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BOOK OF ABSTRACTS

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10.00-11.30 Three parallel sessions and Symposium

Venue: Józef Piłsudski University of Physical Education in Warsaw

Session X SPORT TRAINING - Lecture Hall no 2 (2nd floor)

1. NEW CONCEPT-MODEL OF PLAYING ACTIVITY IN THE THEORY AND METHOD OF SPORTS GAMES
V. Guba, A. Rodin, Russian State University of Physical Education, Sport, Youth and Tourism, Moscow, Russia
2. SPECIFICITY OF MORPHOFUNCTIONAL STATUS OF HIGHLY QUALIFIED PILOTS AND ACCELERATORS IN BOBSLED
I. Y. Gorskaya, N. V. Sergeeva, Siberian State University of Physical Culture and Sports, Omsk, Russia
3. COMPLEX CONTROL IN THE PREPAREDNESS OF QUALIFIED GYMNASTS
I. Syvash, National University of Ukraine on Physical Education and Sport, Kiev, Ukraine
4. THE THEORY OF MOTOR ACTIONS OF THE ATHLETE: THE NEED FOR NEW APPROACHES
V. Manolachi, N. Vizitei, State University of Physical Education and Sport of Moldova, Chisinau, Moldova
5. A METHOD OF SPECIALIZED PHYSICAL PREPARATION FOR A FORMATION TEAM IN DANCESPORT: EXPERIENCE OF APPLICATION IN THE REPUBLIC OF BELARUS
D. Bialiauski, Belarusian State University of Physical Culture, Minsk, Belarus

**Session XI PSYCHOSOCIAL ASPECTS OF SPORT / ADAPTED PHYSICAL ACTIVITY-
Lecture hall 3 (2nd floor)**

1. PSYCHOLOGICAL SUPPORT IN THE SYSTEM OF TRAINING OF HIGHLY QUALIFIED SPORTSMEN IN OLYMPIC SPORT
N. Vysochina; National University of Physical Education and Sport of Ukraine, Kiev, Ukraine
2. ATHLETES' NEEDS AND EXPECTATIONS REGARDING COACHES' BEHAVIOURS
N. Koperska, Józef Piłsudski University of Physical Education in Warsaw, Poland
3. COMPARATIVE ANALYSIS OF LIFE MEANING ORIENTATIONS OF STUDENTS-SPORTSMEN AND STUDENTS OF NON-PHYSICAL TRAINING SCHOOLS
O. N. Savinkova, G. V. Bugaev, A. V. Sysoev, I. V. Smotrova, Voronezh State Institute of Physical Culture, Voronezh, Russia
4. SPORTS RESULTS IN MEN'S SPRINT EVENTS AT THE PARALYMPIC GAMES BETWEEN 1992 AND 2016
A. Kosmol, B. Molik, N. Morgulec-Adamowicz, Józef Piłsudski University of Physical Education in Warsaw, Poland
5. EVALUATION OF LEVER DRIVE WHEELCHAIR PROPULSION AND MANUAL WHEELCHAIR PROPULSION DURING FIELD TEST
J. Marszałek, A. Mróz, B. Molik, I. Grabarek, K. Fiok, A. Kosmol, Józef Piłsudski University of Physical Education in Warsaw, Poland
6. DIFFERENTIATION AND CONDITIONS OF GROSS AND FINE MOTOR SKILLS AND A SPECIAL SKILLS IN FLOOR HOCKEY PLAYERS POLISH REPRESENTATIVES TO THE WORLD WINTER SPECIAL OLYMPICS IN AUSTRIA 2017
W. Skowroński, G. Bednarczuk, I. Rutkowska, J. Lencse-Mucha; Józef Piłsudski University of Physical Education in Warsaw, Poland

COMPLEX CONTROL IN THE PREPAREDNESS OF QUALIFIED GYMNASTS

I. Syvash

National University of Ukraine on Physical Education and Sport, Kiev, Ukraine

It is impossible to achieve reliability and stability of sports skills in group exercises of rhythmic gymnastics in the process of preparation without improving the preparation of the entire team. It is necessary to form general athletic technique skills in team, to take into consideration the interpersonal relations of gymnasts, to include appropriate means and methods of training, and to formulate selection criteria for the team. Therefore, a complex control is valid, as a tool for managing the training process during gymnasts' preparation in the system of training of high qualification gymnasts.

The goal is to ground the use of complex control in the period of preparation and competitive activity of the gymnasts' team of high qualification because of an objective rating of various aspects of training skills and functional capabilities of the organism. The work process used analysis of thematic literature and Internet sources, systematization and generalization, professional remarks.

The rating of each indicator of training process and the use of step by step training influence can ensure achievement of the planned results. The control process includes: all-inclusive diagnosis and rating of general and special physical performance; determination of reserve level of each gymnasts' potential; determination of the level of functional qualification, taking into consideration the level of health and correction in the individual training plan; effectiveness control of competitive activities; the schedule achievement of sports training and correction events. The use of modern methods and diagnostic equipment on the examination and testing of gymnasts during the preparation period make it possible to introduce recommendations in the correction of the training process.

The planned complex control over the training process of the athletes during the preparation of Ukrainian team of rhythmic gymnastics in group exercises helped to optimize the training and competitive loads of each gymnast and the team as a whole.