



Взаимопонимание, научное и культурное сотрудничество
Mutual understanding, scientific & cultural cooperation

КИЕВСКИЙ ГОСУДАРСТВЕННЫЙ
ИНСТИТУТ ФИЗИЧЕСКОЙ КУЛЬТУРЫ (СССР)

НАУЧНО-МЕТОДИЧЕСКИЕ УСЛУГИ

THE KIEV STATE
INSTITUTE OF PHYSICAL CULTURE (USSR)

SCIENTIFIC-METHODICAL SERVICES



**THE KIEV STATE
INSTITUTE OF PHYSICAL CULTURE (USSR)**

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Kiev — "KSIPC" — 1990

Program of studies to elevate qualification on the problems of elite athlete training and rehabilitation system is listed in the publication intended for foreign specialists. Besides, educational, scientific and sporting activity of the institute is elucidated.

Published to order of the Kiev State Institute of Physical Culture.

**GREETING OF PROFESSOR V. N. PLATONOV,
RECTOR OF THE KIEV STATE INSTITUTE OF
PHYSICAL CULTURE
TO THE COLLEAGUES FROM FRIENDLY NATIONS**

Gentlemen! Friends!

On purposes to develop contacts between our countries, to lend practical support & to reach better mutual understanding between specialists working in the field of physical culture & sports, the Commission in theory & methods of sports of higher achievements of the USSR Sports Committee, the Scientific Commission of the Ukrainian SSR Sports Committee & the Kiev State Institute of Physical Culture propose you to listen the series of lectures & to take part in seminars & discussions on the problems of elite athlete training system in Olympic sports events, recovery, sports massage & sports rehabilitation.

Our propositions are addressed not only to coaches, university students & tutors, teachers of physical education & specialists in sports medicine but to all scientists & tutors interested in study of control methods of human activity & functional status in conditions of strenuous motor activity.

The proposed program will help to get an idea & widen the knowledge in organization & theoretical-methodical foundations of athlete training in the USSR, GDR, Bulgaria, Hungary & other countries of Eastern Europe.



Our specialists are ready to share their knowledge in non-traditional recreation method utilization by means of sport-rehabilitation massage, manual therapy, acupressure, etc.

We are ready to deliver lectures, elaborate concepts in athlete & team training, organize discussions & seminars & elaborate practical recommendations & invite you to visit our ancient & beautiful city.

One of the proposed forms of cooperation (seminars) will be conducted regularly two times a year on the same dates as minimum. Our guests will be given all possibilities for valuable work at the seminars.

I believe that developing contacts in the above-mentioned form will help to deepen the friendly relations between our countries, to further realize humane ideals of Pierre De Coubertin in sports Olympic movement, to widen knowledge in human sciences & to elevate professional qualification of specialists.

I wish you all the best!

You are welcome!

V. N. PLATONOV

**Professor, Rector of
the Kiev State Institute
of Physical Culture**

THE SCHOOL OF SCIENTISTS, COACHES, CHAMPIONS

Our institute was founded on May 20, 1930 in Kharkov the capital of the Ukrainian Soviet Socialist Republic of that time. It was then called the State Institute of Physical Culture of the Ukraine. On March 8, 1944 the institute was transferred to Kiev & since that time it had been functioning as the Kiev State Institute of Physical Culture in the capital of the republic.

More than 18 thousands of highly trained specialists of physical culture & sports (teachers of physical education, coaches in different sports events, organizers of mass physical culture, etc.) graduated from the institute during its existence.

350 citizens of the Soviet Union & 90 foreigners attended the graduate courses of the institute.

More than 350 theses dedicated to the development of actual problems in physical culture & sports were defended in the specialized council of the institute during its existence (since 1973).

Now, there are more than 1850 students on three fulltime faculties & 2000 students on the correspondence faculty.

There are two faculties of skill improvement at the institute annually involving more than 1500 specialists.

The staff of employees of the Kiev State Institute of Physical Culture consists of 1000 persons including 500 professors & tutors.





The graduates of our institute work not only in the Ukraine but practically in every part of the Soviet Union: from the Baltic Sea to the Far East & from the North to the Caucasus & the Middle Asia.

Since 1955 the foreign specialists in physical culture & sports have been trained at the Kiev State Institute of Physical Culture. 450 foreign students including 230 persons from the developing countries of Asia, Africa & Latin America, have graduated from the institute. Besides, 90 graduate students & 50 probationers from various countries including 35 graduate students & 22 probationers from the developing countries of Asia, Africa & Latin America have been trained. Now, 310 persons from 50 countries attend the institute.

Foreign graduates of the Kiev State Institute of Physical Culture work in Algeria, Angola, Afghanistan, Bulgaria, Vietnam, Hungary, Venezuela, Greece, GDR, Egypt, Zimbabwe, India, Jordan, Iran, Yemen, China, the Korean People's Democratic Republic, Colombia, Costa Rica, Cuba, Lebanon, Mozambique, Mongolia, Mauritius, Nicaragua, Peru, Poland, Seychelles, Syria, Sierra Leone, Thailand, Tunisia, Finland, Czechoslovakia & other countries.

Many foreign graduates of the Kiev State Institute of Physical Culture are now the executives using the knowledge they have got during their study in the capital of the Soviet Ukraine.

The fundamental & applied scientific investigations carried out at the institute include: different aspects of sports of higher achievements & mass

physical culture, the theory of sports, the theory of physical culture, the management of training process, the training of young athletes, the biological mechanisms of body adaptation to physical loads, the mastering of specialists in physical culture & sports, the specific aspects of training for female athletes, etc.

Numerous essentially new results achieved in the abovementioned areas of the scientific work have been acknowledged in the USSR as well as abroad. The results of scientific investigations concerning the common principles of theory & methodics in training as well as the problems of athletic training in Olympic sports events are especially significant.

Practical realization of these findings has contributed to the world level performances & to the victories at the Olympic games, world championships & other international competitions.

The scientists of the institute take an active part in different international scientific congresses, symposia & conferences. They have published more than 200 fundamental works including scientific monographs, textbooks, etc. These works make a valuable contribution of the institute to national & world sports science.

A great number of works by the scientists of our institute has been published in France, Japan, Spain, Bulgaria, Poland, China, Czechoslovakia, GDR & other countries. It is worth mentioning "Theory of sports", "Theory & methodics of athletic training" & "Adaptation in sports" by Vladimir Platonov, "Cy-

bernetics & sports" & "Model parameters in track & field" by Valentin Petrovsky, "Kayaking & canoeing" by Nicolai Zhmaryov, "Gymnastics" by Ivan Brazhnik, "Artistic gymnastics" by Elena Biryuk & many others.

51 Olympic champions, 68 Olympic prizewinners & many dozens of world champions in various sports events have been educated at the institute.

Among the graduates of the institute one can mention manytime Olympic champions Larisa Latinina, Boris Shakhlin, Polina Astakhova, Yuri Titov (gymnastics), Vladimir Morozov, Alexander Shaparenko, Yuri Filatov (kayaking), Vladimir Golubnichy, Valery Borzov, Yuri Sedykh (track & field), Larisa Karlova, Natalia Sherstyuk (Timoshkina), Tatyana Makarets (Kochergina) (female handball), Alexander Kolchinsky (Greco-Roman wrestling), Ivan Byakov (biathlon). Everybody knows the famous Olympic champions — Nina Bocharova, Ivan Deryugin, Ivan Bogdan, Vera Krepkina, Lyudmila Lysenko, Victor Tsibulenko, Sergey Bubka, Grigory Kriss, Boris Gurevich, Vladimir Ivanov, Yuri Panchenko, Boris Tereshchuk, Yuri Stetsenko, Anatoly Bondarchuk, Anatoly Polivoda, Alexander Volkov, Alexander Belostenny, Mikhail Ishchenko, Tatyana Glushchenko, Lyudmila Panchuk, Olga Zubareva, Natalia Klimova, Sergey Novikov, Pavel Pinigin, Ekaterina Kurishko, Vera Misevich, Sergey Fesenko, Alexander Sidorenko, Sergey Krasjuk, Yuri Prisekin, Dmitry Monakov, Vladimir Kiseliov, Victor Burakov, Tatyana Prorochenko, Stella Zakharova, Alexander Kiri-



chenko, Alexei Mikhailichenko.

Among the graduates of our institute are the football players of the famous club "Dynamo" (Kiev), the double holder of the Cup Winners' Cup (1975, 1986) & the holder of the Supercup (1975): Oleg Blokhin, Yevgeny Rudakov, Anatoly Konkov, Victor Kolotov, Vladimir Muntyan, Victor Matvienko, Vladimir Onishchenko, Mikhail Fomenko, Vladimir Troshkin, Stefan Reshko, Leonid Buryak, Victor Charnov, Vladimir Bessonov, Sergey Baltacha, Anatoly Demyanenko, Oleg Kuznetsov, Igor Belanov, Pavel Yakovenko, Ivan Yaremchuk, Vasily Rats, Andrei Bal, Vadim Yevtushenko, Mikhail Mikhailov.

Many tutors of the institute are the experienced coaches: Alexander Mishakov (coach of Larisa Latnina, Boris Shakhlin & other famous gymnasts), Valentin Petrovsky (coach of Valery Borzov, two-time Olympic champion in track & field), Anatoly Bondarchuk (coach of Yuri Sedykh, two-time Olympic champion, Yuri Tamm, Olympic prizewinner & other hammer throwers), Igor Turchin (head coach of the national female handball team, two-time winner of the Olympics & head coach of "Spartak" (Kiev) team, many-time holder of the European Champions Cup), etc.

Many graduates of the institute are now the members of the teachers staff. For example, Boris Shakhlin, many-time Olympic champion & world champion is a reader of the department of gymnastics; Igor Yemchuk, prizewinner of the Olympics (rowing) is a pro-rector of the institute; Yuri Stetsenko, the

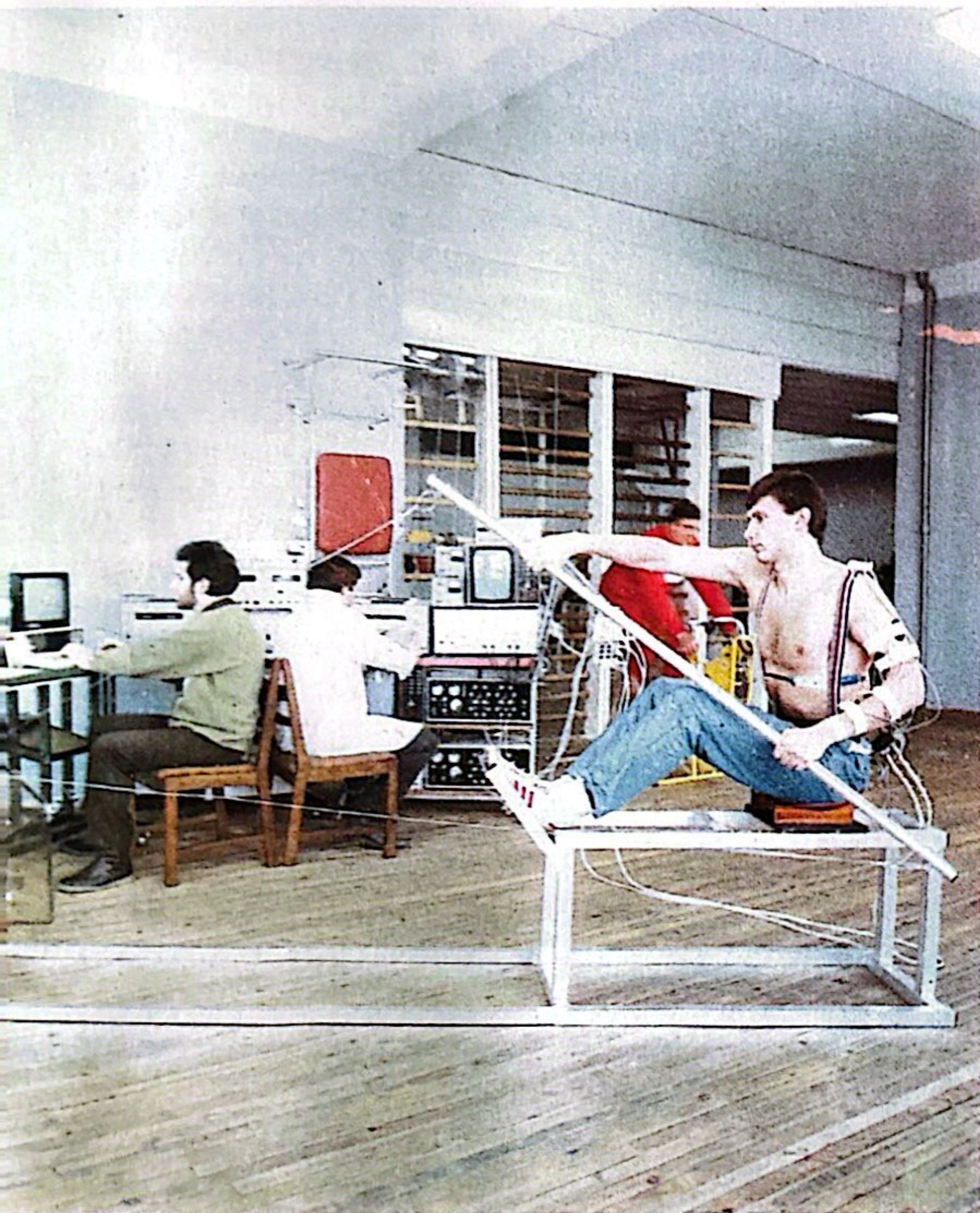
Olympic champion in kayaking is a Head of the department of rowing & canoeing; etc.

Our graduates take an active part in various international organizations. For instance, Yuri Titov is a president of FIG, Valery Borzov is a member of the European Athletics Association Council, Boris Shakhlin is a member of the USSR Olympic National Committee & a vice-president of FIG.

Many specialists of the institute have worked in various corners of the globe assisting in the development of physical culture & sports in the countries of Asia, Africa, Europe & Latin America including Cuba, Chinese People's Republic, Mongolia, Bulgaria, Hungary, GDR, Czechoslovakia, Syria, Senegal, Sweden, Chad, Korean People's Democratic Republic, Peru, Iran, India, Guinea, Romania, Benin, Angola, etc. Now many specialists of our institute work

in different countries.

According to our proposals the leading specialists theory & methods of athletic training who are well-known in the whole world will deliver lectures, elaborate concepts & practical recommendations (their adaptation to the real conditions of separate country, region) in planning system, organization, control of elite athlete training (individuals, teams in sports events, national teams) for world championships, regional & Olympic games. It should be mentioned professor Platonov V. N., professor Zaporozhanov V. A., professor Keller V. S., professor Polischuk D. A., professor Tkachuk V. G., professor Petrovsky V. V., professor Latishkevich L. A. A number of lectures will be delivered by the employees of the institute having a great scientific & pedagogical experience in theory & methods of sports of higher achievements.



WE PROPOSE TO TAKE PART
IN SCIENTIFIC-PRACTICAL
SEMINARS!

SEMINAR-1

Subject: "Organizational
& theoretical-methodical foundations
of sports of higher achievements"

PROGRAM

**1. Organizational & material-technical
fundamentals of elite athlete
training in the USSR, GDR, Bulgaria, etc.**

The lectures of the leading Soviet experts in organizational & material-technical fundamentals of elite athlete training are planned (4 hours) as well as the acquaintance with experience of the organizations that train elite athletes — republican boarding school of sports type, school of higher sports mastership, center of Olympic training, higher school of sports mastership.

2. General theory & methods of elite athlete training who specialize in Olympic sports events.

The lectures will cover the problems of the system of competitions & athletic competition activity; the system of athletic training including purpose, tasks, means, methods & major principles of athletic training, load characteristics, exhaustion, recovery & adaptation in athletic training; characteristics of athletic preparation (technical, tactical, physical, mental, integral), fundamentals of the training process organization, selection, orientation, fundamentals of athletic training control, prognostication & modelling in sports; planning & accounting for non-training & non-competition factors in sports.

3. Theory & methods of elite athlete training in specific sports events (track & field, gymnastics, rhythmic gymnastics, Greco-Roman & free-style wrestling, rowing, swimming, ski race, modern pentathlon, soccer, cycling).

The lectures are planned that inform about the system features of sports competitions & competition activity; athletic training system: means, methods, features of correlation between technical, physical, tactical, mental & integral preparation; features of motor education; methods of training process construction; features of control, selection, orientation, forecasting & modelling of training process in separate sports event.

During the seminar there will be meetings & discussions with elite Soviet athletes — winners & prize-winners of the world championships, Olympic games, & their coaches.

During the seminar our guests will be able to learn the technique of leading athletes, the features of their training & competition activity, the problems of sports reserve training.

The lectures will be conducted by the leading Soviet & Ukrainian experts including:

PLATONOV V. N., Doctor of pedagogics, professor, chairman of the commission in the theory of sports of higher achievements in the scientific-methodical council of the USSR Sports Committee, Rector of the Kiev State Institute of Physical Culture, (Kiev);

VAITSEKHOVSKY S. M., Doctor of pedagogics, professor, Merited Coach of the USSR, Head Coach of the USSR swimming team since 1973 till 1983 (Moscow);

TISHLER D. A., Doctor of pedagogics, professor, Merited Coach of the USSR, Coach of the USSR fencing team, (Moscow);

KELLER V. S., Doctor of pedagogics, professor, head of the scientific group of the USSR fencing team, head of the department of sports theory of the Lvov State Institute of Physical Culture.

BONDARCHUK A. R., Doctor of pedagogics, professor, Head Coach of the USSR National team in track & field, XXII Olympics champion in hammer throwing, (Kiev).

LATYSHKEVICH L. A., professor, head of the scientific group of the USSR handball team, head of the department of games of the Kiev State Institute of Physical Culture.

YEVTUSHENKO A. N., professor, Merited Coach of the USSR, Head Coach of the USSR handball team, (Moscow);

YEMCHUK I. F., Merited Master of Sports, Merited Coach of the USSR, Head Coach of the USSR rowing team (1977—1980), prize-winner of the Olympics, (Kiev);

STETSENKO Y. I., candidate of pedagogics, assistant professor, Merited Master of Sports, XX Olympics champion in rowing, head of the department of rowing of the Kiev State Institute of Physical Culture;

SHAKHLIN B. A., assistant professor, Merited Master of Sports, XVIII Olympics champion in gymnastics, vice-president of FIG technical committee, (Kiev);

VOLKOV A. V., candidate of pedagogics, assistant professor, member of the gymnastics methodical council of the USSR Sports Committee, (Kiev);

BIRYUK E. V., candidate of pedagogics, assistant professor of the Kiev State Institute of Physical Culture, many-time champion of the USSR & Ukraine in gymnastics;

BORZOV V. F., candidate of pedagogics, Merited Master of Sports, XX Olympics champion in track &

field, Vice-chairman of the Ukrainian Sports Committee, (Kiev);

TUMANIAN G. S., Doctor of pedagogics, professor, head of the department of wrestling of State Central Institute of Physical Culture, (Moscow);

BRODSKY Z. D., Merited Coach of the Ukraine, advisor of the Ukrainian Sports Committee, (Kiev);

YAROSHCHUK Y. I., Merited Coach of the USSR, judo coach of higher sports mastership school, (Kiev);

FESENKO S. L., candidate of pedagogics, Merited Master of Sports, champion of the XXII Olympics, many-time European champion, chairman of the Ukrainian Swimming Federation, (Kiev);

POPOV A. V., candidate of pedagogics, assistant professor, head of the scientific group FC "Dynamo", head of the department of football of the Kiev State Institute of Physical Culture.

FOMIN S. K., professor, head of the department of ski sports of the Kiev State Institute of Physical Culture, chairman of the Ukrainian Ski Sports Federation.

POLISHCHUK D. A., professor, head of the scientific group of the Soviet cycling team, many-time Soviet record-holder in cycling, (Kiev);

The employees of the institute having a great experience in scientific & pedagogical work will take part in conducting of the seminar.

SEMINAR-2

Subject: "Sport-rehabilitation massage, manual therapy & acupressure (nerve-point massage)"

PROGRAM

1. Sport-rehabilitation massage

A notion of massage. The history of massage. Forms & methods of massage. The physiologic influence mechanism of massage on human body. The massage therapist's regime of work. The lubricants. Indications & counter-indications.

The characteristics of sport, hygienic, cosmetic, therapeutic, segmentary-reflex & mechanical massage.

The methods of massage. Stroking, rolling, petrissage, rubbing, percussion methods & motions.

A notion of methods. Implementation technique. Peculiarities of massage fulfilment in the different parts of body. Typical mistakes.

The practical mastery of the methods of massage.

Methodics of the body massage, of the upper & lower extremities using all studied methods. The features of local & general massage.

The types of sport massage. A notion of training massage & its physiologic foundation. The main principles of the training massage session depending on sports event, character of training &

individual physical condition of the athlete (The theoretical part).

A practical demonstration of the training massage types.

The types of inter-competition massage. The physiologic foundation of pre-event massage.

The types of pre-event massage (warm-up, heating, tonic, soothing, stimulating). Methods of their fulfilment (a practical demonstration).

Recreative massage & its physiologic foundation. The peculiarities of massage during physical & mental recreation.

The types of bathes & their features. Methodics of bathing. Methodics of massage combined with bathing & its duration.

The application of different ointments, lubricants & creams during recreative massage (theoretical material).

Practical mastery of recreative massage.

Massage at injuries & diseases relative to sports. The influence of massage on athletic injuries. The main principles of massage methodics at injuries, diseases & overtraining. Contra-indications to the application of massage (theoretical material).

The features of massage methodics at bruises, strained ligaments & joints, dislocations, fractures, fascial & muscle injuries, myalgia, myositis, radiculitis & tendovaginitis.

Taping.

Passive-active motions. The mechanisms of therapeutic action of motion at injuries. The features of application of passive-active motions at injuries (theoretical material).

Methodics of application of passive-active motions at-joint injuries, fractures of extremity bones, spine & functional disorders in the intervertebral disks (practice).

2. The foundation of reflexotherapy

A notion of biologically active points. Methodics of biologically active point identification by palpation & by means of special equipment (theoretical material).

Technique of acupressure (nerve-point massage).

Methodics of sedative & stimulant massage.

Differential acupressure application with regard for athlete's individual condition, pain syndrome expression & accompanying disorders.

3. Manual therapy

Indications & contra-indications (absolute & relative to manual therapy application. Typical mistakes & complications met during manual therapy application (theoretical material). Methods of manual therapy.

Technique of manual therapy application in jugular, thoracic & lumbar spines in conjunction with traction & distraction. The initial positions of manual therapy.

The curriculum envisages the discussion of the ac-

tual problems of rehabilitation in sports of higher achievements, the questions of athlete urgent rehabilitation after received injuries & work capacity stabilization.

The lectures will be conducted by many leading experts, including:

PLATONOV V. N., Doctor of pedagogics, professor, chairman of the commission in the theory of sports of higher achievements in the scientific-methodical council of the USSR Sports Committee, Rector of the Kiev State Institute of Physical Culture, head of the department of sports theory. He is one of the leading Soviet experts in the theory & methodics of sports of higher achievements. He is the author of studies in the theory of sports of higher achievements published not only in the USSR but in France, Spain, China & other countries. He is the author of more than 300 works in the mentioned subject.

DUSHANIN S. A., Doctor of medicine, professor, head of the department of remedial exercises, massage & sports medicine of the Kiev State Institute of Physical Culture, member of the all-union commission "The medical problems of physical culture" of the USSR Academy of Medical Sciences, member on the board of the all-union society in remedial exercises & sports medicine. He is one of the leading Soviet experts in sports medicine & rehabilitation. He is the leader of the subject in prevention & rehabilitation of the all-union research plan of the USSR Sports Committee. He is the author of one of the sections in the Medical Encyclopaedia as well as many studies

& other works in sports medicine.

MACHERET E. P., Doctor of medicine, professor, head of the department of neurology & reflexotherapy of the Kiev Advanced Training Institute for physicians. He is the leading Soviet expert in segmo-reflexotherapy & acupressure. He is the President of the European Association in acupressure, the honorary member of German & Austrian societies in reflexotherapy. He is the author of an Atlas in Reflexotherapy & original methodics reported at the international conferences.

BIRIUKOV A. A., assistant professor of the department of hygiene & sport massage of the State Central Institute of Physical Culture (Moscow). He is one of the leading Soviet experts in massage. He is the author of three textbooks, 12 studies & more than 150 works dealing with sport massage & rehabilitation. His textbooks & other works have been published abroad & he has been invited to deliver lectures.

SUVAK V. V., Candidate of medicine, senior scientific worker, head of the laboratory of osteochondrosis of the Kiev Medical Institute. He is the chief expert in manual therapy at the Ukrainian SSR Ministry of Public Health. He is one of the leading Soviet experts in manual therapy. He is the author of the perspective method of vertebral osteochondrosis treatment.

MARCHENKO O. K., Candidate of pedagogics, assistant professor of the department of remedial exercises, massage & sports medicine of the Kiev

State Institute of Physical Culture. She is a disciple of professor Panchenko D. I., the leading expert in neurology & reflexotherapy, the Honoured Scientist of the Ukrainian SSR. She is the author of many works & methodical elaborations in rehabilitation in the health & preventive centers. She has a great experience in organizational & scientific activities in physical culture & sports.

BILKEVICH A. L., Candidate of pedagogics, senior instructor of the department of remedial exercises, massage & sports medicine of the Kiev State Institute of Physical Culture. He is one of the leading Ukrainian experts in sport massage. He is the author of methodical elaborations in inter-competitive massage of the Ukrainian SSR national teams in weightlifting, handball & in the schools of Olympic reserve. He is the author of works introducing the non-traditional forms of recreation into the process of training.

NAZARENKO V. S., senior instructor of the department of remedial exercises, massage & sports medicine of the Kiev State Institute of Physical Culture. He is an expert in remedial exercises, sport & therapeutic massage. He is one of the leading Ukrainian experts in massage application for physical & mental recovery. He is the author of many works & methodical elaborations in health & preventive rehabilitation.

DUBROVSKY V. I., Candidate of medicine, massage therapist of the sports medicine administration of the USSR Sports Committee. He has a great prac-

tical experience in work with the USSR national teams. He is the author of 3 studies & more than 100 works dealing with maintenance & recreation of sports working capacity & published in the USSR & abroad.

ROMANENKO J. M., instructor of the department of remedial exercises, massage & sports medicine of the Kiev State Institute of Physical Culture. She is an experienced specialist in sport & therapeutic massage. She is the author of many elaborations in massage application combined with correcting gymnas-

tics for vertebral function rehabilitation. She is a specialist in massage for children & youth.

GOLETS V. I., Candidate of pedagogy, massage therapist of the USSR national teams in swimming & cycling. He took part in training of Vladimir Salnikov, four-time Olympic champion in swimming & Sergey Kopilov, two-time world champion in cycling, & other famous athletes. He is the author of original methodics combining massage with physiotherapeutic procedures.



WELCOME TO KIEV!



Even those who have already been to Kiev, the capital of the Ukrainian SSR, will never get tired of admiring the city & discover the new traits in its background.

The historical monuments of Kiev are well-known all over the world.

A bus tour of the city will let you see historical & literary Kiev.

You can see the St. Sophia's Cathedral, the famous monument of history, architecture & monumental painting dating from the 11th century.

Not far from the St. Sophia's Cathedral, there is the Golden Gate, the main ceremonial gate of the ancient city.

The Kiev-Pechersk Monastery founded in 1051 produces a great impression on the visitors.

In the Kiev-Pechersk Monastery there is a Museum of Historical Treasures of the Ukrainian SSR. Among the displays of the museum there are the wares of the Scythian period (VI century BC — III century), of the Eastern Slav & Old Russian periods (VI—XII centuries), of the Ukrainian goldsmiths (XVI—XIX centuries) & of the Russian jewellers (XVII—XX centuries).

To familiarize oneself with the national traditions, Ukrainian folk architecture of different periods & regions one can visit the Folk architecture museum of the Ukrainian SSR.

The literary-memorial house-museum of Taras Shevchenko, outstanding Ukrainian poet, is situated not far from the center of the city.

In Kiev there are the State Museum of the Ukrainian art, Museum of the Russian art, Museum of the Oriental & Occidental arts, the Historical Museum of the Ukrainian SSR, the Historical Museum of Kiev, etc.

Kiev is a Hero-city. The Memorial complex "Ukrainian State Museum of History of the Great Patriotic War (1941—1945)" is situated on the hilly bank of the Dnieper where one can get to know about the military period in the history of Kiev, republic & country.

Today, Kiev is one of the largest industrial & scientific centers of the country. In Kiev there are institutes of the Ukrainian Academy of Sciences, higher educational establishments, publishing houses, more than 1500 libraries. The Palace of Culture "Ukraina" when popular soviet & foreign artists & ensembles appear on the stage is situated not far from the Kiev State Institute of Physical Culture & "Sport" hotel.

In the recreational center you can visit a sauna bath, have water & other treatments. You will have a swimming pool, tennis courts & playing fields at your disposal.

You will meet with instructors & students of the Kiev State Institute of Physical Culture, one of the leading institutes of the Soviet Union in this field, & with elite Soviet athletes.



**TERMS OF FOREIGN GUESTS' RECEPTION
& SENDING THE EMPLOYEES
OF THE INSTITUTE ON MISSION
BY THE INVITATION
OF THE INTERESTED COUNTRIES**

**Reception & study
of foreign guests. Service fees.**

The specialists who are interested to visit us & participate in one or both seminars should inform us about their intention by letter or by telephone no later than 2 months before the beginning. In answer we shall inform you about the dates of seminars & send the official invitation.

Accommodations for seminar participants are available at the single & double-seater apartments of the comfortable "Sport" hotel situated near the building of the institute where the seminars will be conducted. The seminar participants get 3 meals a day at the restaurant.

The seminar participants will be offered a cultural program allowing to see the sights of Kiev. The program includes excursions, visits to the museums, theatres, meetings with elite athletes, Olympic champions & prize-winners, press representatives. The sports competitions are planned, that is why the seminar

participants are advised to have sports clothing with them.

The seminars in sports of higher achievements & sport-rehabilitation are held every year — in May & October.

The course of study by the program of seminar 1—15 days. Total hours 50. We call attention of the interested parties to the features of group staffing for seminar 1. The participation of specialists in games & single combats (volleyball, basketball, handball, soccer, all wrestling styles, fencing, boxing) is desirable in the spring seminar.

The autumn seminar will be intended for specialists in cyclic sports events (swimming, rowing & canoeing, track & field etc.). complex-coordination (gymnastics, acrobatics, etc.), & speed-strength sports events (weightlifting, field events, etc.).

Tuition fees (excepting for the passage to Kiev & back) is 800—1000 US dollars.

The course of study at seminar 2 (May, October) — 20 days. Total hours 80. Tuition fees (excepting for the passage to Kiev & back) is 1200—1400 US dollars.

Those who successfully complete the program of seminar 1 & seminar 2 will receive a certificate after a final certification.

If the interested persons or representatives of the organizations (including mediatory ones) form the group of 15—30 persons the dates of each seminar mentioned above will be additionally agreed.

**Sending the employees
of the institute on mission
for lecture delivery
& rendering advisory services
by the invitations of firms, universities,
colleges, sports clubs
& private persons**

The specialists of the institute are ready to share their knowledge & to give experience of practical activity to all interested persons & organizations.

For this form of collaboration being successful & promoting a better achievement of mutual interests we advise:

— to send personal or impersonal as well as group invitations 5—6 months in advance before the beginning of planned activities. If the interested parties don't send personal invitations the institute guarantees sending the leading specialists in problems of the great interest.

besides, pointing out the dates of activity to recommend the most convenient ways of travel;

accurately designate the subject, the volume & problematic aspects of the questions arising during the work;

indicate conditions of service fees, addresses of mediatory organizations (firms).

O u r a d d r e s s :

The Kiev State Institute of Physical Culture,
Fiskulturnaja St. 1, Kiev-5, USSR.

Tel.: 227-54-52 (waiting-room)
227-62-91 (rector)
227-02-85 (pro-rector in educational
work)

Telefax: 044-228-69-92

Officials: Vladimir PLATONOV, chairman of the commission in the theory & methods of sports of higher achievements, Rector of the Kiev State Institute of Physical Culture
Vladimir KALITA, Pro-rector in international relations.

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