

ISSN 2509-4327 (print)  
ISSN 2510-4780 (online)

Inter  
**GING**



# Deutscher Wissenschaftsherold German Science Herald

**№ 5/2017**

*Die Zeitschrift „Deutscher Wissenschaftsherold“ ist eine Veröffentlichung mit dem Ziel ein breites Spektrum der Wissenschaft allgemeinverständlich darzustellen. Die Redaktionsleitung versteht sich als Vermittler zwischen Wissenschaftlern und Lesern. Durch die populärwissenschaftliche Bearbeitung wird es möglich unseren Lesern neue wissenschaftliche Leistungen am besten und vollständigsten zu vermitteln. Es werden Untersuchungen, Analysen, Vorlesungen, kurze Berichte und aktuelle Fragen der modernen Wissenschaft veröffentlicht.*

## Impressum

Deutscher Wissenschaftsherold – German Science Herald

Wissenschaftliche Zeitschrift

Herausgeber:

InterGING

Sonnenbrink 20

31789 Hameln, Germany

Inhaber: Marina Kisiliuk

Tel.: + 49 51519191533

Fax.: + 49 5151 919 2560

Email: [info@dwherold.de](mailto:info@dwherold.de)

Internet: [www.dwherold.de](http://www.dwherold.de)

**Chefredakteur/Editor-in-chief:**

Marina Kisiliuk

**Korrektur:**

O. Champela

**Gestaltung:**

N. Gavrilets

Auflage: № 5/2017 (September) – 30

Redaktionsschluss September, 2017

Erscheint vierteljährlich

**Editorial office:** InterGING

Sonnenbrink 20

31789 Hameln, Germany

Tel.: + 49 51519191533

Fax.: + 49 5151 919 2560

Email: [info@dwherold.de](mailto:info@dwherold.de)

Deutscher Wissenschaftsherold - German Science

Herald is an international, German/English language,

peer-reviewed, quarterly published journal.

№ 5/2017

Passed in press in September 2017

**Druck:** WIRMachenDRUCK GmbH

Mühlbachstr. 7

71522 Backnang

Deutschland

Der Abdruck, auch auszugsweise, ist nur mit ausdrücklicher Genehmigung der InterGING gestattet. Die Meinung der Redaktion oder des Herausgebers kann mit der Meinung der Autoren nicht übereinstimmen. Verantwortung für die Inhalte übernehmen die Autoren des jeweiligen Artikels.

**INDEXING: Google Scholar, WorldCat, Index Copernicus, InfoBase Index, Journal Index, Citefactor, International Scientific Indexing, JIFACTOR, Scientific Indexing Services, International Institute of Organized Research.**



**JIFACTOR**



**CiteFactor**

Academic Scientific Journals



**Scientific Indexing Services**



**INTERNATIONAL**  
Scientific Indexing



**MIAR**

<http://miar.ub.edu/issn/2509-4327>

© InterGING

© Deutscher Wissenschaftsherold – German Science Herald

**Yerohova A.A.**

*Higher State Educational Institution of Ukraine "Bukovinian State Medical University", Chernivtsi, Ukraine*

## PEDAGOGICAL ASPECTS OF PSYCHO-PHYSICAL TRAINING

**Abstract.** *This paper deals with the psychophysical training athletes, based on the method of psychophysical training of Chinese Qigong. It should be noted that for the training of athletes in almost all sports, in addition to traditional types of training should learn and use species and techniques of east methods psycho-physical regulation, including equipment of Chinese "qigong". The knowledge and using of methods of psycho-physical training will allow athletes to adjust independently their psycho-physical state.*

**Key words:** *psycho-physical training, "internal energy" potential athlete.*

The improvement of the training system of athletes is impossible without finding new approaches and methodical decisions in the training organization also using of modern achievements of sports science in the practical trainers work. Social-economical transformations in Ukraine, global ecological crisis has actualized the problem of preserving physical, mental, spiritual and social health of the younger generation. This set the task for general school to create such conditions of students development which would contribute to the healthy lifestyle establishment and their relationship harmonization with the environment.

Nowadays, the important social-economical and medical problem of Ukrainian students is their health. For the period of studying in institutes the rates of students morbidity increase in several times, almost for all nosologies, chronic illnesses, high blood pressure, neuroses, dorsopathy, adiposity, congenital malformation etc. According to the modern research, among the total number of students, until the moment of acquiring higher education, only 6% (per cent) remain healthy, about 45-50% graduates have morphofunctional deviation and 40-60% chronic illnesses, the third part of graduates have limitations in the career choices [1-4].

But, how shows the study of the professional activity peculiarities of psychologists in sport, complex and multifaceted activity of the psychologist in the field of sport, features of psychological readiness psychologists for professional activity is not sufficiently taken into account that reflects in the activity of the sports

organization in general.

The ultimate goal of training an athlete is to achieve the highest sporting result that is provided in the state which is called "peak athletic shape" or "optimal combat status". As experts note, "optimal combat status" includes three components: physical, emotional and intellectual which combine in the single whole physical, psychological and intellectual constituents of an athlete.

At the competition, when there are the athletes of approximately the same level of physical and technical training the decisive role play psychological and tactical preparedness.

A survey of most athletes suggests that usually for the psychological training is not given sufficient attention. Often athletes do not even know what means "autogenous training", "psychosocial regulation", "idomotor training" at the same time for Chinese athletes, the world sports leaders in recent decades, psychophysical training one of the most important components of training. So that, in the modern European sport grows the interest to the psychophysical training of athletes and the understanding that this practice should be introduced even at the initial stages of the athlete's education. Psychoprophylaxis is a branch of medical psychology that develops measures which prevent the emergence of mental illness. Psychoprophylaxis in sports aims at timely prevention of deviations in the development of an athlete's personality, interpersonal relations in sport teams, conflicts preservation between athletes and their coach e.g. [5].

The main directions of psycho-genetic work in the sport is :

- psychological assistance in the forming harmonic personality of an athlete;
- the studying of the sport environment influence on the athlete's psyche in order to increase athletic achievements;
- overload prevention of athlete's nervous system, mental disorders and neurotic reactions;
- development and implementation different activities in sports practice aimed at ensuring athlete's mental health;
- elimination of athlete's neurotic reactions;
- implementation of psycho-hygienic measures of the training-competitive conditions
- the athlete's training of the autogenic training skills for solving psycho-hygienic problems in sport.

Recently, the Chinese system of psycho-physical training which is called "qigong" become popular among athletes, based on the body regulation, breath and consciousness of practitioners as a single mechanism. A lot of researchers note the positive impact of using "qigong" on the qualitative characteristics of athlete's training.

A research, conducted with athletes of the Youth School #1 (DYUSSH) in Chernivtsi, 2013 by us was intended to explore the possibilities of using Chinese technique "qigong" for athlete's restore after physical activity.

Two athletic teams took part in this research : control and experimental which were training with the same capacity. Before, directly after and after 30 minutes of training in both groups were checked the heart rate and blood pressure of athletes.

The athletes of control group just relax for 30 minutes after training and the athletes of experimental group were practised gymnastic exercises and meditation techniques of Chinese "qigong" at that time. This research has shown

that by the two above-mentioned indicators the restoration of experimental group athletes was more reliable than at the control group [6].

**Conclusion:** thus, it should be noted that for the training of athletes in almost all sports , in addition to traditional types of training should learn and use species and techniques of east methods psycho-physical regulation, including equipment of Chinese "qigong". The knowledge and using of methods of psycho-physical training will allow athletes to adjust independently their psycho-physical state.

#### References:

1. Boiko OV. Stanovlennia ta rozvytok poniattia "zdrovnyi sposib zhyttia" Moralno-dukhovnyi rozvytok osobystosti v suchasnykh umovakh. *Zb nauk prats. K. 2000; 117-24.*
2. Voitenko VM. Zdrovnyi sposib zhyttia i rukhova aktyvnist pidlitkiv. *Humanistychno spriamovanyi vykhovnyi protses i stanovlennia osobystosti. Zb nauk prats. K. 2001; S. 64*
3. Vedmedenko BF. Osnovni pryntsyipy orhanizatsii vykhovnoho protsesu sportsmeniv. *Problemy naukovykh zabezpechennia rozvytku u molodi interesu do futbolu. Vseukrainska nauk-praktych konf. Chernivtsi. 2000; S. 38*
4. Hrinevych II. Sutnist zdorovoho sposobu zhyttia: istorychno-pedahohichnyi analiz problem. *Naukovi zapysky. Psykholoho-pedahohichni nauky. Nizhyn. 2001; (1): 92-9.*
5. Zhabokrytska OV. Samopiznannia yak zasib vykhovannia u pidlitkiv osnov zdorovoho sposobu zhyttia. *Naukovi zapysky. 45(I). – Serii: Pedahohichni nauky. – Kirovohrad, RVTs KDPU im. V.Vynnychenka. 2002; S. 129-34.*
6. Zakopailo SA. Motyvatsiia starshoklasnykiv do ozdorovchykh zaniat. *Nauka i suchasnist. Zb nauk prats Natsionalnoho pedahohichnoho universytetu im. M.P.Drahomanova. K: Lohos; 2002. T. XXX. S. 16*