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Editors

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Book of Abstracts

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Table of Contents

Biomechanical Analysis of Comfortability and Safety of Senior Sports Shoes under Fast Walking Conditions _____	19
Xiangdong Wang, Gongbing Shan _____	19
The Tojisha-kenkyu - importance of researching oneself by shared physical experiences on the example of Budo for disabled _____	20
Kantaro Matsui _____	20
Taekwondo Diplomacy Perils and a Not-so Radical Resolution _____	21
John A. Johnson _____	21
Are PE teachers in a Spanish region satisfied with their work ? _____	22
Alberto Sanmiguel-Rodríguez _____	22
Every step matters – recreational physical activity for life quality of older adults _____	23
Iuliia Pavlova _____	23
Psychophysiological states in persons with different levels of physical activity _____	24
Georgiy Korobeynikov, Lesia Korobeinikova, Markus Raab, Ivanna Korobeinikova _____	24
'Medicus curat natura sanat'* - nature as a key-player of immunity & longevity at Ikaria, _____	25
Agnieszka Pluto-Pradzynska, Grzegorz Dworacki, Michel Poulain _____	25
Increasing the efficiency of the competitive activity of elite female athletes by taking into account gender characteristics in the training process _____	26
Borysova Olha, Nagorna Viktoriia, Mytko Artur, Achermann Basil, Oberhofer Katja, Lorenzetti Silvio _____	26
Diagnostic and therapeutic algorithm for the treatment of scoliosis, according to the concept of the spine reflex balance (SRB) - preliminary treatment results _____	27
Marek Kluszczyński, Adam Kluszczyński, Karolina Blukacz, Justyna Posmyk _____	27
The use of virtual reality in the training of table tennis players - comparison of muscle activation of selected muscles of the upper limb during strokes in virtual reality and in a normal environment _____	28
Skopek M, Heidler J, Hnizdil J, Kresta J, Vysocka K. _____	28
Sedentary behavior in relation to selected indicators of movement and characteristics of children in the lower-secondary school _____	29
Ladislav Bláha, Josef Heidler, Pavel Prchal _____	29
Effectiveness of implementation of the FitCurves «Weight Management» program on the physical development of women aged 30-50 _____	30
Zhanna Sotnyk, Victiriia Romanova _____	30

Increasing the efficiency of the competitive activity of elite female athletes by taking into account gender characteristics in the training process

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Purpose. The goal of this study was to identify the latest technologies to improve the efficiency of the competitive activity of elite female athletes based on gender studies. **Methods:** bibliometric techniques; method of expert surveying and evaluation was used to determine the modern problems of women's elite sports (n=160); the indicators of the efficiency of attention, volume of voluntary attention, productivity, coefficients of motivational, volitional and typological components, stress resistance (women, n = 17; men, n = 24); mathematical and statistical processing and data analysis. **Results:** The method of expert evaluations (n=160) made it possible to determine the main problem of today's elite women's sports, namely: the use of male models of special physical training in the training process for female athletes. And a significant gap in knowledge regarding the gender characteristics of athletes' speed-strength training has a particularly critical impact on the effectiveness of their competitive performance. Our studies of psychophysiological indicators of elite athletes for both genders serve as a clear example of the relevance of innovative developments in load planning and methods of performing special exercises to improve speed and strength training. **Conclusions.** It is shown that gender-specific issues regarding women's elite sports remain in various countries of the world. We determined that the psychophysiological state in male athletes is formed due to increased attention and speed of the sensorimotor response. In female athletes, in contrast, the psychophysiological state can be expressed by the ratio: speed and productivity of information processing - properties of the main nervous processes - attention. Taking these gender differences into account for planning loads in special physical training is expected to have a positive effect on the athlete's performance in competitive sports.

Keywords: elite female athletes; gender characteristics; speed and strength training.