



**MINISTRY OF EDUCATION AND SCIENCE OF UKRAINE  
National Aerospace University «Kharkiv Aviation Institute»  
Department of Physical Education, Sports and Rehabilitation**



**INFORMATION LETTER**

*Dear research and teaching staff, teachers, coaches, specialists, students  
of all levels of higher education!*

**We invite you to take part  
in the III All-Ukrainian Scientific and Practical Conference with international participation  
«Topical issues of physical education, sports,  
healthy lifestyle and quality of life of different segments of the population»,  
which will be held on 21 March 2025  
at National Aerospace University «Kharkiv Aviation Institute»  
at the Department of Physical Education, Sports and Rehabilitation  
(The conference is included in the list of international, all-Ukrainian scientific and practical  
conferences of Ukraine planned for 2025)**

**The purpose of the conference** is to highlight scientific research on improving the training of sportsmen, health improvement and increasing physical activity of various segments of the population.

**Thematic areas of the conference:**

1. Physical education and physical activity of different segments of the population.
2. Theoretical and methodological foundations of athletes' training; Olympic, professional and adaptive sports; urban sports.
3. Physical rehabilitation; problems of forming a healthy lifestyle and quality of life in modern society.
4. Social adaptation; inclusive education - learning without barriers.

**The form of participation in the conference** is remote.

**Languages of the conference:** Ukrainian and languages of the European Union.

**Participation in the conference** is free of charge.

**CONDITIONS OF PARTICIPATION IN THE CONFERENCE**

Please send the thesis and an application for participation for each participant separately to the organizing committee's e-mail address: [l.riadova@khai.edu](mailto:l.riadova@khai.edu) by 7 March 2025 to participate in the conference.

File names should contain the name and initials of the first author, for example Riadova L O. \_theses; Riadova L. O. \_application.

Based on the results of the conference, the conference materials will be sent by e-mail: a collection of the thesis and an electronic certificate of participation.

Theses of higher education applicants are submitted with an indication of the supervisor.

**The Organizing Committee and the Editorial Council** reserve the right to select materials for the conference thesis. After reviewing the submitted scientific papers, the notification of their acceptance for publication or rejection is sent to the author (first author) only by e-mail.

The editors reserve the right to edit the text.

The term for reviewing and editing a thesis is up to two weeks.

The number of authors of the thesis is no more than three.

Only one thesis is accepted by one author.

The thesis will be checked for plagiarism.

The organizing committee reserves the right to reject a thesis that doesn't meet the above requirements and the conference theme.

The conference is apolitical.

***The authors are fully responsible for the content of the submitted materials!***

## REQUIREMENTS FOR THESIS

### ➤ **STRUCTURE OF THESIS:**

✓ **Conference direction:** capital letters, bold typeface, center alignment.

✓ **Surname and initials of an author(s)**, indicating the academic degree, academic title and position are in bold typeface, center alignment (no more than 3 authors).

✓ **Place of work or study, city, country** are in italics, center alignment.

✓ **Title of the thesis** is in capital letters, bold typeface, and center alignment.

✓ **Abstract (in the language of thesis):** 3 – 4 lines.

✓ **Keywords:** 5 – 6 words and/or phrases separated by semicolons, arranged in alphabetical order.

✓ **Introduction.** Statement of the problem in general terms. Analysis of the latest research and publications that initiated the solution of this problem and on which the author relies, identification of previously, unresolved parts of the general problem to which these theses are devoted.

✓ **The purpose and tasks of the research** should be clearly and concisely formulated, without ambiguity.

✓ **Research material and methods** should contain information about: participants, procedure/test protocol/pedagogical test/measurements/instruments/data collection and analysis/statistical analysis.

✓ **A summary of the main research material** with full justification of the scientific results obtained. Research results with mandatory statistical data processing should be presented in the form of tables, graphs, and diagrams. The data presented in the tables must be substantial, complete, comparable, and reliable. The title of a table, graph or chart should correspond to its content. It is unacceptable to retell the data presented in tables and charts in words. The results of the study must be analyzed.

✓ **Conclusions** are from this research.

✓ **Prospects for further research** in this area.

✓ **List of references.** The number of sources is at least 5, arranged in alphabetical order.

All literary sources listed in the bibliography should be referenced in the text of the thesis in square brackets according to the sample [1], [2; 3].

Literary sources published before 2000 shouldn't be used. It is forbidden to cite in the text and includes in the list of references those sources published in Russian in any country, as well as sources in other languages if they are published in Russia and Belarus.

All abbreviations (except for units of measurement) may be used only after the full term is mentioned.

### ➤ **TECHNICAL REQUIREMENTS:**

• **Text editor** – Microsoft Word, in \*.doc, .docx format.

• **The volume of the thesis** is 2 – 4 pages in A4 format.

• **Orientation** – portrait.

• **Font** – Times New Roman, size 14.

• **Text of tables** – Times New Roman, size 12.

- **Page margins:** right, left, top, bottom – 20 mm.
- **Page orientation:** portrait.
- **Paragraph parameters:** page width alignment; line spacing – 1 pt; paragraph indentation (new line) – 1.25 cm.
- **Pages** aren't numbered.
- **Formulas, tables, illustrations,** references to them and the literature sources used must be provided and formatted by the requirements of state standards. Formulas should be typed in the MS Equation formula editor.
- **Figures and graphs** should be made in jpeg. Format, in high quality, with the possibility of editing them. All objects should be placed in the text.
- **The list of references** should be drawn up by the National Standard of Ukraine «Information and Documentation. Bibliographic references. General provisions and rules of compilation. DSTU 8302:2015».

### **The organizing committee of the conference:**

**The chairman of the conference organizing committee:** Bakanova Oleksandra Feliksivna, PhD in Physical Education and Sports, Associate Professor, Head of the Department of Physical Education, Sports and Rehabilitation of National Aerospace University «Kharkiv Aviation Institute».

**The deputy Chairmen of the Conference Organizing Committee:** Liliana Riadova, PhD in Physical Education and Sports, Associate Professor of the Department of Physical Education, Sports and Rehabilitation of National Aerospace University «Kharkiv Aviation Institute».

**The conference coordinator:** Kramarenko Valentyna Ivanivna, Senior Lecturer at the Department of Physical Education, Sports and Rehabilitation of National Aerospace University «Kharkiv Aviation Institute».

### **Contact information:**

*Responsible for the organization and conduct of the conference:* Candidate of Sciences in Physical Education and Sports, Associate Professor of the Department of Physical Education, Sports and Rehabilitation Riadova Liliana Olehivna +380953215150, e-mail: [l.riadova@khai.edu](mailto:l.riadova@khai.edu).

## **EXAMPLES OF THESIS WRITING**

### **PHYSICAL EDUCATION AND PHYSICAL ACTIVITY OF DIFFERENT POPULATION GROUPS**

**Bakanova O. F., PhD in Physical Education and Sports, Associate Professor,  
Head of the Department**

*National Aerospace University «Kharkiv Aviation Institute», Kharkiv, Ukraine*

### **THE LEVEL OF AGILITY DEVELOPMENT IN HIGHER EDUCATION STUDENTS OF I – IV YEARS OF STUDY**

**Abstract.** The article investigates the indicators of agility development in higher education students of I – IV years of university, which were determined by the results of the «shuttle» run of 4 × 9 m. It was found that the students of I – IV courses have a low level of agility development.

**Keywords:** higher education students; level of development; agility; physical qualities; shuttle run.

**Introduction.** Agility is the ability of a person to quickly learn new movements and to restructure motor activity by the requirements of circumstances that change dramatically based on the existing stock of motor skills. Good coordination helps to reduce energy consumption per unit

of work performed by constantly adapting the kinematic and dynamic parameters of the corresponding movements to the current functional capabilities of a person [1].

According to O. M. Khudoliy [5], the ability to display agility is ensured by the coordination of the effector impulsion of those muscle groups that are involved in the implementation of movements and are functionally united by the target criterion of the task to be solved.

**The purpose of the research:** is to determine the level of development of agility in higher education students of I – IV years of study at the university.

**Material and methods of the research.** The research was conducted based on National Aerospace University «Kharkiv Aviation Institute». It was attended by 468 students in the first – fourth year of study.

*Research methods:* theoretical analysis and synthesis of scientific and methodological literature, pedagogical testing and methods of mathematical statistics.

The level of development of agility in higher education students was determined by the results of a 4 × 9 m shuttle run.

**The content of the main research material.** The analysis of indicators of development of agility at applicants for higher education of I – IV courses of university testifies that the best results of «shuttle» running 4 × 9 m are observed at boys and girls of I course.

**Conclusions.** The conducted research made it possible to reveal that the applicants for the higher education of I – IV courses of the university have a low level of development of agility.

**Prospects for further research** are in the selection of means for increasing the level of agility development in higher education students of I – IV years of university.

#### **List of references**

1. Hlazyrin I. D., Oleksiienko Ya. I., Petryshyn Y. V. Physical education. A theoretical course for students of universities of non-core areas of training : a textbook. Cherkasy : Publisher S. H. Kandych, 2014. 204 p.
2. Kuzmenko I. O. The development of coordination abilities of middle school pupils taking into account the functional state of sensory functions : PhD thesis ... Candidate of Sciences in Physical Education and Sports. Kharkiv : KHDAFK, 2013. 20 p.
3. Petrova A. S. Effectiveness of the application of the variable module «CrossFit» in the physical education of high school pupils : PhD thesis ... Candidate of Sciences in Physical Education and Sports. Kharkiv : KHDAFK, 2021. 287 p.
4. Riadova L. O., Shesterova L. Ye. The level of development of coordination of movements in secondary school children with visual impairments. *Actual problems of physical education of different segments of the population*. 2019. P. 199–204.
5. Khudoliy O. M. General bases of the theory and methods of physical education : textbook. 2nd ed. Kharkiv : OVS, 2008. 406 p.

## **PHYSICAL EDUCATION AND PHYSICAL ACTIVITY OF DIFFERENT POPULATION GROUPS**

**Chernyshchuk V. S., first-level higher education applicant**

**Scientific supervisor: Bakanova O. F., Cand, Associate Professor, Head of the Department**  
*National Aerospace University «Kharkiv Aviation Institute», Kharkiv, Ukraine*

## **PECULIARITIES OF MOTOR ACTIVITY OF HIGHER EDUCATION STUDENTS**

## **APPLICATION**

for participation in the III All-Ukrainian Scientific and Practical Conference  
with international participation

**«Topical issues of physical education, sports, healthy lifestyle and quality  
of life of different segments of the population»**

21 March, 2025

Kharkiv

**Surname, first name, patronymic:** \_\_\_\_\_

**Place of work (study):** \_\_\_\_\_

**Position:** \_\_\_\_\_

**Academic degree:** \_\_\_\_\_

**Academic title:** \_\_\_\_\_

**Contact phone number:** \_\_\_\_\_

**E-mail:** \_\_\_\_\_

**Title of the report:** \_\_\_\_\_

**Scientific supervisor (for higher education students):** \_\_\_\_\_

**The Organizing Committee wishes you creative success!**