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ОЛІМПІЙСЬКА АКАДЕМІЯ УКРАЇНИ

**НАЦІОНАЛЬНИЙ УНІВЕРСИТЕТ ФІЗИЧНОГО ВИХОВАННЯ
І СПОРТУ УКРАЇНИ**

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у сфері фізичної культури і спорту**

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СЕКЦІЯ 1. My Career Path in Sports and Olympics!

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THE DEVELOPMENT OF FOOTBALL IN YEKATERINOSLAV (DNEPROPETROVSK) IN THE 20s OF THE LAST CENTURY

In the 20s of the last century Dnepropetrovsk region was marked by a huge number of sporting events. The competitions were striking in their scale, they were better organized than in previous years, and the results shown by the athletes were much higher than before. In their free time from work and study, young people began to be more involved in active sports, attend various amateur sports clubs that were created at trade union physical culture and sports clubs, at enterprises, organizations and institutions. Competitions in various sports became more regular.

It can be stated that in the 20s of the last century the most common sports in the Yekaterinoslav region were football, athletics, skiing and skating, swimming, boxing, handball. Football was the most popular [1, c.16].

The football team in Yekaterinoslav was founded in 1918 and was called «BRIT». The team participated in the championship of Yekaterinoslav. At that time,

the team played in the city championships, which were held 2 times a year (in spring and autumn).

After the Civil War, the football life in Yekaterinoslav was fully restored in 1923. «BRIT» took part in the autumn championship of the city and became the champion. A big event for fans was the arrival of the Kharkov team, which dominated in Ukraine in those years. In 1923, the team of Yekaterinoslav defeated the strongest Kharkov team «Shturm» at home with a score of 2:0.

After the revolution, a new form of sports work arose – proletarian sports clubs for trade union organizations. New football teams such as «Zheldor», «Metallist», «Rabfak», «Pishchevik» are being created. The «Zheldor» team, organized in 1924, was considered the strongest. The team «Zheldor» of the Yekaterininskaya Railway (now Pridneprovskaya) included football players popular in the city: A. Smolyanov, S. Belokurov, L. Krasilnikov, A. Paramonov. In 1924, the «Zheldor» team easily beat the Kharkov team of the Locomotive Plant (the predecessor of the current football team «Metallist») with a score of 4:1 [2, c.20].

In those years, the Petrovsky plant in Dnepropetrovsk entered the forefront of the USSR metallurgy, and along with the progress in the main activity, sports sections were actively developing at the enterprise. In 1925, the «BRIT» football team was renamed the «Petrovets» football team, representing the metallurgical plant named after G.I. Petrovsky. Subsequently, the team was called «Steel», «Metallurg». From the end of 1961 the team was named «Dnepr».

«Petrovets» celebrated its first success in 1927, when it won the spring championship. Already under the new name, the team became the winner of the spring championship of Dnepropetrovsk. In the final, the «Zheldor» team, the undisputed leader of the city football in recent years, was defeated with a score of 2:1. The team failed to repeat the success the following year. This success was repeated eight years later, and the organization of the USSR club championship gave the most powerful impetus to the development of the team. [3, c.5]

From 1929 to 1931, the legendary Petr Laiko played for the team. He began to play at the age of 12 in the yard teams, from where he came to the «Zheldor»

team. Petr Laiko combined playing football with studying at the Railway Technical School.

In 1926, a football club and the «Dinamo» team appeared in Yekaterinoslav. Alexander Markovich Serdyukov was the initiator of the creation of the team and the coach. The team included promising football players of the city: Petr Laiko, Vladimir Greber, Ivan Kuzmenko, these names were known before the war throughout the Soviet Union.

There were many difficulties during this period. There were not enough balls, fields, sometimes there was only one set of uniforms for two or three squads. However, a similar situation was observed throughout the country, and not in a single city [2, 21].

Summing up, it can be stated that in the 20s of the last century football was one of the most popular kinds of sport in Yekaterinoslav.

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E-SPORTS EDUCATION AND FUTURE PERSPECTIVES

Introduction. In the age of rapid technological advancement, where pixels meet strategy, a new chapter unfolds within the educational narrative – "E-Sports Education and Future Perspectives." The world of competitive gaming, once confined to screens and consoles, has surged beyond mere entertainment, carving a niche in the realm of education. This work aims to explore the intersection of eSports and learning, delving into the profound impact it has on skill development, teamwork, and the evolving landscape of education [1].

Research methods. Analysis of special scientific and methodological literature, monitoring of WEB sources.

Research results and their discussion. E-Sports are characterized by intense competition, where players or teams vie for victory in a virtual environment. The competitive aspect is central to the essence of eSports, with participants striving to outperform their opponents through strategic thinking, skillful gameplay, and teamwork.

Moreover, in recent years, there has been a growing trend towards integrating eSports into educational institutions, recognizing the potential benefits it offers to students. This integration goes beyond casual gaming and acknowledges the value of eSports in fostering various skills and competencies. The most famous benefits of eSports education are: 1) Teamwork and Collaboration 2) Communication Skills 3) Strategic Thinking and Decision-Making 4) Critical Thinking and Problem-Solving 5) Time Management 6) Digital Literacy and Technology Skills 7) Inclusivity and Diversity 8) Career Pathways in Gaming and Technology. The

integration of eSports into educational institutions goes beyond entertainment, offering students a unique platform to develop essential skills such as teamwork, communication, strategic thinking, and digital literacy. By recognizing the educational value of eSports, institutions can prepare students for the challenges and opportunities of a rapidly evolving digital landscape [2].

Also don't forget about that is participating in eSports goes beyond merely playing video games; it involves the development and refinement of a range of skills that are not only relevant within the gaming context but also have broader implications for cognitive abilities and personal growth like: 1) Hand-Eye Coordination 2) Reflexes and Reaction Time 3) Strategic Thinking and other useful skills.

Meanwhile all these skills could help you in future because ecosystem surrounding eSports has become a thriving global industry, offering diverse roles and avenues for individuals with a passion for gaming and related fields. eSports industry provides many career opportunities like: 1) Professional Player 2) Coach and Analyst 3) Caster and Commentator 4) Sports Manager and Administrator 5) eSports Journalist and Analyst. From what we can understand that this industry has very great perspectives [3].

Conclusions and prospects for further research. In conclusion, the intersection of eSports and education marks a significant evolution in the way we perceive learning, skill development, and the integration of technology in academic settings. Through exploration of ESports education, we have uncovered the manifold benefits it offers, including the cultivation of teamwork, communication, strategic thinking, and the development of digital literacy [4]. As we stand at the crossroads of traditional education and the digital future, it is evident that eSports brings a unique set of opportunities and challenges.

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THE CURRENT STATE AND PROSPECTS FOR THE DEVELOPMENT OF MINI-FOOTBALL IN UKRAINE

Introduction. Mini-football, as a sport, occupies an important place in the lives of many people in Ukraine [1, 4]. Its popularity is constantly increasing, but at the same time, there are various challenges that this sport faces in the country. In order to understand the current state and opportunities for the further development of mini-football thoroughly, the study that analyzes various aspects of its functioning in Ukraine was conducted. Our analysis aims to identify the main problems, opportunities for improvement and development, and establish ways to attract more attention to mini-football both of the public and of authorities and sponsors [3, 5]. This preface introduces the context of the study and defines its significance for the sports community and the development of the sport in Ukraine. [2]

The purpose of the work is to conduct a comprehensive analysis of the current state and prospects for the development of mini-football in Ukraine.

Research results and their discussion. To achieve the goal of our research, a questionnaire was conducted among the football community, in which more than 700 people participated.

The answers to questions about the frequency of the game showed that more than half of the respondents play mini-football several times a week 37%, or rarely 35%, those who do not play at all 28% were also indicated. It indicates a significant interest in this type of sport among the Ukrainian public.

The assessment of the level of organization of tournaments and competitions showed that half of the respondents consider it medium, which may indicate the need

to improve organizational aspects. The other part (15%) consider the level high and 35% find the level low.

Insufficient amount of sport grounds (26%) and lack of support from the authorities (34%) are identified as the main problems of mini-football in Ukraine, as well as low interest of the public (22%) and other problems (18%). It requires attention and decisive measures from the authorities and sports organizations.

Regarding the opportunities for improvement and development of mini-football, 40% respondents pointed to the need for greater investment in sport grounds and 35% respondents expect organizing more professional tournaments. Besides, 25% respondents would like the involvement of sponsors, which can contribute to raising the level of this sport in Ukraine.

The quality of mini-soccer fields in the regions varies. For example, only 18% consider the quality to be high, but a large part of the respondents (42%) indicate that they are of the medium level. 39% find their level low. It indicates the need for repair and modernization of existing sports facilities.

The majority of respondents (61%) expressed a desire to participate in additional events, which may indicate an interest in the development and support of the mini-football community.

25% suppose important drawing attention of the public that requires various measures, including advertising campaigns, media promotion (30%) and involvement of famous athletes (20%), and 25% indicated other ways that can contribute to the popularization of mini football among a wide audience.

Ideas for creating programs or projects, such as the development of mini-soccer schools (36%) and the promotion of youth teams (42%), as well as the creation of sports festivals (22%), indicate the potential to attract more participants to the sport.

According to the analysis the question of mini-football potential to attract young people is based on the following indicators: the majority (46%) believes that the level should be high enough. The potential level was found middle by 34% and low by 20% of the respondents.

Not less important questions were about the most necessary types of support: the largest percentage is financial (44%), then organizational (29%), 20% chose marketing, and 7% indicated other types of support.

Below there are practical recommendations for the further development of mini-football in Ukraine:

1. Creation of the "Mini-Football in Schools" program:

Development of specialized training programs for the introduction of mini-football into the school curriculum. This will attract young people to this sport from an early age and create a potential pool of talented players.

2. Creation of an online platform for organizing mini-soccer tournaments:

Development of a website or mobile application where any organizer can easily create and promote mini-soccer tournaments, and participants can find and register for them.

3. Creation of "Mini-football hubs" in cities and villages: Placement of specially equipped mini-football fields in central locations, which will become a meeting place for young people and contribute to the development of sports culture in communities.

4. Organization of "Mini-football festivals":

Holding annual festivals, where various formats of mini-football, team performances and other entertainment events will be presented, which will contribute to the popularization of this sport among a wide audience.

5. Development of a specialized program to support women's mini-football:

Creation and support of programs aimed at the development and support of women's mini-soccer teams, which will help create more opportunities for women in this sport.

6. Creating communities of interest and support networks:

Organization of forums, webinars and other events for the exchange of experience and ideas among the participants of the mini-soccer community, which will promote cooperation and mutual assistance in the development of mini-soccer in Ukraine.

These recommendations can help to stimulate the development of mini-football in Ukraine and attract more people to this exciting sport.

Conclusion. The study showed that mini-football in Ukraine has potential for further development, but there are some problems that need attention. The most common problems include insufficient quality of sites and lack of support from the authorities. To improve the situation, it is recommended to increase investments in the creation and improvement of mini-football pitches, organize more professional tournaments and attract more sponsors. The development of mini-football can be an effective tool for attracting young people to a healthy lifestyle and sports activity, but for this, support from the state, local authorities and sponsors is needed. Application of the practical recommendations identified during the research will contribute to the active development of mini-football in Ukraine and improve its infrastructure, popularity and accessibility for all interested groups of the population.

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**CORRECTION OF THE PSYCHOLOGICAL CLIMATE OF 5TH GRADE
STUDENTS UNDER MARTIAL LAW BY MEANS AND METHODS OF
PHYSICAL EDUCATION**

Today's conditions in Ukraine are a unique phenomenon. The world was stressed by the emergence of the coronavirus infection, the rapid transition of many spheres of life to a remote form. But Ukraine was the epicenter of world events after the start of the war in 2022. It was in Ukraine that distance education was longer, many children got the experience of studying in foreign schools, many children were direct witnesses of military operations, moved from dangerous regions to safer ones, such as the Kyiv region, but even here war is a part of life, there are occasional explosions, sirens, families lose loved ones, people witness tragic situations. In such conditions, the child's psyche is being formed, the classroom climate is being formed as a special system, thanks to which children can receive more support for constructive development.

The goal is to study the psychological climate of 5th grade students in the conditions of martial law

The tasks are: to study the scientific and methodical literature on the problem; to study the determinants that influence the change of the psychological climate in the conditions of martial law; to determine means and methods of PE for correction of the psychological climate; to give practical recommendations to physical education teachers on optimizing the psychological climate

Psychological climate is the mental state of the student /class (teacher/teaching staff), the prevailing mental mood of the members of the social group, which is manifested, first of all, in the relations of people to joint activities and to each other. The mental mood of the audience can be diagnosed, predicted, and consciously regulated

Researchers from the Children and War Foundation write in their guide that when teachers, doctors and caregivers of children experiencing natural disasters and wars in countries such as Rwanda, Bosnia, Kosovo, China, Iran, Syria, Ukraine and Nepal were asked, how their children were affected, they reported a variety of changes. Some children coped very well: they showed incredible endurance. And yet, adults reported other changes as well. These children were nervous, anxious and scared. They were afraid of loud noises and were sometimes too terrified to go outside. Some seemed withdrawn and depressed, could cry easily and were upset over minor things.

Reactions can be wide-ranging and include post-traumatic stress, depression, anxiety, grief reactions and behavioral problems. These reactions depend primarily on what the child experienced.

An important feature of the war situation is a large number of traumatic events characterized by suddenness, destructive force, intensity; often involving the fact or threat of death, serious bodily injury or sexual violence; carry completely new information that must be integrated into previous life experience. Therefore, a war situation is an unusual situation that can cause severe psychological stress, accompanied by a feeling of terror, fear and helplessness.

In the process of learning under martial law, children face many difficulties, and not all students (especially due to their personal and intellectual characteristics) are able to overcome them. And this, in turn, causes school stress, which deepens the child's anxious state. On the other hand, the number of professional problems among pedagogical workers has sharply increased, the solution of which requires the presence of knowledge and skills regarding how to work with children with war injuries, how to minimize its negative consequences.

In this work are being investigated means and methods of physical education in the 5th grade that have an impact on:

- a. the health of each individual child, and, accordingly, on his condition;
- b. education of personality and at the same time team spirit - the psychological climate of the class;
- c. the formation of sufficient body reserves for adaptation to living conditions – namely, military status.

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ICE HOCKEY AT THE OLYMPIC GAMES

The Olympic Games stand as a testament to the unity of humanity, transcending borders, cultures, and ideologies. It is a stage where dreams are realized, records are broken, and individuals strive for excellence. The pursuit of Olympic glory instills discipline, dedication, and resilience in athletes, shaping them into role models for aspiring generations. I want to tell you about Ice Hockey at the Olympic Games, touch upon history and talk about the main problem. Hockey has been part of every Olympic Winter Games – and even one «Summer Games». The sport first appeared at the 1920 Antwerp Olympics before making its cold-weather debut four years later at the inaugural Olympic Winter Games in Chamonix. In 1920, teams were permitted a maximum of seven players on the ice at a time and games consisted of two twenty-minute periods. In 1924, six players were allowed per side and games expanded to three 20-minute periods – rules that remain in effect today. Traditional hockey power Canada won the first four Olympic hockey gold medals (1920, 1924, 1928 and 1932). In 1936, Great Britain was the surprise winner, edging Canada and the U.S. It should be noted, however, that nine of 12 members from the 1936 gold medal team were born in Great Britain, but moved to Canada as children and learned to play the sport there.

Winners at the Olympic Games:

- 1) Canada – 9 Gold medals;
- 2) Soviet Unions – 7 Gold medals;
- 3) United States – 2 Gold medals;
- 4) Sweden – 2 Gold medals;
- 5) Finland - 1 Gold medal;

- 6) Czech Republic - 1 Gold medal;
- 7) Great Britain - 1 Gold medal;
- 8) Olympic Athletes from Russia – 1 Gold medal;
- 9) Unified Team – 1 Gold medal.

The International Ice Hockey Federation (IIHF), the sport's governing body, was created on 1908. At the 1914 Olympic Congress in Paris, ice hockey was added to the list of optional sports that Olympics organizers could include. The decision to include ice hockey for the 1920 Summer Olympics was made in January, three months before the start of the Games. Several occurrences led to the sport's inclusion in the programme. The IIHF considers the 1920 tournament to be the first Ice Hockey World Championship. From then on, the two events occurred concurrently, and every Olympic tournament until 1968 is counted as the World Championship. In my opinion, this fact is very important detail in hockey history. I will try to prove this for you because it's one of the most problematic question in modern hockey.

An interesting story happened at the 1920 Summer Olympics in Antwerp, Belgium. I want to remind you that this was the first Olympic hockey tournament. Five European nations had committed to participating in the tournament. The problem was that the managers of Antwerp's Palais de Glace stadium refused to allow the building to be used for figure skating unless ice hockey was included. As a result, one stadium hosted two different sports at the 1920 Olympic Games. This confirms the fact that hockey was very popular at that time and it was not for nothing that it was included in the program of the Olympic Games.

Another story involves a big scandal that continues to this day. The Olympic Games were originally intended for amateur athletes, so the players of the National Hockey League (NHL) and other professional leagues were not allowed to play. Canada and the USA have always followed the sports principle and rules of the Olympic Games. Another notable story in Olympic hockey history was the refusal of both Canada and Sweden to send teams to the Olympics during the 1970s. Following the 1968 Olympics, both nations' hockey federations became incensed

by what they felt were unfair amateur restrictions. They were especially upset that the Soviets and Czechoslovakians were able to skirt the rules by offering financial support to their athletes through jobs that required minimal effort, allowing them to train full time.

For a very long time, the IOC could not resolve this situation, which affected their reputation. By 1987 the IIHF had voted to open the ice hockey competition completely, meaning that players such as Wayne Gretzky were eligible to play in Calgary. Taking its cue from the IIHF on eligibility, the IOC approved the new rules. But it's not that simple. This situation has affected the NHL greatly. This problem and misunderstandings remain to this day the NHL continues to block its star players from leaving their respective clubs in midseason to play in the Olympics. It is worth noting that the NHL will hold an All-Star Game in 2026 to send off NHL players to the Olympics in Milan, and the plan is to alternate the World Cup of Hockey and the Olympics every two years afterward. Best-on-best international hockey is back.

It goes without saying, the Olympic Games serve as a platform to promote ice hockey globally and inspire participation in the sport. Success at the Olympics can significantly boost the popularity of ice hockey in countries where it may not be as widely followed.

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ETHICAL ISSUES IN MODERN ESPORTS

Introduction. The issue of ethics in the ecosystem of esports and gaming environments, especially among players of all levels: beginners, gamers, professional players, and spectators, holds a special place. This is associated with the intensive development of esports [3], the presence of players in online environments [4], and the absence of unified rules of behavior and communication among athletes and spectators [5].

A characteristic phenomenon in the gaming environment of contemporary society is toxic behavior. Trolling and other forms of uncontrolled aggression have become an integral part of gaming culture. The problem has become widespread. Modern psychology refers to those individuals as toxic who cause emotional harm to others, engage in rudeness, violate personal boundaries, and exert psychological pressure [2].

Research methods: analysis of special scientific and methodological literature, monitoring of WEB sources, sociological methods.

Research results and their discussion. The research findings shed light on the pervasive nature of toxic behavior within the gaming environment, affecting individuals across all levels of gameplay and spectators alike. Through the survey, it became evident that a substantial portion of respondents encountered toxic behavior during their gaming endeavors, ranging from instances of trolling to verbal abuse and harassment. These experiences underline the pressing need to address toxic behavior within eSports and gaming communities.

Furthermore, qualitative interviews provided valuable insights into the root causes of toxicity prevalent in gaming spaces. Among the identified factors contributing to toxic behavior were the sense of anonymity afforded by online interactions, heightened competition among players, and the absence of clear guidelines dictating appropriate conduct within virtual environments [1]. Participants emphasized the detrimental effects of toxic behavior on mental well-being, the quality of gameplay experiences, and the overall cohesion of gaming communities.

In light of these findings, the discussion highlighted the urgency of adopting a multifaceted approach to combatting toxic behavior in eSports and gaming environments. This approach may involve the implementation of stricter moderation policies by platform administrators and game developers, aimed at swiftly identifying and penalizing instances of toxic behavior. Additionally, fostering positive community norms that promote respect, inclusivity, and sportsmanship is crucial in cultivating healthier gaming ecosystems. Education initiatives aimed at raising awareness about the impact of toxic behavior and promoting empathy among players and spectators can also play a pivotal role in effecting meaningful change within gaming communities.

Overall, addressing toxic behavior within eSports and gaming environments requires concerted efforts from all stakeholders, including industry leaders, community members, and researchers [1]. By prioritizing the creation of safe and welcoming spaces for all participants, eSports communities can uphold ethical standards and foster environments that promote positive social interactions and mutual respect among players and spectators alike.

Conclusions and prospects for further research. In conclusion, the issue of ethics in eSports and gaming environments is complex and multifaceted, requiring collaborative efforts from industry stakeholders, researchers, and community members to address effectively. By promoting a culture of respect, inclusivity, and accountability, esports communities can cultivate healthier gaming environments that enhance the well-being and enjoyment of all participants. Future research could

explore the efficacy of different interventions aimed at reducing toxic behavior in esports communities, examine cultural variations in gaming ethics, and investigate the role of game design in shaping player behavior. Additionally, longitudinal studies could track changes in attitudes and behaviors over time to assess the long-term impact of interventions and evolving trends in gaming culture.

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THE EFFECT OF GAME ACTIVITIES ON ELEMENTARY SCHOOL STUDENTS WITH AUTISTIC SPECTRUM DISORDERS IN THE PROCESS OF ADAPTIVE PHYSICAL EDUCATION

Introduction. Today, Ukraine is undergoing a fundamental rethinking of the paradigm of education and upbringing of children with autism spectrum disorders. It is time to develop methodological, methodical and organizational issues of implementing the optimal educational process for children of this category.

But to date, the topic of the influence of game activities on the psychophysical state of elementary school students with autism spectrum disorders remains little researched, which determined the relevance of our research.

The purpose of the work is to determine the content of the organization of classes using mobile games in the process of adaptive physical education of children of primary school age with autistic spectrum disorders.

Research methods: theoretical analysis and generalization of data from scientific and methodological literature, method of comparison and comparison, method of system analysis, methods of mathematical statistics.

Research results and their discussion.

15 children of primary school age (4 girls and 11 boys) with autism spectrum disorders took part in the study, all studied at the school for children with special needs "Mosaic" (Kyiv).

The research was conducted in several stages: At the first stage - a detailed analysis of modern literary sources was carried out, scientific-theoretical and methodical aspects of adaptive physical education were studied, research methods that correspond to the purpose and tasks of the work were selected and tested, the purpose and tasks were determined, object, subject, a research program has been developed.

At the second stage - the control of indicators of physical development, functional state of schoolchildren and selection of mobile games was carried out.

In the third stage - the analysis and generalization of the research results was carried out.

Having analyzed the classification of mobile games, selected games for a selected contingent of children, determined the criteria for successful implementation of these games, we suggest, for example, for the development of physical qualities, to conduct mobile games: "Salky", "Day and Night", "Sparrows and Crows", "Wolf in the ditch", "Rod", "Jumping sparrows", "Drink frog", "Gymnastics marathon", "From shore to shore", "Hit on target", "Hunters and ducks".

For the development of visual and figurative thinking and expansion of worldview: "Baby Elephant", "Wolf and Goats", "Doves", "Funny Birds", "Bunnies", "Crows", "Fox and Chick", "Catch a Mosquito", "Bear Cubs", "Flowers and the wind", "Grasshoppers".

To coordinate actions: "Owl", "Jump in time", "Change the hoop", "Hold the toy", "Let's go in a circle", "Pass the flag", "Kryvlyalki".

To improve the mood and communication between children and adults: "Shorties and giants", "Bells", "Airplanes", "Catch the ball", "From circle to circle".

Conclusions. The analysis of scientific and methodical literature showed that this topic is quite relevant today. According to the United Nations, there are more than 60 million people in the world who have autism or autism spectrum disorders (ASD). In modern medical and psychological literature, autistic disorders are considered as a general developmental disorder that appears in early childhood

and continues throughout life. There are many means of AFV that help to improve the psycho-physical condition of children of elementary school age with ASD, but the most accessible and effective are mobile games.

The use of mobile games contributes to the solution of a large number of corrective tasks, brings the child closer to natural living conditions, and improves his adaptation to modern society.

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KEY ASPECTS OF HUMAN RESOURCES

Effective human resource management is an important element of modern management of sports organizations. The study of the main aspects of human resources plays an important role in formulating strategies and improving the efficiency of human resources management. This section presents a theoretical analysis of the main concepts and principles related to human resources in sports organizations.

There are many approaches to defining the concept of human resources. Let us consider some approaches using the data presented in Table 1.

Table 1
Approaches to defining the concept of "human resources potential"

Author	Essence
Fedonin O. S., Repina I. M.	existing to date and expected in the future, labour opportunities, which are determined by the number, age structure, qualification, professional, and other characteristics of the personnel of a particular enterprise [1, p. 197].
Kasich-Pylypenko T. M.	aggregate labour capacity of the enterprise team, resource opportunities in the field of labour of the enterprise, based on age characteristics, physical capabilities, available

	knowledge and professional and qualification skills of the staff [2, p. 147].
Grineva V. M., Pysarevska G. I.	"...talented, qualified, experienced specialists are not only a resource that allows not only to effectively achieve the organisational goals, but also is a source of competitive advantage." [4, c. 117]
Dovbenko V. I., Melnyk V. M	temporary vacant or reserve labour places that can potentially be occupied by specialists subject to their development and training; [3, p. 114]

Human resources are the knowledge, skills, experience and professional qualifications of the employees of a sports organization. It is a key resource that determines the organisation's ability to achieve its strategic goals by optimising the use of human resources.

The components of the enterprise's human resources potential are shown in Fig. 1.

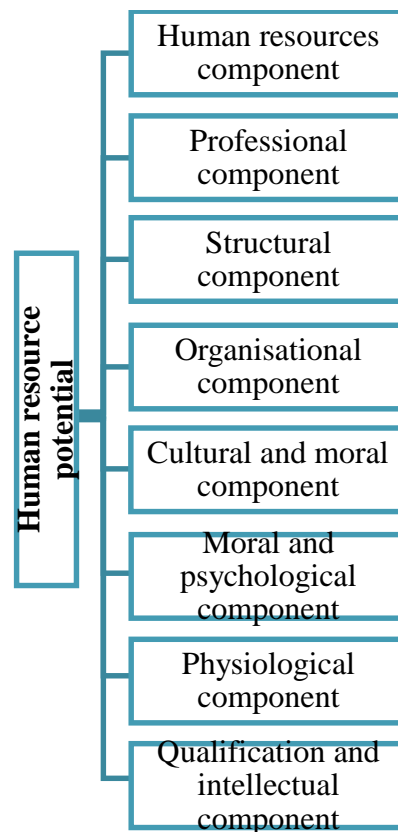


Fig. 1. Components of the enterprise's human resources potential [4, p.119].

The development of the company's human resources potential involves the implementation of strategic aspects of the company's management, in particular, the formation and implementation of the company's human resources policy, which

should cover the principles of human resources management, take into account current trends in human resources management, be based on social and economic legislation and take into account scientific recommendations in the field of labor psychology and management theory. Given the above, researchers have identified the components of human resource development (Fig. 2).

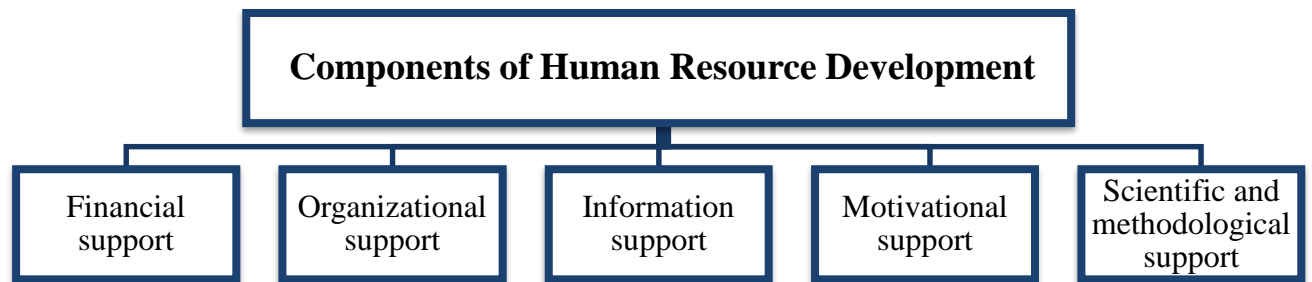


Fig. 2 Components of Human Resource Development in a Modern Enterprise [5]

Analyzing fig. 2, the following conclusions can be drawn:

1) Financial support is essential for effective human resource management, necessitating the establishment of a dedicated fund within companies for professional development and incentives.

2) Organizational support relies on an interdependent organizational structure with units responsible for formulating and implementing HR decisions. This structure includes managerial units, services, and the management apparatus [6, p. 98].

3) Information support encompasses management decisions related to communication and information processes at the enterprise. It includes operational, strategic development, personnel planning, professional selection, regulatory, and reference information.

4) Motivational support involves formulating levers and incentives to engage employees in achieving economic and social goals. Monitoring motivation is crucial to understand the effectiveness of incentives, considering individual variations. Internal motivation monitoring helps identify effective and ineffective incentives.

5) Scientific and methodological support entails creating a unified system of organizational and methodological documentation. This documentation defines norms, rules, and requirements for staff development, contributing to the establishment of an effective system for personnel growth.

Successful human resource management processes in modern enterprises. Human resource management processes at enterprises should be modernized and implemented. The list of these processes and their content is presented in Table 2.

Table 2

Human Resource Management processes

Функції	Зміст
Planning	Developing personnel policies, planning and managing workforce mobility, maintaining accounting and statistical reporting on personnel utilization, establishing a database for personal and professional information, improving job descriptions, reviewing job instructions and labor standards, and developing motivational systems for remuneration.
Organizing	Implementing social policies and measures for adapting human resources to work conditions and organizational culture. Retaining and maintaining employees through development, professional growth, and motivation. Ensuring an optimal balance between physical and psychological workloads and staff motivation, involving self-realization, participation in decision-making, and productive activity at work.
Motivation	Implementing a fair incentive system, incorporating both material and psychological rewards, with transparent tracking of individual contributions. Conditions, career development practices, and professional development practices.
Controlling	Compliance with labor laws and occupational health and safety regulations. Monitoring work effectiveness, calculating individual contributions, and enforcing labor discipline. Dynamic analysis of performance indicators and evaluation of individual contributions and discipline. Analyzing human resources and factors influencing the process.

Additionally, to improve the rational use of labor resources in enterprises, the following directions should be highlighted:

1. Optimization of Working Hours: Implementation of effective work schedule systems and time management to ensure maximum labor productivity.
2. Automation and Technology Utilization: Application of modern technologies and automation to reduce manual labor and enhance the efficiency of production processes.

3. Training and Development of Personnel: Investment in the training and development of employees to ensure their qualifications and adaptation to new technologies and market demands.
4. Motivation and Incentives: Implementation of effective motivation systems, both material and non-material, to increase the initiative and dedication of employees.
5. Optimization of Organizational Structure: Review and optimization of the organizational structure to ensure the efficient use of labor resources.
6. Creation of Comfortable Working Conditions: Providing a favorable and safe working environment to increase employee satisfaction and reduce losses from non-productivity.
7. Effective Project Management: Implementation of modern project management methods to ensure effective coordination and utilization of labor resources in projects.

These directions are aimed at optimizing and maximizing the use of labor resources, contributing to the overall efficiency improvement of the enterprise.

Creation and effective management of the human resources of the enterprise and the development of its potential are possible if it is identified as a priority in the enterprise's activities. In today's complex economic, social, and political conditions, it is possible to establish and efficiently manage the workforce of the enterprise. It is crucial to moderately develop one, not hindering the overall development of the enterprise.

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SPONSORSHIP AS A FACTOR IN THE DEVELOPMENT OF SPORTS DANCE

Sponsorship is a factor in the development of any sport. We can see bright examples of cooperation between sports clubs, teams and individual professional athletes with sponsors in various areas (companies engaged in the production of sporting goods, automobile and airline companies, food and beverage products, financial institutions, etc.).

The goals of sponsors are usually to increase brand awareness (wide audience reach), increase sales (stimulate sales of goods and services through sports) or support social initiatives (improve brand image).

In my master's work, I consider the problem of sponsorship in sports dance arising from the lack of funding from the state. In the description of the relevance of the research topic, the conclusion was formulated: "The lack of interest leads to the lack of providing of funds." It is implied that the insufficient popularization of sports dance in Ukraine (in contrast to football, hockey and Olympic sports) is the reason for the disinterest of state structures in financing.

That is, the question arises of finding other sponsors, more typical for sports. Brand recognition and attraction of new customers and partners are identified as the most likely benefits for sponsors. Although it is currently sufficient for a narrow circle of all consumers, as the profile of sports dance is quite narrow.

Thus, the relevance of the topic of the work was determined as high, it was revealed in the dedication to an important topic of the development of sports dance in Ukraine, which is directly affected by the problem of sponsorship.

The purpose of the research was to reveal the role of sponsorship in the development of sports dance in Ukraine and in the world, as well as to develop recommendations for attracting sponsors for this sport in our country.

The fact of considering the problem of sponsorship in the context of such a sport as sports dance, as well as comprehensive studies of the role of sponsorship in the development of sports dance on the territory of Ukraine, became a news study.

The methods we will use play an important role in conducting research. To reveal the topic, I chose the analysis of documents; analysis and synthesis; generalization; comparison; sociological survey (questionnaire) and the method of mathematical statistics.

It is worth focusing more on the questionnaire, because its conduct in the future will allow us to see the current state of sports dance in Ukraine and the role of sponsorship in its further development through the eyes of athletes and specialists in this sport. The questionnaire will cover a wide range of questions, from simple (do respondents consider the state of sports dance in Ukraine to be satisfactory) to more complex ones (what might be the shortcomings of sponsorship for sports dance). Some questions have one answer option, some require multiple options, and sometimes you need to write your own opinion. Taken as a whole, these answers will become really valuable beyond the scope of the research. Active athletes aged 16 and over, coaches, judges, club managers and competition organizers are planned to be involved in the survey.

After the research is completed, it is planned to determine the main factors that influencing the involvement of sponsors in sports dance and develop recommendations for their involvement.

Therefore, the research on the topic of the master's work will be of practical importance for athletes, coaches, sports organizations and sponsors in the field of sports dance. The expected results, which we are actively working on, should be

useful not only to specialists in this field, but also to the field of physical education and sports in general, in the further development of effective strategies for attracting sponsors.

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THE IMPACT OF RESVERETROL ON THE BIOLOGICAL AGE OF SECOND PERIOD OF MATURE AGE PERSONS ENGAGED IN HEALTHY FITNESS EXERCISES

The topic of my master's thesis is «The impact of resveretrol on the biological age of second period of mature age persons engaged in healthy fitness exercises».

First of all, I would like to note the relevance of the topic of my master's thesis.

Biological age includes the calendar age of a person, health characteristics, the actual age and signs of possible life expectancy [1].

Aging is naturally associated with the loss of certain body functions, which leads to a decline in quality of life, health markers, and premature mortality. [2].

However, studies show that biological age is a variable value and can fluctuate in both directions. [2]. Biological age can be less or more than the chronological age of a person. Stress, diseases, lifestyle changes, environmental influences have the ability to impact the biological age of individuals.

Improving and preserving the health of people in the second period of adulthood (36-57 years for women, 36-60 years for men) is one of the urgent problems of our time.

The possibility of reducing biological age or slowing the aging process through dietary intervention is gaining momentum. In particular, polyphenols inhibit the activity of DNA methyltransferases, and can be key modifiers of epigenetic patterns. [3].

Resveratrol is a well-known polyphenolic compound in various plants, including grape, peanut, and berry fruits, which is quite famous for its health benefits

such as anti-obesity, cardioprotective, neuroprotective, antidiabetic, antioxidants, anti-age effects, and etc.

The purpose of this qualification work is to consider the effect of resveratrol on the biological age of athletes of the second mature age in the direction of age reduction and improvement of health.

Resveratrol has been shown to cause the prevention of aging and many other health benefits. The primary purpose of the action of natural products with resveratrol may be regulate the expression of gene, which leads to cell death or prevents aging, diabetes, cardiovascular diseases, and other diseases. [4]

The task of this master's work is to study, analyze and justify the use of resvetratrol as a necessary antioxidant to improve the quality of indicators of people of the second mature age who are engaged in health fitness exercises.

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FEATURES OF THE PROFESSIONAL ACTIVITIES OF BASKETBALL REFEREES IN THE CONDITIONS OF NOISE POLLUTION OF THE ENVIRONMENT

Introduction. Today, there is no doubt that certain actions of the fans, especially the background noise, affect the participants of the competition process. In psychology, this influence of fans on the participants of the competition was called the effect of presence (in social language - "facilitation") [1, 3].

Since well-being of fans depends on the success of the athletes they cheer for, fans deliver their help for "their" athletes in inspiring them and demoralizing their opponents. This is done with the help of loud shouts, songs, "screamers", playing musical instruments, noise signals, etc. [5].

For these reasons, knowledge about the effect of noise pollution on neutral participants of the competitive process, namely referees, determined **the purpose of our study** - to determine the specifics of the professional activity of basketball referees in the conditions of noise effect pollution from fans during the competition.

Research methods: analysis of special scientific and methodological literature, monitoring of WEB sources, sociological methods, methods of mathematical statistics.

Research results and their discussion. There is a significant amount of scientific and methodical works about the impact of noise on the perception and assimilation of information by a person, forming in response the body's stress reactions of various types and at different levels (cellular, tissue and internal).

People have to make more efforts to perform their tasks in the presence of noise, and in the practice of physical culture and sports [4], potentially established, but scientifically unproven statements are made regarding the fact that the noise from classes, specifically the participants of the educational and training process, is characterized by abruptness and high tones and causes mental fatigue of the teacher.

Noise has a wide range of effects, ranging from interfering with cognitive processing of information to negative effects on mental and physical health. Therefore, understanding the factors that moderate the relationship between noise and human response is crucial for solving problems, starting from general theories of stress and ending with the pragmatic development of strategies to reduce industrial noise, including in the practice of physical culture and sports [2]

Based on these theses, as the final results of the theoretical analysis of specialized scientific and methodical literature and monitoring of the Internet, we proposed to carry out a sociological study in the form of an online questionnaire. 58 referees of the Basketball Federation of Ukraine took part in the survey: 22 participants were referees of the national category; 36 respondents were referees of the first category.

Respondents were interviewed regarding the determination of physical condition during officiating in open and closed environments, identification of subjective signs of deterioration of the body's condition; decrease in the level of physical and mental capacity.

The first results of the survey, which we processed in the general sample of respondents, showed small percentages of the noted effect of noise on the state and professional activity of the interviewed referees. It should be noted that the highest percentage was registered among referees of the first qualification with an indication of the point of deterioration of the physical condition while officiating the games. It is interesting that when clarifying the answer, the referees noted the appearance of weakness during their work, a quick feeling of fatigue, distracted attention and a decrease in the speed of reaction to changes in the game situation.

During further work with the received questionnaire data, it was decided to distinguish two groups of respondents: referees who work directly or mostly at games in a closed environment in the conditions of a sports hall, and referees who are involved in games on open grounds. This decision was based on the theoretical principles of defining the content of the concept of noise pollution and enhancing its impact on the human body under the conditions of the effect of the echo factor - acoustics [3].

The obtained data showed a completely different dynamics of the survey results. It turned out that the hypothetical factor of acoustics really has an effect on the state of the body and the professional activity of referees in basketball, depending on the working conditions. The percentage of respondents in the group of referees who work in closed sports halls, regarding the determination of the effect of a noise stimulus, has increased significantly.

Thus, it was established that 58% of highly qualified referees and 44% of referees of the first category noted the deterioration of the physical condition, noting additionally among the signs of impaired coordination of movements, in particular, shallow motor skills; 68% of the interviewed referees of the national category and 48% of the referees of the first category noted the appearance of subjective signs of violation of the functional state of the body, among which the following were noted: the appearance of a headache, the appearance of dizziness, muscle weakness, violation of the breathing rhythm, excessive sweating, nausea, deterioration of vision and hearing loss.

A significant number of respondents also confirmed a decrease in physical and mental capacity and the activity of work processes, an increase in the number of errors in making decisions, etc.

Conclusions and prospects for further research. based on the results of our research, the formulation of practical recommendations at this stage were reduced to the grouping of the position of applying adequate means of reducing the effect of noise on the physical condition of the referees and intensifying the process of recovery of the body after such a load. Further research will be aimed at building a

technology for managing the professional activity of basketball referees under the conditions of noise exposure.

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USAGE OF THE ENGLISH LANGUAGE DURING PHYSICAL EDUCATION LESSONS IN PRIMARY SCHOOL

In November 2023, the Verkhovna Rada of Ukraine adopted the bill “on the use of the English language in Ukraine” (Reg. No. 9432) [1]. This means that English officially becomes the language of international communication in Ukraine. According to the EF English Proficiency Index, Ukraine has a “Moderate proficiency” level and is ranked 45 out of 113 countries on the list [2]. Therefore, to improve the situation, it was decided to apply the content and language integrated learning approach in physical education lessons.

To define whether learners would be motivated to study with this approach, we conducted a survey among the pupils of Chernivtsi Lyceum №14. The survey gathered 74 respondents with 82.4% indicating their interest in physical education lessons conducted in English. Simultaneously, 50% of respondents indicated a language level of A1-A2, while the other 50% indicated a level of B1-B2. This indicates that the approach has potential for success.

Considering the cognitive development and language level of primary school learners, we recommend using a CLIL program in physical education with the following principles:

1. Each task should be demonstrated visually with the usage of multiple repetitions of short phrases or separate words in English.
2. Repetition should be the main way to enhance vocabulary memorization.

3. Consulting with the school's English language teacher is recommended to understand the learners' current language capabilities and integrate the vocabulary accordingly.

The most basic way to incorporate the English language into a physical education lesson would be with exercises that require multiple repetitions: sit-ups, push-ups, jumps, and others. Learners can be asked to do these exercises simultaneously and count the number of repetitions aloud in English. Another approach requires using classic games like "Simon Says" to teach learners the words for body parts and movement verbs. For example, commands like "Simon says touch your knees" or "Simon says jump twice" combine listening skills with physical activity.

According to our theoretical analysis, it is expected to improve the learners' lexical competence in the English language. Further practical research of this topic will be conducted using the action research method to validate our hypothesis and present its results.

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СЕКЦІЯ 2. My Career Path in Promoting Healthy Lifestyle!

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FOOD ADDITIVES: HOW TO CHOOSE FOOD PRODUCTS?

My master's research deals with the topic of food additives and choosing products based on their ingredient list.

The goal of my research is to investigate the impact of food additives on the health of both athletes and the general population. The study focuses on analyzing the utilization of various types of food additives in food products, examining their beneficial and potential harmful properties

Additionally, the research aims to develop general recommendations for analyzing the composition of products and making informed choices when selecting them in stores.

First of all, it is necessary to understand that food additives or supplements and dietary supplements are not the same thing.

Food additives are substances added to food products to improve their properties, preservation, texture, taste, aroma, or appearance. These substances may be used to extend the shelf life of products, enhance their visual appeal, or stabilize their structure. They can be of chemical or natural origin and are added to food with the aim of improving their quality characteristics or fulfilling specific functions during production, storage, or preparation.

Dietary supplements are products containing vitamins, minerals, herbs, or other substances meant to complement a person's diet by providing additional

nutrients. They come in various forms and aim to address nutritional deficiencies or specific health needs.

The following groups of food additives are distinguished :

dyes, preservatives and antioxidants, acidity regulators, stabilizers or thickeners, emulsifiers, flavour and aroma enhancers, antibiotics, defoamers, glazing additives, sweeteners, additional chemical.

Each group of food additives has its own E-numbers or index – identification codes of food additives in food products used in Europe. The index E in combination with a three- or four-digit number is synonymous with the full name of a specific compound that is a food additive.

Food additives are strictly controlled by certain organizations namely:

- Joint Food and Agriculture organization and World Health Organization Expert Committee on Food Additives
- Codex Alimentarius
- FDA - Food and Drug Administration in Ukraine, they are regulated by the law of Ukraine and the state standard of DSTU

If the additive has an E-number, it means that The substance has been tested for safety p.

The substance can be used/recommended within its established safety standards and technological necessity, provided that the use of the additive does not mislead the consumer regarding the type and composition of the products.

Purity standards have been established for this substance, compliance with which is mandatory to ensure a certain level of food quality.

It is possible to find detailed information on each supplement, as well as see the status generally recognized as safe. However, not all manufacturers are honest, there is always a risk of producing a low-quality product!

But most of the well-known companies in our country worry about their reputation, especially those that send products for export to other countries.

In general, when choosing food products, I can recommend draw attention to state standard of Ukraine -DSTU. We prefer products with a more concise composition (up to 5 ingredients). At normal dosages, food additives recognized by relevant bodies are absolutely safe. A product can be considered dangerous only if it contains pathogenic microorganisms, heavy metals, toxins, additives that are recognized as prohibited dangerous, etc.

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DIET AND HEALTHY LIFESTYLE IN THE MANAGEMENT OF GESTATIONAL DIABETES MELLITUS

Today, I am pursuing a master's degree in sports nutrition. The topic of my research is "Diet and Healthy Lifestyle in the Management of Gestational Diabetes Mellitus". Here are few insights that I have come up with regarding this issue.

Diabetes mellitus is called a pandemic of the 21st century of non-infectious origin. During the period from 1980 to 2014, the number of people with diabetes increased from 108 million to 422 million people.

Diabetes mellitus is a group of endocrine diseases that develop as a result of absolute or individual insufficiency of the hormone insulin, which causes hyperglycemia.

There are 3 types of diabetes.

- Type 1 diabetes is characterized by insulin deficiency due to the destruction of beta cells of the islets of Langerhans of the pancreas, which progresses to absolute insulin deficiency.
- Type 2 diabetes is characterized by a combination of insulin resistance and pancreatic beta cell insufficiency, which is associated with obesity (usually abdominal) and a sedentary lifestyle.
- In addition to type 1 and type 2 diabetes, there is also gestational diabetes, which deserves special attention. Gestational diabetes mellitus (GDM) is a disorder of glucose tolerance in pregnant women who have not previously been diagnosed with diabetes.

Personal interest is related to the disease gestational diabetes with the second child. For more than 30 days, I kept a food diary and used a glucometer.

The relevance of research is based on the necessity to control blood glucose through diet and lifestyle. Because first-line treatment for GDM is nutritional therapy along with weight control and physical activity.

The purpose of the research is to analyze the latest scientific research on this topic. Analysis of own case and analysis of work recommendations.

A meta-analysis of scientific literature showed that the risk of gestational diabetes increases with age. Among women with a history of GDM, the risk of developing classic type 2 diabetes is usually 20 to 50%.

The recommended weight gain during pregnancy in women with GDM is the same when considering normal glucose tolerance pregnancies

An additional assessment of daily energy requirements during pregnancy is based on trimesters, although there is no international agreement on the exact calorie requirements during the three trimesters. There may be considerable variance in the total energy requirement among women with GDM as in NGTP [12], and each patient should be regularly weighed during pregnancy.

Malnutrition during pregnancy, low weight gain - increase the risk of diabetes in the child born to this mother. These conclusions were made by Danish scientists, who found that immigrants in Denmark have a higher percentage of type 2 diabetes than native residents. This is due to the fact that in low-income countries, women with a low standard of living are often malnourished during pregnancy. In this way, the body of the future child adapts to the supply of low levels of nutrients and seems to "adapt" to a difficult life. But if the standard of living of such a person increases, then the risk of type 2 diabetes increases, even with a normal BMI

In 2023, the American Diabetes Association issued a guide recommended such distributions of macronutrients:

- Recommended distributions of macronutrients by the ADA:
- Proteins: 10–20% of total energy

- fat 10–20% up to 35% of total energy.
- Carbohydrate may range from 45–60% of total energy.

There is no justification for recommendation of very low carbohydrate diets in **Gestational Diabetes**. Carbohydrate quantities, sources and distribution should be selected to facilitate near-normal long-term glycemic control.

I said that I have personal experience of working with diabetes. Usually, endocrinologists give a recommendation to understand the glycemic index of products. And eat foods with a low glycemic index.

The problem is that the glycemic load of products is different for each person. Moreover, the glycemic load from the product can change in the same person at different times of the day and depending on the eating behavior. I kept a food diary and measured my fasting blood glucose and after each main meal.

The results of my research are as follows:

1. The Harvard food plate is suitable for pregnant women with gestational diabetes
2. Foods with a high glycemic index can be consumed after the main meal, but their total amount should not exceed 250 kcal
3. The presence of cereals in the diet reduces cravings for sweets and helps keep blood glucose normal
4. SARS and inflammatory processes increase fasting blood sugar levels and interfere with glycemic control during the day
5. A long interval between meals and hypoglycemia with a blood sugar level below 4 - contributes to hyperglycemia after eating. That is, according to my observations, the recommendation of integral fasting for patients with diabetes does not work.
6. Stress increases the level of sugar in the blood. Therefore, working with a psychologist, breathing exercises, meditation, and rest are recommended for pregnant women

7. Activity after eating helps lower blood sugar levels. And vice versa - inactivity after eating helps to raise the level of sugar in the blood.

8. A number of products (beets, berries, citrus fruits, kiwi, broccoli, cabbage...) contribute to the control of blood sugar levels. I attribute this to the high content of flavonoids, antioxidants and magnesium in these products.

Finally, I want to emphasize physical activity. Training increases insulin sensitivity, which means that muscle contraction directly affects glucose homeostasis. Glucose is an important fuel for muscle contraction, entering the muscle cell by facilitated diffusion through the GLUT4 glucose transporter. Exercise is the most potent stimulus for increasing GLUT4 expression in skeletal muscle. Which contributes to the improvement of the action of insulin and the utilization of glucose and the increase of the accumulation of glycogen in the muscles after training in patients with insulin resistance and healthy people.

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VALUES AND PRINCIPLES OF A HEALTHY LIFESTYLE OF E-SPORTS ATHLETES. EXPLORING THE SIGNIFICANCE OF THIS APPROACH

Introduction. In recent years, e-sports have emerged as a prominent and rapidly growing industry, attracting millions of players and viewers worldwide. Just like traditional athletes, e-sports competitors require a healthy lifestyle to optimize their performance, both in-game and in their personal lives. The values and principles guiding this lifestyle extend beyond mere gaming prowess, encompassing physical health, mental resilience and nutrition.

Research methods: analysis of special scientific and methodological literature, monitoring of WEB sources.

Research results and their discussion. Gaming comes with some significant health risks. For example: Repetitive Strain Injuries (RSIs), Eye Strain and Vision Problems, Sedentary Lifestyle, Poor Posture, Sleep Disturbances, Psychological Stress, Unhealthy Eating Habits. Cybersports is a competitive sport like traditional sports. That's why I want to note, competition is not about health. If you want to be healthy, don't compete.

Trying to be the best at anything in the world is going to come with inherent risks. Marathon runners might mess up their knees, basketball player might destroy a shoulder, and powerlifters might ruin their back. This doesn't mean gamers should just accept the risk and remain complacent. If you are a competitive gamer or want to be, acquiring an injury or illness that could have been prevented is just laziness and your performance will suffer [1, 25].

First and foremost, physical health is a cornerstone of a healthy lifestyle for e-sports athletes. Despite the sedentary nature of gaming, maintaining physical fitness is crucial for preventing injuries, enhancing reflexes, and sustaining energy levels during long gaming sessions. Regular exercise, such as cardio workouts, strength training, and flexibility exercises, can improve cardiovascular health, muscle strength, and overall well-being. Additionally, incorporating breaks and ergonomic practices into gaming routines can mitigate the risks of repetitive strain injuries and promote better posture and comfort.

Equally important is mental health, as e-sports athletes face intense pressure, competition, and scrutiny in their careers. Building mental resilience and coping mechanisms is essential for managing stress, anxiety, and performance-related challenges. Practices such as mindfulness, meditation, and visualization can help athletes maintain focus, regulate emotions, and develop a positive mindset. Moreover, fostering a supportive team environment and seeking professional support when needed can further bolster mental well-being and resilience [2].

Nutrition plays a vital role in sustaining energy levels, cognitive function, and overall health for e-sports athletes. A balanced diet rich in fruits, vegetables, lean proteins, and whole grains provides essential nutrients for optimal performance and recovery. Avoiding excessive consumption of sugary snacks, energy drinks, and processed foods is crucial to prevent energy crashes, maintain stable blood sugar levels, and support long-term health. Hydration is also paramount, as adequate water intake helps regulate body temperature, improve concentration, and prevent fatigue.

Furthermore, e-sports athletes benefit from adopting a balanced lifestyle that encompasses gaming, personal interests, social connections, and restorative activities. Maintaining a healthy work-life balance helps prevent burnout, fosters creativity and personal growth, and enhances overall well-being. Investing time in hobbies, spending quality time with friends and family, and prioritizing rest and relaxation are essential for recharging both physically and mentally.

Conclusions and prospects for further research. The values and principles of a healthy lifestyle for e-sports athletes extend beyond gaming

proficiency to encompass physical health, mental resilience and nutrition. By prioritizing these aspects, e-sports athletes can optimize their performance, sustain long-term success, and contribute positively to the gaming community. Embracing a holistic approach to health and well-being empowers e-sports athletes to thrive both in-game and in their personal lives, laying the foundation for a fulfilling and sustainable career in competitive gaming.

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DILEMMAS OF A HEALTHY LIFESTYLE IN USA

Whenever we think of the United States of America, the first thing that usually comes to mind is an all-powerful nation with countless opportunities and the so-called "American Dream." A lot of people who associate with the United States of America usually think of the nation as a technological, political, social, and even economic leader who isn't afraid of taking risks and making a change for the greater good of society. Not to mention, even if we delve into the athletic aspect of the nation, we can't deny to ourselves the fact that they are leaders who not only know how to make a profit from a lucrative business such as sports, but they know for sure how to make sports an entertainment. A majority of people would exclaim that sports in the United States couldn't be compared to the European or Asian models, which focus on effectiveness and results on the global arena, which is true to a certain degree, yet only partially. Let's remind ourselves that the most prominent leagues are located mainly in the United States, such as the National Football League, the National Basketball Association, the National Hockey League, and even Major League Baseball. Even though some of those leagues are not considered Olympic sports, they are still considered to be the most prominent athletic leagues that millions of people dream of reaching even beyond the borders of the United States. Unfortunately, even with such prominent status, reputation, and global ranking in the international athletic arena, the United States has its major point of struggle, which in this case is the health sector.

The aspects that will be presented in this research and discussed will be the major health concerns and issues within the United States, which are obesity, a

sedentary lifestyle, abnormal fast food consumption, health care costs, an imbalance in healthy resources, and even mental health. However, before we do move on to those issues and explain the statistical relevance of those issues, we need to understand and debrief to ourselves how US healthcare functions and its peculiarities. For instance, according to NCBI, they state that the federal government plays a role within the public health system within the country in which they monitor and survey the national health status and necessities by setting appropriate legislation, policies, and even laws. To add, they also concentrate on aspects such as supporting biomedical and health service research, financing personal health services, providing technical assistance, allocating resources to states, protecting against international treaties, and even supporting international efforts in regard to global health and safety. However, we can already see to ourselves that even though the United States healthcare system executes a plethora of functions, it still requires a lot of work, which is why they split the responsibilities amongst various federal institutions. For example, as mentioned by NCBI, they state that the federal government has a plethora of units and divisions with the public health service, such as the Centers for Disease Control at the National Institutes of Health, the Food and Drug Administration, the Health Resources and Services Administration, the Alcohol/Drug Abuse/Mental Health Administration, and even the Agency for Toxic Substances and Disease Registry. What you should remember is that all of those listed administrations are public health services that concentrate on health issues and concerns in order to promote health and prevent disease within the USA.

Now that we have understood the general structure and functions of the US healthcare system from a governmental perspective, what about from a hospital perspective and how it functions? For instance, according to ISPOR.com, they state that the US healthcare system does not provide universal coverage and can be identified as a form of mixed system, where the hospitals are publicly financed by the government through programs such as Medicare and even Medicaid, yet it is also coexisting with health coverage, which is also privately financed (private health insurance). In spite of governmental insurance from the United States, "out-of-

pocket” payments are the predominant coverage within the healthcare sector for financing personal health. For instance, according to ISPOR.com, in the year 2019, more than 50% of citizens received private insurance coverage through their employers, 6% received private insurance from health insurance marketplaces, 20% of citizens relied on Medicaid, 14% were dependent on Medicare, and more than 1% of the population was dependent on other forms of insurance such as Veterans Health Insurance. If we take a look at those statistics, it may already seem that there aren’t any issues on the surface, yet if we breakdown the statistics, we can see a more morbid depiction of the healthcare system. For example, if we take the population of the United States of America, which is more than 350,000,000 people, more than 150,00,000 million people are dependent on private insurance, meaning that if something similar to the recession in 2008 or even the pandemic occurs, a portion of those people could suffer tremendous losses in regard to insurance and health safety. To add, only a mere 34% of the population is insured by the government, which is also concerning considering that most likely profits are more crucial than the wellbeing of the nation. Again, if private insurance outweighs government insurance, this should be a warning sign, as the government doesn’t have such a grasp on or jurisdiction over this sector, which can result in potential issues.

Since we have discussed in short terms the medical health care system in the United States of America, we can finally discuss the major issues and health concerns that plague the United States, such as obesity, sedentary lifestyles, abnormal fast food consumption, health care costs, imbalances in healthy resources, and even mental health. We will provide statistical data in order for people to understand how the health sector and diseases correlate to each other.

Obesity: According to the NIH, more than 1 in 3 men (34.1%) and more than 1 in 4 women are overweight (27.5%). More than 2 in 5 adults (42.5%) have obesity, whereas more than 1 in 11 adults have severe obesity, with more than 9.2%.

Sedentary lifestyle: According to the NIH, more than 1 in every 4 adults in the United States spends approximately 70% of their time sitting, and only 30% of those Americans do light activities. Even Florida Atlantic University states that in

the year 2020, more than 36% of adults will not engage in any leisure physical activity, in spite of the fact that walking is comparable to more vigorous exercise in preventing any diseases related to cardiovascular health. Lack of physical activity, as mentioned by Florida Atlantic University, can account for more than 22% of coronary heart diseases, 22% of colon cancer, 18% of osteoporotic fractures, 12% of diabetes, and even 5% of breast cancer.

Abnormal fast food consumption: As mentioned by Driverresearch.com, they state that almost every 2 in 3 people consume fast food at least once a week in the United States, which is approximately 65%. To add to this horrifying statistic, out of those 65% of people consuming fast food, nearly 40% of Americans utilize drive-thrus in order to purchase fast food, where the average bill people spend on food per month is \$148.

Health care costs: Moving onwards, according to debt.org, hospital costs depend on every hospital, where it is located, the patient's insurance coverage, and even other variables that can affect the price. The average per-day hospital cost is more than \$2,833 dollars, whereas in California it can cost \$4,181 dollars in comparison to Mississippi, where it's \$1,305 dollars. If surgery is involved in health care costs, the most common surgeries tend to have a price tag of more than \$100,000. The article also mentions that the reason why those figures are raising eyebrows or alarming a majority of people is because 60–65 bankruptcies are mainly related to medical expenses.

Imbalance in healthy resources: According to the NCBI, there has been a major “shortfall” of nutrients in American diets, such as a lack of certain food groups, including fruits, whole grains, and even vegetables. For instance, they mentioned that vegetable intake fell below the recommended intake, where more than 75% of adult men and women ranging from 9 to 18 years old consumed less than the recommended amounts of fruits per day. To add to that, a majority, or specifically, 95% of all age-sex groups, fail to consume the recommended quantities of whole grains. Even the intake of fat-free or low-fat milk products has substantially decreased for the majority of adults, adolescents, and children.

Mental health: This segment of health has also seen drastic downfalls, as according to the CDC, more than 1 in every 5 adults in the United States have a mental illness, and over 1 in 5 youth ranging in age from 13 to 18 currently or at some point throughout their lifespan have faced a debilitating illness. To add to this statement, 1 in every 25 adults in the United States of America lives with a serious mental illness such as bipolar disorder, major depression, or even schizophrenia. According to NMIH.com, they state that the presence of “any mental illness” was higher in females with more than 27.2% in comparison to males with more than 18.1%.

Conclusion: The reality is that even though they have competitive leagues with lavish dreams painted behind professional athletes, there is also the dark side of the coin where neglect of health and diseases has been plaguing the nation. This thesis paper wasn’t written in order to throw shade or mock, but rather to show that every nation has strengths and weaknesses. This is a prime example from which other nations should learn how to target their own medical systems and learn from what is effective and ineffective. The United States has shown that even though they are dominant in the field of athletics, the same can’t be said about health, which is why it’s crucial to study this topic. The article depicts a general overview of their health system, which is why this shouldn’t be taken as a comprehensive study at face value but rather as a gateway towards understanding the issues in the United States health sector.

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FUNDAMENTALS OF HEALTHY LIFESTYLE

Everybody wants to live a long healthy life. Nowadays a healthy body becomes a fashion, an ideal of modern life. There are many ways to keep fit.

First of all, it is your nutrition. As we know, all the food, that we eat, consists of proteins, fats, carbohydrates, minerals and vitamins. Of course, they are all very useful and play their own role in our body, but only in case they are balanced. This way of eating is called a balanced diet. Now let me tell you about each component.

Proteins are the most important for us because they build our body, especially muscles. Great amounts of protein are in eggs, milk, cottage cheese, beans.

Fat. Not all fat is the same. While bad fats can wreck your diet and increase your risk of certain diseases, good fats protect your brain and heart. In fact, healthy fats—such as omega-3s—are vital to your physical and emotional health. Including healthier fat in your diet can help improve your mood, boost your well-being, and even trim your waistline.

Fats reserve energy and calories. For example, sweets contain a lot of fats, so we should avoid eating way over them. There are also lot of food which has fats in it, such as fish, nuts, butter, oil, and they are even healthy.

Carbohydrates are the main supplier of energy in our life. We can find them in the food like fruits and vegetables, berries, cereals. Additionally, you should eat small portions about five times a day and do this regularly, without missing your meals. Pay attention to the drinks you prefer, it would be better for you to drink juice or a lot of water, then to abuse fizzy drinks.

Fiber. Eating foods high in dietary fiber (grains, fruit, vegetables, nuts, and beans) can help you stay regular and lower your risk for heart disease, stroke, and diabetes. It can also improve your skin and even help you to lose weight.

It's not just what you eat, but when you eat. Eat breakfast, and eat smaller meals throughout the day. A healthy breakfast can jumpstart your metabolism, while eating small, healthy meals keeps your energy up all day. Avoid eating late at night.

Secondly, sport is also very important. These days we spend the most part of our time sitting in front of a computer or other gadgets, sometimes we don't even move for hours. That is why I strongly recommend you to start doing some sports. Your heart, lungs and muscles will only thank you. You can do exercises in the morning as well as you can practice various sports. If you want to keep your body in tip-top condition, then why not join a gym? There are season kinds of sports, such as skiing, cycling or swimming. They all will maintain your body in a good shape. I guess it would be the best option to choose something real for you and what will keep you interested in for a long time.

Thirdly, it is essential to observe a daily timetable. You need to get at least 7-8 hours of sleep every night. Spend more time outdoors, breathing clear air. I am sure it goes without saying that bad habits and a healthy lifestyle are incompatible. So get rid of nasty habits like smoking or drinking alcohol, and you will notice how your life is absolutely changing.

Besides, to be healthy, a person must stop smoking and drinking. Besides, nowadays there is a problem of taking drugs, especially among young people. It causes many diseases and leads to death.

Everyone should remember that cigarettes, alcohol and drugs destroy both body and brain.

A healthy lifestyle has many benefits not only for your body but also for your mind. In addition, if you follow a healthy lifestyle, you can reduce your risk of developing cancer, heart disease, diabetes, obesity and osteoporosis.

Thus we must remember that moderation in eating and drinking, reasonable hours of labour and study, regular physical exercises, recreation and rest, cleanliness and other factors lay the foundation for good health and a long happy life.

In conclusion, a healthy lifestyle sets a positive example for our peers, families. By making informed choices about nutrition, exercise, and self-care, we inspire others to prioritize their health and well-being, creating a ripple effect of wellness in society.

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BENEFITS OF VITAMINS

Vitamins are essential micronutrients. They do not provide energy, but are vital for the normal functioning of the body and maintaining health.

To get a variety of vitamins, you should eat foods from all food groups: whole grains, fruits and vegetables, dairy products, fish-egg-poultry-meat foods, added dietary fats (for example, nuts, seeds, almonds). If you eat very fatty and sweet foods, of course, you will get a lot of energy, but often such foods are poor sources of vitamins.

Vitamins are needed:

- since they participate in metabolic processes, regulate the functioning of nerves, play a role in the formation of bone and muscle tissue,
- to protect against contagious and infectious diseases,
- because they protect the body from the harmful effects of free radicals, which is why many vitamins are called antioxidants.

Vitamins are needed in very small quantities, from micrograms to milligrams, but they must be consumed constantly, since the body does not form a long-term supply of them.

A person is able to synthesize only a few vitamins (B3, B5, vitamin K, retinol from β-carotene, and also vitamin D under the influence of solar radiation), and then only in the presence of the original compounds and favorable external conditions. Most vitamins are found in foods of both plant and animal origin, however, the absorbable forms of vitamins D and B12 are found only in animal products.

Vitamins are divided into two groups:

- fat-soluble (vitamins A, D, E, K)
- water soluble (see Table 1) (vitamins B1, B2, niacin, B6, folate, B12, C)

In the case of fat-soluble vitamins, one letter stands for a whole group of compounds with similar structure and action. The danger of excessive consumption of fat-soluble vitamins can arise when consuming fortified foods or dietary supplements and, due to their accumulation by the body, are formed more easily than for water-soluble vitamins. An overdose of water-soluble vitamins obtained from food is impossible, since excesses are naturally eliminated from the body (with urine).

The need for vitamins mainly depends on gender, by age, on health status, on physical activity. For example, at the time of pregnancy and during fetal growth, it is very important to consume enough foods containing folates to reduce the possibility of having a child with developmental defects. During pregnancy and breastfeeding, the need for most vitamins increases. The need for vitamin D in children and the elderly is greater than in adults. A stressful or physically active lifestyle increases the need for B vitamins, especially B1.

Vitamin deficiency can occur for many reasons:

- reasons for dietary patterns (nutrient deficiency during fasting; unbalanced monotonous food; improper processing of foods, for example, too much heating; malabsorption problems, which are caused, for example, by alcoholism)
- physiological reasons (increased need for certain vitamins, for example in young children, pregnant and lactating women or the elderly)
- certain disease states of the body and specific medications

The absorption of vitamins is hindered by excessive coffee consumption, alcohol consumption, smoking, some medications, also some birth control pills.

The amount of vitamins in food also depends on the method of its preparation.

To reduce vitamin loss:

- don't cook for too long
- put vegetables in boiling water
- do not pour out the vegetable broth, cook with it, for example, sauces or soups

- avoid reheating food multiple times.

Vitamins play a crucial role in maintaining overall health and well-being by supporting various bodily functions, including metabolism, immunity, and tissue repair. Deficiencies in vitamins can lead to a range of health issues, highlighting the importance of consuming a balanced diet rich in vitamins or supplementing when necessary. Incorporating adequate vitamins into one's diet promotes vitality and helps prevent chronic diseases, emphasizing their essential role in sustaining a healthy lifestyle.

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REGULAR PHYSICAL ACTIVITY AS A BASIS FOR A HEALTHY LIFESTYLE

Introduction. Regular studies in recent decades have shown a spread of non-communicable diseases and a decline in the quality of immunity in the majority of the population, which accounts for a large proportion of premature deaths. [1,3,5] Along with this, it is worth noting that physical education has lost its special significance in society.

The progress of science and technology undoubtedly facilitates life by minimizing the need for physical labor. However, with the overuse of these opportunities, most people have stopped even meeting the minimum recommended level of physical activity in their daily lives.

The aim of the research is to substantiate the necessity of regular engagement in physical activity.

Materials and methods. Theoretical analysis and generalization of scientific literature; the method of comparison.

Research results and discussion. Analyzing the main WHO studies, it was found that only up to 20% of the European population fully fulfill the recommended amount of physical activity. At the same time, most cases of premature mortality are caused by NCDs, especially those related to the cardiorespiratory system. [3,4,5] In the period between 2020 and 2030, the cost of treating the above diseases is estimated at about \$27 billion annually. [2]

According to the WHO recommendations, it is enough for a person to perform at least 300 minutes of physical activity, including aerobic, strength and coordination exercises, to maintain normal physical fitness. [2]

It is worth noting that regular training of various kinds strengthens both the musculoskeletal system and the cardiorespiratory system, while also improving neuro-muscular coordination. Positive effects are also observed in components of health such as psychological and social well-being. Regular fitness normalizes hormone levels in the body, directly influencing our mood. Furthermore, physical activity within a community of like-minded individuals, colleagues, friends, or family, completely satisfies the social needs of person.

Certainly, in childhood, almost everyone participated in physical education classes or attended sports sections. However, as age increases and responsibilities in life grow, physical activity often takes a backseat or even disappears from our lives altogether. Around the age of 45-60 (at best), some health concerns start to arise, and a portion of a person's budget is spent on medical care. Check-ups, tedious treatments, diets, and so on.

But if you have been in the habit of doing exercises since childhood, regularly engage in physical activity, lead an interesting, active lifestyle. The funds are spent in the same way, but in this situation, on interesting and enjoyable "procedures", thereby investing in the future, because having good physical health, old age will catch you much later than in the first example, and chronic diseases can go on almost without disturbing you.

Conclusions. Taking into account the positive impacts that regular training provides for each component of health we've established that investing in regular physical activity is much more advantageous and effective than investing on medical care.

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