



Name	Valentyna Kramarenko
Position, Department/Faculty	Senior Lecturer, Department of Physical Education, Sports and Rehabilitation / Faculty of International Integration and Academic Mobility
Academic Degree, Academic Title	Candidate for Master of Sports in Handball
Email:	-
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EDUCATION

Higher Education — Kyiv State Institute of Physical Culture, 1986.

WORK EXPERIENCE

Since 1986 — Lecturer / Senior Lecturer of the Department of Physical Education, Sports and Rehabilitation, National Aerospace University "Kharkiv Aviation Institute".

TEACHING ACTIVITIES

Courses taught: Physical Education (specialization — Volleyball)

PROFESSIONAL AND PUBLIC ACTIVITIES

Member of the Public Organization "Ukrainian Association of Physical Culture, Sports Rehabilitation and Physical Recreation".

Certificate dated 11.07.2024 — <https://opendatabot.ua/c/45021942>

RESEARCH ACTIVITIES

Main Articles in Scientific Journals:

1 Kramarenko V. I., Dakhno A. O. The Importance of Physical Education in Shaping a Healthy Lifestyle of Higher Education Students. Scientific Journal of NPU named after M. P. Drahomanov, Series 15, 2022, Issue 10 (155), pp. 105–110. URL: <https://spppc.com.ua/index.php/journal/article/view/943/929>

2 Kramarenko V. I., Bakanova O. F. Effectiveness of Systematic Physical Activity in Higher Education Students. Scientific Journal of NPU named after M. P. Drahomanov, Series 15, 2023, Issue 5 (164), pp. 23–29. URL: <https://spppc.com.ua/index.php/journal/article/view/1193/1168>

3 Kramarenko V. I., Ryadova L. O., Rozhkov V. O., Shuteyev V. V., Tykhonova A. O., Yevarnytskyi I. A. General Characteristics and Historical Aspects of the Development of Basketball in Ukraine. Scientific Journal of NPU named after M. P. Drahomanov, Series 15, 2023, Issue 6 (166), pp. 139–144. URL: <https://spppc.com.ua/index.php/journal/article/view/1381/1356>

4 Kramarenko V. I., Slobodyanyuk O. V., Yevarnytskyi I. A. Characteristics and Historical Aspects of the Development of Volleyball in Ukraine as a Means of Motor Activity Among Students. Scientific Journal of NPU named after M. P. Drahomanov, Series 15, 2023, Issue 12 (172), pp.



113–121. URL: <https://spppc.com.ua/index.php/journal/article/view/1595/1571>

5 Kramarenko V. I. et al. 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. URL: <https://www.efsupit.ro/images/stories/july2024/Art%20193.pdf>

6 Kramarenko V. I., Yevarnytskyi I. A., Kravchenko O. S. Playing Roles in Basketball: Functions and Requirements for Players. *Sports Games*, 2024, No. 4 (34), pp. 47–54. URL: https://dSPACE.library.khai.edu/xmlui/bitstream/handle/123456789/8518/Kramarenko_Ihrovi.pdf?sequence=1

7 Kramarenko V. I. Study of Gender Differences in Flexibility Development of Higher Education Students Under Distance Learning Conditions. *Physical Education and Sports*, 2025, No. 1. URL: <https://journalsofznu.zp.ua/index.php/sport/issue/view/225>

CONFERENCE ABSTRACTS

1 Kramarenko V. I., Dusenko D. I., Krylov M. D. Physical Exercises as a Means of Developing Coordination. *KhAI*, 2020, pp. 86–87.

2 Kramarenko V. I., Bakanova O. F., Kryvoruchko S. M., Samokhin O. O. Implementation of Nordic Walking in the Physical Education System of Students. *Physical Education and Sports*, 2021, No. 2, pp. 15–21.

3 Kramarenko V. I., Krylov M. D. Sports as a Means of Developing Creative Thinking. *KhAI*, 2021, pp. 148–150.

4 Kramarenko V. I., Bakanova O. F. Analysis of Flexibility Development in First-Year Students. *Creative Space*, 2022, No. 8, pp. 27–28.

5 Kramarenko V. I. Study of Flexibility Development in Second-Year Students. *Topical Issues of Physical Education and Sports*, *KhAI*, 2023, pp. 72–73.

6 Kramarenko V. I. Relationship Between Physical and Technical Preparedness of Volleyball Players at the Initial Training Stage. *Physical Education, Sports and Human Health*, 2023, pp. 269–273.

7 Kramarenko V. I. Influence of Sports with Complex Coordination on the Development of Cognitive Abilities in Students. *Topical Issues of Physical Education and Sports*, *KhAI*, 2024, pp. 112–114.

8 Kramarenko V. I. Requirements for Players of Different Basketball Roles. *Modern Achievements of Physical Education*, *KhNMU*, 2024, pp. 251–255.

9 Kramarenko V. I. Prevention of Injuries in Volleyball Players. *Problems and Prospects of Sports Games and Martial Arts Development*, *KhDAFK*, 2025, pp. 116–121.

10 Kramarenko V. I. Basics of Physical Training of Volleyball Players at the Initial Training Stage. *Physical Education, Life Safety and Modern Production Technologies*, *KhNEU*, 2025, pp. 27–30.

11 Kramarenko V. I. Volleyball as a Means of Improving Student Life. *Topical Issues of Physical Education and Sports*, *KhAI*, 2025.

12 Kramarenko V. I. The Role of Volleyball in Shaping a Healthy Lifestyle in Higher Education Students. *Topical Issues of Physical Education and Sports*, *KhAI*, 2025.

13 Kramarenko V. I. Influence of Volleyball Training on Social Adaptation of Students with Special Educational Needs. *Topical Issues of Physical Education and Sports*, *KhAI*, 2025.