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<b>Academic Degree, Academic Title</b>	Candidate of Sciences (Physical Education and Sports), Associate Professor
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## EDUCATION

1. Kharkiv Aviation Institute – 1987;
2. H. S. Skovoroda Kharkiv State Pedagogical Institute – 1993.

## WORK EXPERIENCE

Since 1994 – National Aerospace University "Kharkiv Aviation Institute". Department of Physical Education, Sports and Rehabilitation. Positions held: Senior Lecturer, Associate Professor, Head of the Department

## TEACHING ACTIVITIES

Courses taught: Physical Education (specialization — Tennis)

## PROFESSIONAL AND PUBLIC ACTIVITIES

Member of the Public Organization "Ukrainian Association of Physical Culture, Sports Rehabilitation and Physical Recreation". Certificate dated 11.07.2024: [opendatabot.ua/c/45021942](https://opendatabot.ua/c/45021942)

## EDUCATIONAL AND METHODOLOGICAL MATERIALS

### Textbooks:

1. Bakanova O. F., Ryadova L. O., Rozhkov V. O., Mkrtychyan O. A. Physical Education: Tennis. – Kharkiv: NAU "KhAI", 2025. – 304 p.

### Teaching and Methodical Manuals:

1. Bakanova O. F. Flexibility and Basics of Its Development Methods. – Kharkiv: NAU "KhAI", 2025. – 36 p.
2. Bakanova O. F. Basics of Agility Development Methods. – Kharkiv: NAU "KhAI", 2025. – 36 p.
3. Bakanova O. F. Theoretical and Methodological Fundamentals of Strength Development. – Kharkiv: NAU "KhAI", 2025. – 36 p.

## RESEARCH ACTIVITIES

### Main Articles in Scientific Journals:

1. Bakanova O. F., Samokhin O. O., Kryvoruchko S. M., Kramarenko V. I. Implementation of Nordic Walking in the Physical Education System of Students. *Physical Education and Sport*, 2021, No. 2, pp. 15–20.
2. Konokh A. P., Bakanova O. F., Konokh A. A. Prevention of Injuries During Students' Gym Practice. *Physical Education and Sport*, 2021, No. 3, pp. 25–31.
3. Bakanova O. F. Agility Development Level in Higher Education Students (Years I–IV). *Scientific Journal of NPU named after M. P. Drahomanov, Series 15*, 2022, Issue 3 (148), pp. 26–30.
4. Bakanova O. F. The Influence of Certain Physical Activities on Students' Physical Condition: Theoretical Aspect. *Scientific Journal of NPU named after M. P. Drahomanov*, 2022, Issue 10 (155), pp. 30–36.
5. Bakanova O. F. Efficiency of Tennis Classes in Physical Education of Higher Education Students. *NPU named after M. P. Drahomanov*, 2023, Issue 2 (160), pp. 54–57.
6. Bakanova O. F. Effectiveness of Systematic Physical Activity in Higher Education Students. *NPU named after M. P. Drahomanov*, 2023, Issue 5 (164), pp. 23–29.
7. Bakanova O. F. Features of Special Physical Training of Tennis Players. *NPU named after M. P. Drahomanov*, 2023, Issue 10 (170), pp. 23–26.
8. Bakanova O. F. Theoretical and Practical Aspects of Tennis Players' Training: Influence on Game Performance. *Sports Games*, 2024, No. 2 (32), pp. 4–22.
9. Bakanova O. Enhancing Tactile Sensitivity in 5th to 7th Grade Students with Visual Impairment Through Specifically Oriented Physical Exercises. *Journal of Physical Education and Sport*, 2024, Vol. 24 (7), pp. 1733–1742.
10. Bakanova O. F. Modern Technologies in the Sports Training of Tennis Players. *NPU named after M. P. Drahomanov*, 2024, Issue 12 (185), pp. 22–26.
11. Bakanova O. F. Organizational and Methodical Conditions of Psychological and Theoretical Training of Tennis Players. *Physical Education and Sport*, 2025, No. 1, pp. 232–241.

## CONFERENCE ABSTRACTS

1. Exercises and Ball Games for Attention Concentration: Practical Experience. *Man, Culture, Technology in the New Millennium, KhAI*, 2021, pp. 121–123.
2. Analysis of Flexibility Development Indicators in First-Year Students. *Creative Space*, 2022, No. 8, pp. 27–28.
3. Effectiveness of Tennis and Table Tennis Classes Among University Students. *Socio-Humanitarian Bulletin*, 2023, Issue 41, pp. 51–53.
4. Relationship Between Agility Indicators and Vestibular Analyzer Functional State in Tennis Students. *Topical Issues of Physical Education, Sports and Health, KhAI*, 2023, pp. 15–17.
5. Psychological Preparation of Tennis Players: Role and Individual Approach. *Physical Education, Life Safety and Modern Production Technologies, KhNEU*, 2024, pp. 39–41.
6. Study of Special Physical Fitness Indicators in 7–8-Year-Old Tennis Players. *Topical Issues of Physical Education, Sports and Quality of Life, KhAI*, 2024, pp. 220–222.
7. Injuries in Tennis: Risk Factors and Prevention Recommendations. *Modern Achievements in Physical Education, KhNMU*, 2024, pp. 103–108.
8. Historical Development of Tennis Training Systems. *Physical Culture, Sports, and Health: State, Problems, and Prospects, KhDAFK*, 2024, pp. 87–91.



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## RESEARCH PROFILES

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Google Scholar: <https://scholar.google.com.ua/citations?hl=uk&user=DYb4ONgAAAAJ>

## CERTIFICATES OF COPYRIGHT REGISTRATION

1. No. 123182 — Influence of Certain Types of Physical Activity on the Physical Condition of Higher Education Students, 24.01.2024.
2. No. 124616 — Effectiveness of Tennis and Table Tennis Classes Among Higher Education Students, 12.03.2024.
3. No. 124617 — Effectiveness of Tennis Classes in Physical Education of Higher Education Students, 12.03.2024.
4. No. 124618 — Features of Special Physical Training of Tennis Players, 12.03.2024.
5. No. 124619 — Agility Development Level in Higher Education Students (Years I–IV), 12.03.2024.
6. No. 126927 — Analysis of Flexibility Development Indicators in First-Year Students, 30.05.2024.
7. No. 126928 — Effectiveness of Systematic Physical Activity in Higher Education Students, 30.05.2024.