

Київський столичний університет імені Бориса Грінченка  
Borys Grinchenko Kyiv Metropolitan University

№1 (15) 2026

Наукове електронне періодичне  
видання

**СПОРТИВНА НАУКА ТА  
ЗДОРОВ'Я ЛЮДИНИ**

Scientific E-Journal

**SPORT SCIENCE AND  
HUMAN HEALTH**



ISSN 2664-2069 (online)

DOI: 10.28925/2664-2069.2026.1

UDK 796.03+615.8

ISSN 2664-2069 (Online) | Sportivna nauka ta zdorov'â lûdini

DOI: 10.28925/2664-2069.2026.1

### **Sport Science and Human Health:**

The scientific electronic periodical journal. – K., 2026. – № 1(15). – 220 p.

The scientific electronic periodical journal 'Sports Science and Human Health' highlights the results of scientific research in different fields of sports, physical education, physical culture, sports medicine, physical therapy, ergotherapy, modern recreational and health-improving technologies, as well as research related to human health and those to be valuable for ensuring the innovative development of Ukraine.

The scientific journal is for teaching staff of higher education institutions in the field of physical culture and sports, PhD students, researchers, coaches, athletes, as well as specialists in health care, physical therapy, ergotherapy.

**Editor-in-Chief:** SUSHKO Ruslana, DSc, Professor (Ukraine)

**Executive editor:** LATYSHEV Mykola, Dr, Assoc. Prof. (Ukraine).

#### **Editorial board:**

BAKIKO Ihor, DSc, Prof. (Ukraine);

VYNOHRADOV Valeriy, DSc, Prof. (Ukraine);

VOROBIOVA Anastasia, Dr, Assoc. Prof. (Ukraine);

KOVALENKO Stanislav, DSc, Prof. (Ukraine);

LOPATENKO Georgii, Dr, Assoc. Prof. (Ukraine);

NAVRATIL Leos, M.D., PhD, Prof. (Czech Republic);

PITYN Marian, DSc, Prof. (Ukraine);

TALAGHIR Laurențiu-Gabriel, DSc, Prof., (Romania);

CINGIENE Vilma, DSc, Prof. (Lithuania);

SHINKARUK Oksana, DSc, Prof. (Ukraine).

The journal 'Sports Science and Human Health' is added to the list of the Ukrainian scientific professional journals of category "B" in which results of dissertations for obtaining PhD degrees in a specialty A7 Physical culture and sports can be published by the Law of the Ministry of Education and Science of Ukraine No 886 of July 02, 2020.

The journal 'Sport Science and Human Health' is indexed in IndexCopernicus, CrossRef, BASE, Google Scholar, WorldCat-OCLC, ResearchBib, Scientific Periodicals of Ukraine.

The journal is open for free asses under the Attribution-NonCommercial-NoDerivatives 4.0 International (CC BY-NC-ND 4.0) license, which allows to freely distribute the published materials with mandatory reference to the author(s) of the original work and publication of the work in this edition.

The views expressed in this Journal are those of the authors who are responsible for the accuracy of the facts stated and the correctness of the citation.

*The journal is recommended for publication by the Academic Council  
of Borys Grinchenko Kyiv Metropolitan University (protocol No 3 of March, 26, 2026).*

Address: Levka Lukianenko str., 13-B, Kyiv, 04212, Ukraine,

Telephone: +38 (063) 289-9-289, E-mail: journal.sshh@gmail.com

Web-site: sporthealth.kubg.edu.ua

Layout and design - Olena Timasheva



© Borys Grinchenko Kyiv Metropolitan University, 2026

© The Authors, 2026

## CONTENTS

|  |   |    |
|--|---|----|
| <i>Bakiko Ihor,<br/>Hrebik Oleh,<br/>Savchuk Nadiia,<br/>Allakhverdiieva Nataliia</i>  | Features of the influence of healthy physical culture on the students' personal qualities   | 5  |
| <i>Voloshchenko Yurii,<br/>Tsykoza Yevheniia</i>   | The impact of somatic movement classes on the quality of life of future English teachers  | 14 |
| <i>Guo Renhao,<br/>Shao Xin</i>  | Specific characteristics of the functional support of special work capacity of canoeists at 500 m and 1000 m distances  | 29 |
| <i>Datsiuk Mykola</i>  | Physical culture as a component of international models of sivil preparedness for action in emergency situations: experience and adaptation opportunities for Ukraine | 38 |
| <i>Deineko Alfiia,<br/>Krasova Inna,<br/>Semyzorova Alla</i>   | "Glow & Move": an innovative approach to developing physical and emotional activity in older women  | 54 |
| <i>Deriy Vladyslav</i>   | Organisational and governance basis for the functioning of '47CoachAcademy' educational platform in professional training system of fitness coaches                   | 64 |
| <i>Doroshenko Eduard,<br/>Pasko Vladlena,<br/>Mitova Olena,<br/>Filenko Ludmila,<br/>Nesen Olena,<br/>Doroshenko Igor,<br/>Aleksienko Yana</i> | Improvement of training indicators of U16 rugby players based on visualization of markers of physical and technical fitness   | 83 |
| <i>Diachenko Andrii,<br/>Rabin Mohammed Fahmi<br/>Hashim</i>   | Monitoring of special work capacity of young football players in Iraq   | 96 |

## CONTENTS

|   |   |     |
|---|---|-----|
| <i>Kovalchuk Andriy,<br/>Malimon Oleksandr,<br/>Gerasymyuk Petro</i>  | Status of the prevalence of harmful habits among youth  | 105 |
| <i>Lytvynenko Yurii,<br/>Pitenko Serhiy,<br/>Kepssky Maksym</i>   | Postural static-dynamic stability and gait patterns in war veterans using lower-limb prostheses: analysis of challenges and current trends (review) | 119 |
| <i>Marchenko Andrii,<br/>Ivanenko Halyna</i>  | Specifics of organizing and conducting Shotokan karate competitions in Ukraine  | 136 |
| <i>Strukova Anastasiia,<br/>Rozhkova Tetiana</i>  | Satisfaction with dance activity as a factor in increasing the effectiveness of weight loss programs in women                                       | 148 |
| <i>Khoma Oleksandr,<br/>Anheliuk Iryna,<br/>Lavrin Halyna,<br/>Osip Nataliia,<br/>Yednak Valeriy,<br/>Timasheva Olena</i> | Characteristics of physical condition indicators of elderly men   | 159 |
| <i>Chubko Roman</i>   | The effect of crossfit training on the physical condition of men in early middle age  | 172 |
| <i>Shynkaruk Oksana,<br/>Hrishkin Serhii</i>  | The influence of temperament type on emotional regulation and the effectiveness of esports performance  | 183 |
| <i>Shkola Olena</i>   | Health-improving and recreational physical activity as a means of preserving students' health during distance learning                              | 200 |
| <i>Shlapak Mykhailo,<br/>Lopatenko Georgii</i>  | A generalized training model for U19 football players with consideration of stable and variable components of the "load–recovery" structure         | 208 |