



Name	Oleh Zaika
Position, Department/Faculty	Associate Professor, Department of Physical Education, Sports and Rehabilitation / Faculty of International Integration and Academic Mobility
Academic Degree, Academic Title	PhD in Technical Sciences, Associate Professor Honored Coach of Ukraine in Sambo USSR Master of Sport in Sambo
Email:	-
Scopus Author ID:	-
Web of Science Researcher ID:	-
ORCID ID:	-
Google Scholar:	-
Research Gate:	-

EDUCATION

Higher Education — Kharkiv State Academy of Physical Culture.

EDUCATION

Kharkiv Aviation Institute — Higher Education Degree, 1987

WORK EXPERIENCE

1989–2000 — Engineer, Departments of Mechanical Engineering and TMM; Aircraft and Helicopter Design; Postgraduate Student; Lecturer, NAU “KhAI”

Since 2001 — Lecturer / Associate Professor, Department of Physical Education, Sports and Rehabilitation, NAU “KhAI”

RESEARCH INTERESTS

Physical education, sports, health, rehabilitation, mechanical engineering

TEACHING ACTIVITIES

Courses taught: Physical Education (specialization — Sambo Wrestling, Judo)

PROFESSIONAL AND PUBLIC ACTIVITIES

Vice-President, Kharkiv Sambo Sports and Combat Federation

Vice-President, Kharkiv Sports and Martial Arts Association

Vice-President, Regional Branch of the National Sambo Federation of Ukraine (Kharkiv Region)

RESEARCH ACTIVITIES

Main Scientific Publications:

1 Zaika O. A., Malashenko M. P. Study of Rest Intervals Between Sets During Development of Glycolytic Muscle Fibers. Man, Culture, Technology in the New Millennium, KhAI, 2020, pp. 161–163.



2 Zaika O. A., Malashenko M. P. Methodology of Exercises to Enhance Metabolism. Topical Issues of Modern Socio-Humanitarian Knowledge, KhAI, 2020, pp. 99–101.

3 Zaika O. A., Malashenko M. P. Influence of Static-Dynamic Exercises on Strength Endurance and Maximum Strength Indicators of Wrestlers. Topical Issues of Modern Socio-Humanitarian Knowledge, KhAI, 2021, pp. 146–148.

4 Zaika O. A., Slobodyanyuk O. V. Distribution of Training Loads in the Annual Cycle of Long Jumpers' Preparation. Scientific Journal of NPU named after M. P. Drahomanov, Series 15, 2022, Issue 11 (157), pp. 72–77.

5 Zaika O. A. Motor Activity of Higher Education Applicants in Distance Learning Conditions. Seventy-Fifth Economic and Legal Discussions, Series: Social and Humanitarian Sciences, Lviv–Przeworsk, 2023, pp. 155–157.

6 Zaika O. A. The Role of Game Exercises in Sambo Training. Physical Education and Sport in Educational Institutions, KhNEU named after S. Kuznets, 2023, pp. 56–58.

7 Zaika O. A., Yavarnytskyi I. A. Consequences of Motor Activity Deficit in Higher Education Applicants. Scientific Journal of NPU named after M. P. Drahomanov, Series 15, 2023, Issue 5 (164), pp. 68–73.

8 Zaika O. A. Physical Training of Sambo Athletes. Evolution and Improvement of Traditional Approaches to Scientific Research, Ljubljana, 2024, pp. 195–199.

9 Zaika O. A. Features of Special Physical Training of Sambo Athletes. Topical Issues of Physical Education, Sports and Quality of Life, KhAI, 2025, pp. 158–161.