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**DEDICATED TO THE 95th ANNIVERSARY OF THE NATIONAL UNIVERSITY OF PHYSICAL EDUCATION AND
SPORTS OF UKRAINE**

**HISTORICAL ORIGINS OF TRACK AND FIELD SPORTS FORMATION AS A SECTION OF ACADEMIC
DISCIPLINE “THEORY AND METHODOLOGY OF COACHING IN THE CHOSEN SPORTS EVENT” OF THE ATHLETICS
DEPARTMENT OF THE NUPESU FOR THE PERIOD SINCE 1934**

The current working program of the “Theory and Methodology of Coaching in the Chosen Sports Event” academic discipline of the Athletics Department on topic No. 2 “History of Athletics Development”, addresses track and field exercises in the times of primitive society and the Ancient World, during the Middle Ages and the Renaissance era. The program covers the origin of athletics in Ukraine in the XIX century and the first athletics organizations, the development of athletics in the period 1945-1991, as well as during the formation of the independent state of Ukraine. The program also considers the participation of Ukrainian track and field athletes in the Olympic Games, World, and European Championships. The objective of the study is to develop the principal directions of the Athletics Department’s activity based on the formation of staff and the main areas of educational, scientific, methodological, and sports work. Methods. Analysis of literary sources, conversations with the

department teachers of different years and coaches, study of protocols of IAAF, UAF. Results. The Department of Athletics was created in 1934. The first head of the department until 1937 was the Honored Coach of the USSR, Merited Master of Sport of the USSR Synitskiy Zosyma Petrovych, who also headed it from 1947 to 1972. Later the department was headed by: Yurii Hrynakovskyi, Oleksandr Danilov, Viktor Sirenko, Bronislav Yushko, Roman Hryn, and Ivan Leonenko. From 2000 to the present, the department has been headed by Bobrovnyk Volodymyr Illich. Since 1934, more than 150 teachers have worked at the Department, thanks to which 5500 specialists in athletics have been prepared, including 2 academicians, 9 doctors of sciences, 11 professors, and 91 Candidates of Sciences. 16 teachers and graduates of the department received the title of "Honored Coach of the USSR" and 95 - "Honored Coach of Ukraine". The title of "Honored Worker of Physical Culture and Sports of Ukraine" was awarded to 15 employees and graduates of the department. The title of "Merited Master of Sport of the USSR and Ukraine" was awarded to 47 students and graduates. The students and graduates of the department won 17 gold, 9 silver, and 17 bronze medals at the Olympic arenas. They became World and European champions 21 and 41 times, respectively. From 1934 to 2025, 23 scientific topics were developed. The results of scientific studies are highlighted in more than 1 thousand publications, including 2 textbooks recently. Conclusions. During the 95 years of the Department of Athletics existence, it employed more than 150 scientific and pedagogical workers. During this time, the department was headed by 7 professionally trained employees who had an academic degree, high sports titles, and a high level of professional and pedagogical preparation to manage the teaching staff.

Keywords: history of development, athletics, University, department, staff formation, directions of activity.

Бобровник Володимир Ілліч, Ткаченко Михайло Леонідович, Пугачов Дмитро Олександрович. Присвячується 95-річчю Національного університету фізичного виховання і спорту України. Історичні витоки формування легкоатлетичного спорту як розділ навчальної дисципліни: «Теорія і методика тренерської діяльності в обраному виді спорту» кафедри легкої атлетики Національного університету фізичного виховання і спорту України за період з 1934 року. У нинішній робочій програмі навчальної дисципліни «Теорія і методика тренерської діяльності в обраному виді спорту» кафедри легкої атлетики по темі №2 «Історія розвитку легкої атлетики» розглядаються легкоатлетичні вправи за часів первісного суспільства та Стародавнього світу в епоху Середньовіччя та Відродження. Висвітлюється зародження легкої атлетики в Україні у XIX сторіччі та перші легкоатлетичні організації, розвиток легкоатлетичного спорту в період 1945-1991 років, а також за часів утворення незалежної держави України. В програмі також розглядається участь легкоатлетів України в Олімпійських іграх, чемпіонатах світу та Європи. Мета – розвиток основних напрямів діяльності кафедри легкої атлетики на основі формування кадрового складу і основних напрямів навчальної, науково-методичної та спортивної роботи. Методи. Аналіз літературних джерел, бесіди з викладачами кафедри різних років та тренерами, вивчення протоколів ІААФ, ФЛАУ. Результати. Кафедра легкої атлетики була створена в 1934 році. Першим завідувачем кафедри до 1937 року був заслужений тренер СРСР, заслужений майстер спорту СРСР Синицький Зосима Петрович, який також очолював її з 1947 по 1972 роки. В подальшому кафедру очолювали: Гринаковський Юрій Вікторович, Данілов Олександр Васильович, Сіренко Віктор Олександрович, Юшко Броніслав Миколайович, Гринь Роман Андрійович, Леоненко Іван Федорович. З 2000 року по теперішній час кафедру очолює Бобровник Володимир Ілліч. З 1934 року на кафедрі працювало більше 150 викладачів, завдяки яким було підготовлено 5500 спеціалістів з легкої атлетики, серед яких 2 академіки, 9 докторів наук та 11 професорів. Кафедрою підготовлено 91 кандидат наук. 16 педагогічних працівників і випускників кафедри отримали звання «Заслужений тренер СРСР» і 95 – «Заслужений тренер України». Звання «Заслужений працівник фізичної культури і спорту України» отримали 15 працівників та випускників кафедри. «Заслужений майстер спорту СРСР та України» було присвоєно 47 студентам і випускникам. На олімпійських аренах студентами і випускниками кафедри було завойовано 17 золотих, 9 срібних і 17 бронзових медалей. Чемпіонами світу вони ставали 21 раз, а чемпіонами Європи – 41. З 1934 по 2025 рік розроблялись 23 наукових теми. Результати наукових досліджень висвітлено в більш як 1 тисячі публікацій, серед яких за останній час – 2 підручника. Висновок. Протягом 95-річного існування кафедри легкої атлетики працювало більше 150 науково-педагогічних працівників. За цей час очолювали кафедру 7 професійно підготовлених працівників, які мали вчений ступінь, високі спортивні звання та професійно-педагогічну підготовленість для керування викладацьким складом.

Ключові слова: історія розвитку, легка атлетика, університет, кафедра, формування кадрового складу, напрями роботи.

Formulation of the problem. The coaching activities in groups of initial training in athletics, the work program of the "Theory and methodology of coaching in the chosen sports event" academic discipline on topic No.2 "History of athletics development", athletics exercises in the era of primitive society, athletics in the era of the Ancient World, the Middle Ages, and the Renaissance, the development of athletics in the XIX century, the birth of athletics and the first athletics organizations, the development of athletics in the post-war period from 1945 to 1991, as well as in our time, when Ukraine has been fighting with Russia since 2022 are considered. The development of athletics in Ukraine after the formation of an independent state and the participation of Ukrainian athletes in the Olympic Games, Cups, World and European championships are highlighted [8-10, 20]. The working program of the "Theory and Methodology of Coaching in the Chosen Sports Event" is based on the curriculum for Children's and Youth Sports Schools, Specialized Children's and Youth Sports Schools of the Olympic Reserve, Sports Schools of high sportsmanship, and specialized sports institutions of sports profile [4].

One of the origins of athletics development is the formation of highly qualified specialists in the Department of Athletics of the NUPESU since 1934.

The objective of the study is to develop the principal directions of the Athletics Department's activity based on the formation of staff and the main areas of educational, scientific, methodological, and sports work.

Tasks of the study:

1. To determine the principal directions of Athletics Department development since 1934.
2. To form the department staff taking into account the professional activity of scientific and pedagogical workers.
3. To determine the main achievements of the department's teaching staff in educational, scientific, and sports work for the 95 years of its existence.

Methods. Analysis of literary sources, conversations with the department teachers and coaches of different years, the study of protocols of EAA, IAAF, UAF.

Results. The Department of Athletics was created in the Institute of Physical Education and Sports in 1934. Its first head in 1934–1937 was Zosyma P. Synytskyi, the Honored Coach of the USSR, Merited Master of Sport of the USSR [10, 11, 18]; from 1937 to 1941 the department was headed by Yurii V. Hrynakovskyi.

Later, from 1944 to 1947, the department was headed by Oleksandr V. Danilov, Merited Master of Sport of the USSR.

From 1947 to 1972, the department was headed again by Zosyma P. Synytskyi, who was substituted by Professor Viktor O. Sirenko, Candidate of Biological Sciences, Honored Coach of Ukraine [8, 20] who headed it from 1972 to 1981.

From 1981 to 1985, the Department at Sports Faculty was headed by Professor Bronislav M. Yushko, Candidate of Pedagogical Sciences, Master of Sports of the USSR, Honored Coach of the USSR and Ukraine, whereas that at the Education Faculty - Roman A. Hryn.

From 1985 to 2000, the head of the Department of Athletics was Ivan Leonenko - Associate Professor, Honored Coach of the Ukrainian SSR and the USSR [8, 16, 20].

From 2000 to the present time the Department of Athletics, Winter Sports Events, and Cycling is headed by Professor Volodymyr I. Bobrovnyk, Doctor of Science in Physical Education and Sports, Honored Coach of Ukraine [16].

Since 1934 till now more than 150 research and teaching staff have worked at the Department of Athletics, and some of them are still working. They have trained 5500 highly skilled specialists in athletics during this period, including 2 academicians - Baka Mykhailo Makarovych and Zaporozhanov Vadym Oleksandrovych, 9 doctors of sciences - Baka Mykhailo Makarovych, Bizin Viktor Petrovych, Bondarchuk Anatolii Pavlovych, Volkov Leonid Viktorovych, Zaporozhanov Vadym Oleksandrovych, Klymenko Viktor Vasylovych, Shchepochkov Oleksandr Mykolaiovych, Bobrovnyk Volodymyr Illich, Kozlova Olena Kostiantynivna, and 11 professors [2, 16].

In addition, the research and teaching staff of the department prepared 91 Candidates of sciences during this period, who were later awarded the academic title of associate professor [8, 20].

Since 1934, the research and teaching staff and graduates of the department have been awarded the title of "Honored Coach of the USSR" over the years. Among them: Mykhailo Baka, Anatolii Bondarchuk, Yevhen Bulanchyk, Anatolii Holubtsov, Petro Denysenko, Volodymyr Katzman, Anatolii Kovalenko, Ivan Leonenko, Viktor Lonskyi, Dmytro Abbarius, Ivan Palamarchuk, Valentyn Petrovskyi, Vasyl Polyakov, Borys Robulets, Zosyma Synytskyi, and Ivan Tokar. In total, there are 95 honored coaches of Ukraine. It was then that 15 employees and graduates of the department were awarded the "Honored Worker of Physical Culture and Sports of Ukraine" title [6, 7, 9, 10].

It should be noted that the highest sports title the "Merited Master of Sport of the USSR and Ukraine" was awarded to 47 students and graduates of the Department of Athletics for outstanding performances demonstrated in sports competitions in different years, who competed in Olympic arenas from the XV Olympics in Helsinki (1952) to the XXXIII Games in Paris in 2024. They became Olympic champions in athletics 17 times: Volodymyr Holubnychi (2 times) in race walking, Viktor Tsybulenko in javelin throwing, Liudmyla Lysenko in 800 m running, Vira Krepkina in the long jump, Valerii Borzov in short distance running (2 times), Anatolii Bondarchuk in hammer throwing, Volodymyr Kyseliov in shot put, Yurii Sedikh (2 times) - in hammer throwing, Viktor Burakov - in 4x400 m relay, Tetiana Prorochenko - in 4x400 m relay, Serhii Bubka - in pole vault, Inessa Kravets - in triple jump, Yurii Bilonoh - in shot put, Natalia Dobrynska - in heptathlon, 9 times silver medalists, and 17 times bronze medalists. In total, the graduates of the Department of Athletics have won 43 Olympic awards [2, 6, 7, 9, 10].

The students and graduates of the department may boast of numerous victories at the World and European Championships, and the World Universiades.

Graduates of the department have won the title of world champions 21 times (including indoor championships), and became European champions 41 times [11-15].

During this period, students and graduates of the department updated the world records in athletics 75 times. Until recently, the result of the department's graduate Yurii Sedikh in the hammer throw and Natalia Dobrynska in the indoor pentathlon remained a world record [13-15, 20].

Among the famous track and field athletes of today are the following graduates of the Department of Athletics: Tetiana Petliuk (prize-winner of the World and European Championships in 800 m running), Iryna Herashchenko (prize-winner of the Olympic Games and the European Championships in high jump), Yulia Levchenko (prize-winner of the World and European Championships, champion of the Youth Olympic Games in high jump) [3, 5, 11-15, 17, 19].

In 1990, the activities of the department were appreciated by the International Association of Athletics Federations (IAAF - at that time the International Amateur Athletics Federation) for the quality of training of athletics specialists and high-level athletes, and the department was awarded the IAAF Badge of Honor [16].

From 1934 to 2025, twenty-three scientific topics were developed at the department, the results of which were implemented in the educational and training processes and covered in scientific and methodological publications.

In 1935, the first textbook "Athletics" was published (authors - Professors V.A. Bliakh, V.A. Bedunkevych, Z.P. Synitskiy). Also, in the mid-1930s, Z.P. Synitskiy and co-authors published a textbook on athletics, which contained the elaborations of special preparatory exercises [8, 20].

In the 1950s and 1960s, research was conducted on the following topics: "Methods of training and teaching technique in athletics events", "Special exercises of track and field athletes", "Methods of using exercises with weights in women's training". A methodological concept of training track and field athletes in the winter outdoors was developed under the leadership of Zosyma Synitskiy. The innovation brought in a new era in athletics and caused to reconsider a number of outdated methodological axioms. The department's initiative was supported in all regions of the USSR and winter championships began to be held. The national methodology aroused the interest of specialists from the GDR, Poland, and Bulgaria. In 1956, the world of athletics witnessed the publication of a respective book entitled "Training of Track and Field Athletes in Winter Outdoors" (Z.P. Synitskiy, M.I. Vystavkin, A.Y. Kovalenko) [16].

In 1970-1980, under the guidance of Professor Viktor O. Sirenko, research was carried out on the topic "Construction and content of annual training of skilled athletes in endurance track and field events". The books "Middle Distance Running" (1985) and "Training of Middle Distance Runners" (1990) were published (author - Professor V.O. Sirenko).

From 2000 to 2005, under the leadership of Volodymyr Bobrovnyk, the department conducted research on the problem of improving technical skills. The results of the research are reflected in the books "High Technologies for Track and Field Sports" (1999) (authors - Professors A.M. Laputin, V.I. Bobrovnyk), "Improvement of Technical Skills of Highly Qualified Athletes in Track and Field Competitive Jumps" (2005) (author - Professor V.I. Bobrovnyk) [8, 20].

From 2005 to 2010, under the guidance of Professor Volodymyr Bobrovnyk and Professor Olena Kozlova, research was conducted on the topic "Improving Sports Training of Track and Field Athletes at the Stages of Long-term Training". The implementation of practical recommendations based on the results of these studies had a positive impact on the results of Ukrainian athletes' performances at the XXIX Olympic Games (2008) in Beijing [5, 8, 20].

From 2011 to 2020 the department honed in on research area 2.2 "Theoretical and methodological bases of highly skilled athletes' preparation in the conditions of professionalization (on the example of athletics)" (head - Doctor of Science in Physical Education and Sports, Professor O. Kozlova). The book "Training of Highly Skilled Athletes in the Conditions of Professionalization of Athletics" (2012) (author - Professor Kozlova O.K.) was published on this topic [8, 20].

Since 2021, the department staff has been working in the scientific direction 2.1 "Theoretical and methodological foundations of physical and technical preparation of athletes at the stages of long-term improvement (on the example of athletics, winter sports events, and cycling)" [16].

The results of these studies have been covered in more than a thousand scientific publications, including the textbook "Athletics", 2017; a textbook in 2 books "Athletics: Theory and Methods of Coaching", 2023; reports at scientific and practical conferences both in Ukraine and abroad. Some fundamental works of the department's scientific research were published in such countries as Spain, Italy, Poland, Bulgaria, and others [1, 16, 18].

Discussion. The main content of the department's activities is the educational process, for the implementation of which its research and teaching staff widely apply progressive forms of organization, methods, and modern technologies using artificial intelligence and modeling of technical actions employing neural networks. Students develop skills in organizing and conducting research. Research results are systematized, processed, and presented at international conferences [8].

The results of research work at the department have been embodied not only in books, numerous articles in scientific journals and other publications, but also actively used in the training of many outstanding athletes, including winners and prize-winners of the Olympic Games, World, and European Championships.

Conclusions. 1. More than 150 research and teaching staff worked at the Department of Athletics during the 95-year of its existence. During this period, the department was headed by 7 professionally trained employees who had an academic degree, high sports titles, and a high level of professional and pedagogical preparation in managing the teaching staff.

2. Throughout the existence of the department, 5500 qualified specialists were trained, including 2 academicians, 9 doctors of sciences, 11 professors. The main sports achievements of students and graduates of the department during this period include 43 Olympic awards (17 gold, 9 silver, and 17 bronze medals). Students and graduates of the department became the world and European champions 21 and 41 times, respectively, as well as updated the world records in athletics 75 times.

3. During the above period, the sports qualification of coaches was constantly improving, and 95 of them were awarded the title of "Honored Coach of Ukraine". 15 employees and graduates of the department were awarded the title of "Honored Worker of Physical Culture and Sports of Ukraine".

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Recommended types of health technologies used for the prevention of various diseases and rehabilitation to restore lost function.

One of the main factors of a healthy lifestyle of a modern person is rational motor activity, manifested in the form of natural locomotion (walking, running, swimming, cycling), game disciplines, strength and gymnastic complexes, training systems, as well as various non-traditional exercises, usually of an innovative nature. Regular physical activity significantly improves physical health, especially the state of the musculoskeletal and cardiovascular systems, increases immunity, and has a positive effect on the overall tone of a person.

Physical culture and health technology is a method of implementing activities aimed at achieving and maintaining physical well-being and reducing the risk of developing diseases by means of physical culture and health improvement. These are the basic rules for using special knowledge and skills, methods of organizing and implementing specific actions necessary to perform physical culture and health activities.

Today, physical culture and health technologies are not the property of the personal experience of rare specialists but are developed in accordance with the achievements of medical science. Any physical culture and health technology includes setting goals and objectives for health improvement, as well as the actual implementation of physical culture and health activities in one form or another. The technology includes not only the implementation of a health program, but also determining the level of health, and testing physical fitness, as well as management and administration issues.

Thus, physical culture and health technology is a way of implementing various physical culture and health activities. This is the basis on which the so-called health industry and physical culture and health work are built. Physical culture and health technologies can be implemented in a variety of areas: shaping, aerobics, fitness, bodybuilding, callanetics, isoton, stretching, as well as running, tourism, swimming.

Key words: physical education and health, technology, activity, exercises, result.