. The specified training was used throughout the entire competition period, but due to different tasks, three stages of implementation were distinguished. Thus, at the first stage, which lasted for six days of rest before the start of training sessions and during the first two microcycles of the first (base) mesocycle, the athletes' knowledge of their use of mental state management techniques during preparation for the competition, as well as before the beginning, during the starts and after the end of each day of the competition, was determined. At the same time, subgroups of athletes were formed, taking into account the peculiarities of the structure of their motivation to achieve and avoid; knowledge and skills that were related to the methods of solving the task specified for each subgroup.

At the second stage (main), which lasted during the third microcycle of the basic mesocycle, the second (special preparatory) and half of the third (pre-competition) mesocycles, the methods of influencing the behavior of athletes determined for each subgroup were improved and continued to be actively used.

In the third stage (final), which lasted during the second half of the pre-competitive and first half of the competitive mesocycles, athletes used certain

techniques, but with an emphasis on forming a positive judgment about the result they would achieve in the competition and a positive attitude towards the near future.

As for the content of psychological training, its basis was internal representations[7 67], but with certain features that depended on the structure of motivation for achievement and avoidance, which was characteristic of a particular athlete. In particular, athletes dominated by the motive of avoiding failures were characterized, first of all, by a high level of anxiety; they also tend to set extreme goals for themselves, that is, those that are on the verge of the possible[120 146 334]. In connection with the above, the content of psychological training was aimed at developing skills to reduce the level of anxiety and confidence in the ability to achieve the current goal[335]. The optimal solution for such tasks was a set of techniques, each of which was used in a certain sequence for the following time: progressive relaxation - 8-10 min; slow breathing in combination with mental relaxation - 5-8 min; self-expectation in combination with ideomotor training - 8-10 min; the first two techniques - 5-6 and 5 min, respectively. In other words, the emphasis of psychological training, due to the above-mentioned characteristics of such athletes, was shifted towards achieving maximum relaxation and reducing anxiety in order to increase confidence, concentration, and ease in actions.

In athletes with a dominant achievement motive, the content of the training was aimed at increasing concentration, focus, and developing the ability to relax in order to shift the boundaries in goal setting (from a balanced, calculated goal to a higher one that went beyond the balanced goal) and fix it in the mind as a basic one, that is, at the level of the athlete's belief in his ability to achieve it. For this purpose, methods similar to those mentioned above were used, but they were implemented in a slightly different sequence: self-expectation in combination with ideomotor training - 8-10 min; progressive relaxation in combination with mental relaxation - 8-10 min; self-expectation in combination with ideomotor training - 8-10 min; slow breathing in combination with mental relaxation - 7-9 min.

In the subgroup of athletes who were characterized by a balanced structure of achievement and avoidance motivation, practically the same methods were used during psychological training, but additionally - the inner language method, and the sequence was as follows: progressive relaxation - 8-10 min; slow breathing in

[334] Hoffman, J. Physiological aspects of sport training and performance. Champaign, IL: Human Kinetics, 2002. 343 p.

[335] Petrovska T. V., Kulish N. M. Optimal anxiety as a coping factor competitive stress. *Olympic sports and sports for all*: theses of the supplementary International Scientific Congress. Kyiv, 2010. P. 489.

combination with mental relaxation - 5-8 min; self-expectation in combination with ideomotor training - 10-12 min; inner language method - 7-8 min.

The duration of the evening psychological training, as noted earlier, was shorter, and this was achieved by reducing the time for each technique by 1-2 minutes, compared to the duration after the morning training session.

During the competition. During the competitive mesocycle, the psychological training of Paralympic athletes with impaired musculoskeletal system was considered as a two-stage process. At each stage, the methods that constituted the content of psychological training in the previous mesocycles were used, with the difference that they were implemented selectively, namely based on the orientation. In particular, at the first stage (before the start of the competition), the methods of psychological training that athletes used in their free time, during warm-ups and situationally during training sessions, as well as the full range of methods used immediately after training sessions, were used.

At the second stage (directly during the competition), athletes used the same techniques, with the exception of the following: there was no technique that was applied situationally, instead, the technique that formed the basis of training sessions on modeling competitive activity was actively implemented.

Therefore, the developed program of psychological training of Paralympic athletes with impaired musculoskeletal system during the competitive period took into account the peculiarities of the structure of their motivation to achieve and avoid, modern techniques and methods of influencing the corresponding qualities, properties and abilities, and was also fully consistent with other components of the model of direct training of such athletes for the main competitions tested at the first stage of the formative experiment.

The data obtained are consistent with those established in highly qualified athletes, but without developmental disorders[159] [336]. At the same time, it should be noted that the comparison of such data is due to the fact that there is no information from other researchers about the features of the structure of achievement and avoidance motivation in highly qualified track and field athletes with impaired forms of the musculoskeletal system. As for the reasons for the relative stability of a certain variant of the structure of achievement and avoidance motivation during the competitive preparation period, one of them is the high level of sports qualification, during the achievement of which a complex of mental qualities and a certain mental

[336] Lyashenko V. N. Confidence of qualified athletes as a determinant of readiness for competitive activity: author's abstract diss. … candidate of sciences in physical training and sports: 24.00.02. Kyiv, 2010. 20 p.

state are consolidated, which ensure the individual a certain success in achieving a certain goal[120].

This is confirmed by the information of J. Atkinson [110] that high motivation occurs only when the individual is sure that the desired consequences for him are a direct result of the behavior performed. From the position of correlative psychophysiology, this leads to the emergence of a dominant focus of excitation in the hypothalamic structures and secondary ones in the limbic and cortical systems. In the case of constant reinforcement (over time), the formation of a specific formation occurs: cellular and molecular integration of cortical -subcortical brain structures and, as a result, changes in the electrical activity of the brain, which consists primarily in the appearance of characteristic bundle activity and a special distribution of interpulse intervals and the formation of[106].

In other words, each need and the dominant motivation formed on its basis form its own specific integration of organized excitation of brain structures, which is accompanied by an improvement in the convergent and discriminative properties of neurons, a change in their sensitivity to neurotransmitters and neuropeptides, a sharp increase in the total number of receptors on the surface membranes of neurons, an increase in the sensitivity of the corresponding peripheral receptors to stimuli that satisfy the initial needs of the organism, an increase in the sensitivity of brain neurons to reinforcing stimuli; all this is a kind of "filter" of information about the need and its satisfaction entering the brain. The above is, firstly, impossible in the short term (in terms of time), and secondly, when a formation is formed, in case of need, it is also necessary to replace it with another for a relatively long period of time[109]. The latter applies to cases when there is a change in the structure of achievement and avoidance motivation. At the same time, such a change will negatively affect the manifestation of other indicators and characteristics of the individual, since it occurs in the brain, which is responsible for the manifestation of such indicators and characteristics.

The obtained data are consistent with the provisions of the theory of the need for achievement of J. Atkinson (1974), according to which the achievement of the set goal depends on personal factors or motives, situational factors, resulting tendencies, emotional reactions and behavior associated with the result[95]. At the same time, the last component demonstrates the influence of the interaction of the first four components on the achieved result. In the aspect of the above data, when the motive of avoiding failures dominates, athletes with such a peculiarity of the structure of motivation are characterized by the avoidance of intermediate risk and competitive situations, low results in the performance of the evaluated situations are eliminated by tasks determined by the coach. Such tasks are mandatory for execution, and therefore act as a powerful stimulating factor for activity. This leads to the removal of the specified psychological barriers from such athletes (change in behavior), in

connection with which their psychophysiological reserves are activated, the consequence of which is an increase in the indicators of special physical training. With the dominance of the motive of achieving success, the specified barriers are absent, because such athletes are a priori distinguished by the search for complex competitive tasks, prefer intermediate risk, and demonstrate good results in the evaluated situations. Here, the tasks set by the coach are not distinguished by high power in terms of stimulating the activity of such athletes, since the performance of such tasks from the very beginning is a component of their behavior, because this is how their desire for success is satisfied, in our case, a high result. It is with a lower power, in terms of the effectiveness of the factor, on the athlete's behavior, that smaller positive changes in the special physical training of athletes with the dominant motive of achieving success were associated compared to athletes in whom the dominant motive was the motive of avoiding failures. Thus, the use of the proposed model of managing the training process of female and male track and field athletes with impaired forms of the musculoskeletal system, whose specialization is throwing, during the competitive period of preparation contributed to maintaining their special physical training at the achieved level, while in athletes whose specialization is sprinting and long jumping, it significantly increased speed strength.

It was found that regardless of specialization, the best results were achieved by athletes with a motivation structure that did not change during the competitive training period, as well as: in sprints and long jumps - the structure was dominated by the motive of avoiding failures or the motives were balanced; in track and field throwing - the motive of achieving success dominated, in women additionally - the motive of avoiding failures, in men - the motives were balanced.

One of the reasons for the discrepancy in the results of the dynamics of special physical training of the specified athletes during preparation for competitions and their performance at competitions was associated with the achievement of the level of maximum manifestation of functional capabilities at this stage of their sports career. It was the maintenance of such a level in the second part of the competitive period of preparation and the solution of other tasks that ensured the achievement of the above-mentioned success at competitions. The above is to some extent consistent with the information of the leading specialist in the theory of sports, Professor V. M. Platonov[2], namely, that training at this stage is focused on preserving the basic components of preparedness, maximum, but at the same time, accessible development of special components with the provision of full recovery.

From this position, as well as taking into account the information obtained at the theoretical level of the study and the results of the first stage of the formative experiment, we improved the proposed model of the educational and training process

of Paralympic athletes with impaired forms of the musculoskeletal system during the competitive period in terms of their psychological preparation.

At the same time, it was taken into account that the theory of sports activity and pedagogy[1 2 116 157] at the present stage considers the programming of a certain educational process as one of the most effective ways of forming and implementing its content in practical activity. In this regard, it was also taken into account that the program is the result of programming, presented in one of several possible options, namely: as a plan of action of a certain person (in our case, a coach), as a brief summary of the content of a certain educational material or a description of the algorithm for solving the task[158].

Taking into account the above, the experimental program of psychological training of Paralympic athletes with impaired forms of the musculoskeletal system during the competitive period was considered as a set of measures, and taking into account the information of the special literature[10 12 115 150 159] – that their implementation will contribute to achieving the maximum possible results at the competitions for which the preparation is being carried out. The main reason for this is the opportunity, in addition to solving the main task, to also expand the boundaries of influence on other aspects of the athlete's preparedness, in particular physical, technical, tactical[13 101 120 128 136].

The proposed psychological correction program reveals its superiority over traditional ones in terms of organization and content, which were also implemented within a similar model of the educational and training process of the same Paralympic athletes and with the same parameters of its other components. The advantage was that the former achieved significantly higher indicators than the latter during the competitive preparation period for the XVI Summer Paralympic Games (2024) and the 2023 World Championship: the structure of achievement and avoidance motivation, respectively, does not change, and in 10% of women and 8% of men, the dominant motive changes, with improvement and deterioration of motivation characteristics.

According to the personalized data, the indicators of special physical training of all athletes who used the psychological training and correction program improved by a significantly greater amount than after using the traditional organization and content of psychological training. At the same time, the uneven effectiveness of athletes' performance at competitions was noted: in terms of the number of prize places in the experimental group of women, whose specialization is sprint and long jump, it was 33.3% of the maximum possible result, while in the control group - only 25%, in the experimental groups of men - 52.4 and 40.4%, respectively. In the experimental group of women, whose specialization is throwing, the specified indicator was 41.7%, in the control - only 28.6%, in the experimental groups of men -

16.7 and 13.9%, respectively. At the same time, the result of the performance of each athlete in the case of using the psychological training program was significantly better than in the case of using the traditional organization and content.

In addition, it was found that the use of a psychological correction program by the same Paralympic athletes during the preparation stage for the next major competitions (World Championships 2023) provides a positive delayed effect in improving their preparedness for these competitions: the performance of such athletes was significantly higher than that of those who used the traditional organization and content of psychological training.

The obtained result is associated with a complex of reasons. The main one is the coordination of the content of the experimental program of psychological training with the content of other components of the proposed model of management of the educational and training process of Paralympic athletes with impaired forms of the musculoskeletal system in the competitive training period, which provided for taking into account their individual characteristics. The latter took place on the basis of stability and change, which are normal properties of the personality, and the components of the latter are the "psychological core", "typical reactions" and "behavior"[95]. In particular, the following was assumed: the "psychological core" is characterized by the stability of the manifestation of its characteristics (relationships and values, interests and motives, thoughts about oneself and self-esteem); such a core, in the aspect of the conducted research, were the features of the structure of motivation for achievement and avoidance. Another component of the personality structure was considered as a labile formation, namely typical reactions - ways of adapting to the environment[337], in our case - primarily related to sports activities, but first of all: training loads; factors of competitive activity; conditions of such activity.

It was precisely their correction that the experimental program was aimed at, in particular, the most complete disclosure of the properties, qualities, and functions that characterize the "psychological core" of the athlete. In free time, this is a balancing of inhibitory reactions and excitation in order to reduce the expenditure of the body's energy resources and direct them to better and more complete recovery, and therefore create the prerequisites for performing a larger amount of work during a training session. After such sessions, the methods used contributed to the activation of activity, primarily of the neuromuscular system of athletes, in order to solve the tasks of technical and physical training while economizing the expenditure of the body's energy resources and directing it to a more complete and high-quality recovery of the body after the session. During competitions, mental reactions, which were

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infused with the methods proposed by the experimental program, allowed the athlete to manage his mental state and mobilize internal reserves. At the same time, the increase in the areas of application of the techniques defined by such a program allowed solving additional, but also important tasks, in particular, eliminating possible inadequate manifestations of the athlete's behavior during training. As a result, the above-mentioned contributed to the involvement of the functional reserves of the body, primarily in the direction of increasing physical and technical fitness, which is confirmed (albeit indirectly) by the results of many researchers, since they were obtained in adolescents and young people with cerebral palsy who were not professionally involved in sports[81 83338 339 340].

On the other hand, the successful solution of the tasks defined by the proposed program was facilitated by the physical activity parameters used in the developed model of management of the educational and training process. The obtained result was associated with the fact that the latter have a positive effect on the maximum aerobic power, muscular endurance and strength, as well as on the spastic state of the muscles[55]. As noted earlier, the latter is an important factor in the complex negative impact on the psychophysical state of a person with impaired forms of the musculoskeletal system. At the same time, it is noted[341] that the positive effect of the use of physical activity in reducing the negative effects of pathogenetic factors, including muscle spasticity, is a long-term process, and the level of such an effect is to some extent determined by the age at which physical activity is used to solve this task, namely as early as possible. The above fully applies to the athletes studied, so this was identified as one of the reasons for the obtained result.

In addition, [177 342 343], that the use of physical activity is noted for its positive effect on existing types of behavior, namely type A ("here and now") and type B ("there and then"). In the first type, such an effect is associated with a significant decrease in

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the manifestation of the inherent component of behavior "anger-hostility", the consequence of which is a deterioration in the reaction of the cardiovascular system to mental stress, and manifestations of other components of behavior that inhibit the disclosure of many components of the psychophysical potential of individuals with impaired forms of the musculoskeletal system. As for the impact of physical activity on individuals with type B behavior, here a positive change in self-esteem is noted, although to a large extent, due to the perception of the achieved level of physical (technical) fitness. Such a change is characterized by an increase from a low to a significantly higher level of self-esteem[344] [345] [346].

Summarizing the above information, we can draw the following conclusion: the use of a psychological training program in the proposed model of managing the educational and training process of Paralympic athletes with impaired musculoskeletal systems in the competitive period of preparing for the main starts ensures the achievement of a much more pronounced positive effect than the traditional approach to organizing, forming and implementing the content of the specified training.

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