

The human body is a dynamic system that continuously adapts to living conditions by changing the level of functioning of individual systems and the corresponding stress of regulatory mechanisms. When studying the functional state, preference should be given to complex research methods, since they allow us to fairly accurately assess the potential capabilities of the body and diagnose early changes in the functional state under the influence of various loads.

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PREPARATION AND HOLDING OF MASS SPORTS EVENTS AT THE UNIVERSITY AMONG STUDENTS OF ALL FACULTIES

Much has been done to develop the system of events in recent years. Nevertheless, it is necessary to return once again to the problem of using events as a tool, a method of managing the sports movement. However, it should be noted that in sports management the role of general laws and methods based on them is great: administrative and legal; economic; ideological. The essence of managing the sports movement with the help of a system of events is that: changes in the system of events have the property of causing a corresponding restructuring in the social institution of physical culture and sports itself; the level of sports results and the nature of their change lead to the need to make appropriate adjustments to the activities of sports organizations.

The system of events as a management method functions at all levels, from management on a national scale to management in a work collective, the educational and training process. Analysis of the system of events indicates both the highest stability in the principles of their implementation, and in the constant changes of the system itself. The main organizational principle of the system is the phased implementation of events, starting from physical education and sports clubs of enterprises, organizations, educational institutions to republican events and year-round Universiades and Spartakiads. The system of events is implemented based on the following principles: stability of event calendars at all levels, their organization, allowing to create conditions for systematic continuous training of athletes throughout the year; phased formation of the event calendar, creating prerequisites for mastering increased (in volume and intensity) loads; strict adherence to age continuity in planning competitive loads, from beginners to top-level athletes.

Key words: sport, system, measures, students, competition, influence, state, physical culture.

Михайленко В.М., Журавльов С.О., Хоружева Л.Є., Юнак В.Г., Доценко Л.З. Підготовка та проведення спортивно-масових заходів в університеті серед студентів всіх факультетів. За останні роки багато зроблено для розвитку системи заходів проведення змагань. Тим не менш, необхідно ще раз повернутися до проблеми використання змагань як інструменту, методу управління спортивним рухом. Проте слід зазначити, що в спортивному менеджменті велика роль загальних закономірностей і заснованих на них методів: адміністративно-правовий; економічний; ідеологічний. Сутність управління спортивним рухом за допомогою системи заходів полягає в тому, що зміни в системі заходів мають властивість викликати відповідну перебудову в самому соціальному

інституті фізичної культури і спорту; рівень спортивних результатів і характер їх зміни призводять до необхідності внесення відповідних коректив у діяльність спортивних організацій.

Система спортивних заходів як метод управління функціонує на всіх рівнях, від управління загальнодержавного масштабу до управління в навчально-виховному процесі. Аналіз системи подій свідчить як про найвищу стабільність у принципах їх реалізації, так і про постійні зміни самої системи. Основним організаційним принципом системи є поетапність проведення заходів, від рівня фізкультурно-спортивних секцій університету до збірних команд представляючих університет на державному рівні. Система спортивних заходів реалізується на основі таких принципів: стабільність календарів заходів на всіх рівнях, їх організація, що дозволяє створити умови для системної безперервної підготовки спортсменів протягом року; поетапне формування календаря подій, створення передумов для опанування підвищених (за обсягом та інтенсивністю) навантажень; суворе дотримання вікової послідовності при плануванні змагальних навантажень від новачків до спортсменів вищого рівня.

Ключові слова: спорт, система, заходи, студенти, змагання, вплив, стан, фізична культура.

Formulation of the problem.

Events are of crucial importance in involving various categories of citizens in systematic physical education and sports, which is an effective means of physical perfection and health promotion, as well as an important condition for training qualified athletes and improving their skills. Systematic holding of events serves the purposes of promoting sports achievements, cultural recreation of citizens and has great educational value for participants and spectators.

In this regard, the primary role is given to the correct preparation, organization and high quality of events and refereeing, which depends on the organization of the work of the panel of judges, the selection and training of judges.

When preparing events, it is necessary to create all the conditions for their successful implementation, while ensuring complete, timely and accurate information about the progress of the events for participants, spectators, coaches, teachers, as well as order and safety for all those present at the sporting event.

Analysis of literary sources. Such authors thoroughly studied the issue of organizing mass sports events in their time: O.M. Lytvynenko [1], A.O. Tvelina, V.V. Tsybulska, G.V. Bezverhnyia [2], D. Skalski [3], O. Sabirov, S. Abramov [4].

An important condition for holding events at the proper level is the staffing of the panel of judges and the creation of conditions for its productive work. In this regard, the organization holding the event, when appointing the chief judge, must be sure to familiarize with the full composition of the panel of judges. In order to avoid possible violations, it is advisable to coordinate the composition of the panel of judges with the higher organization (federation) for the sport. This approach will help to avoid serious violations in the conduct of the event.

Events of any scale should not be held formally, they should be a continuation of the educational and training process. Simplification of the conduct of events, negligence in relation to the participants of the events do not attract people to physical education and sports, but, on the contrary, are anti-propaganda.

Events. By the nature of the event, the events may be: individual, in which the places taken by individual participants are determined by gender, age, and sports qualification; individual-team, in which in addition to the individual championship, the places taken by the participating teams are determined; team, in which only the places taken by the participating teams are determined. Events may be held in the form of Spartakiads and sports games (team competitions), championships, championships by age groups, cup draws, tournaments, match and friendly meetings [1].

Events are held in accordance with annual calendar plans approved by the host organizations within the limits of the funds allocated for these purposes, allocated from state and other sources for specific needs and purposes.

Planning and preparation of events. When holding events of any level, it is necessary to distinguish three main stages of work: preparatory; the actual holding of the event; report on the work done. The preparatory stage includes: development of the event regulations; determination of the drawing system; preparation of the cost estimate; appointment of the panel of judges; preparation of competition venues.

Regulations for holding an event. Based on the calendar plan of events, the holding organizations approve the relevant regulations, which represent a set of laws on the basis of which the preparation and direct holding of the event is carried out. The regulations define not only the essence, content and procedure of competitive activity, but also regulate the relations between the organizers, judges and participants. The regulations are drawn up as clear and concise as possible, with clearly formulated tasks and contain specific instructions. The regulations include the following sections. The name contains information about the type of event, content, affiliation with the organization, about the participants. Purpose and tasks. The main goals of the event and the tasks that reveal their implementation are indicated. This section is one of the main ones, since based on the set goals, the program of events, the conditions of the event, the requirements for participants and judges, material and financial support, and environmental requirements are determined. Management of the event. This section contains the full names (including the organizational and legal form) of the event organizers - legal entities; distribution of rights and responsibilities between the organizers in relation to the event. The direct holding of the events is assigned to the panel of judges [3].

Participating organizations and participants. In this section, it is necessary to specify the conditions for admission to participation in the events, the number and composition of teams, as well as the requirements for event participants.

Date and place of the event. The date and place of the event, the number of days required to hold the event based on the number of participants are clearly defined.

Program of events. The program of events (team, personal, personal-team) is indicated with the date and time of the event. Additionally, the time of meetings with team representatives, the working hours of various services, the opening and closing times of the events are indicated. The main thing is that all participants must be in equal conditions [2].

Procedure for determining the winners. The procedure and conditions for awarding the winners and prize winners in individual events of the program are discussed; the procedure and conditions for awarding the winners and prize winners in team events of the program; the procedure and conditions for awarding the winners and prize winners in the team standings. In addition to the system for assessing personal results, this section must specify the number of participants in the competition and the procedure for determining the team championship.

Awarding of winners. It is necessary to determine what the winners and runners-up of the events will be awarded with, since funding is provided only for the prizes and awards specified in the Regulations. Event financing. The terms of event financing are determined by the organizers [1].

The costs of holding the event include: meals for participants and judges; provision of housing for out-of-town participants and judges; work of judges, for out-of-town judges - reimbursement of travel expenses, daily allowances on the way; travel of participants to the event site and back; work of medical personnel; rental of sports facilities; transportation costs; printing costs; costs associated with the awarding; costs of purchasing stationery, producing advertising materials, technical documentation. Protests. A team representative may protest the result of the event in the event of a violation of the rules of the event or refereeing errors that have led to significant changes in determining personal and team places. Protests are submitted to the main panel of judges in writing within no more than one hour after the end of the event. Protests are considered by the main panel of judges in the presence of a representative of the host organization. Protests submitted late will not be considered [3].

Application. The application shall indicate the athlete's last name, first name (in full), patronymic, year of birth, category or sports title. Opposite each last name, the doctor must put a mark on admission to the events and his signature. The application is signed by the head of the institution, organization, official representative or coach. At the end of the application, the doctor signs information on the total number of athletes admitted to the events; the doctor's last name, signature and seal of the medical and physical education dispensary or medical control office are put. At the end of the application, the signature of the head of the sports organization that the team represents is put.

Awarding participants (teams). For awarding participants (teams) and coaches for prize-winning places, uniform types of award sports paraphernalia have been adopted for all sports: gold, silver, bronze medals; pennants; first, second, third degree diplomas; honorary certificates, diplomas; challenge cups, memorable ones; monetary or in-kind prizes (personal, team). Medals are awarded to participants who take 1st–3rd places in events. A participant is awarded medals as many times as he/she has become a winner or prize-winner of the events. The number of memorable prizes is established by the regulations on holding the event. Participants who take first place are considered winners [2].

Event organizers. Organizers are responsible for receiving participants, providing accommodation, organizing their meals and recreation. Organizers holding events are obliged to:

1. The head of the sports facility issues an order on holding the event, which provides for: ensuring measures to prevent sports injuries and the safety of the event as a whole, indicating the responsible persons of the sports facility and the holding organization; the presence of medical personnel (doctor and nurse) providing for this event; the presence of an act of readiness of the sports facility for the event, signed by authorized representatives of the parties.

2. Persons responsible for holding the event are obliged to: personally inspect the venues where the events will be held, check the serviceability of the equipment and inventory, its compliance with safety standards (availability of relevant manufacturer's documents, including quality certificates); check the quality of personal inventory and equipment used by athletes; demand that the management of the sports facility eliminate any detected faults.

3. Installation and connection to the network of electrical and electronic equipment is carried out with the consent of the management of the sports facility, only in the presence of an electrician appointed by the management of the sports facility, and in the presence of: technical documentation reflecting the purpose of the equipment, its compliance with the purposes of its use during the event; technical connection of electrical and electronic equipment, excluding the possibility of electric shock or fire; grounding.

4. The management of the sports facility is obliged to: develop specific measures to ensure the safety of the event; notify the state traffic inspectorate, medical, fire and other services; conduct a briefing with the persons responsible for the event, including on first aid measures, injury prevention, the characteristics of the territory and especially dangerous zones, etc.; have the required number of maps and diagrams of the area in visible places on the territory of the sports facility, indicating safe routes and the nearest aid stations; organize, if necessary, an appropriate rescue service in the area of the sports facility or sports base, provided with the necessary equipment and means of communication; organize the work of the medical service with servicing of athletes during the events, as well as the arrival and departure of out-of-town athletes and spectators according to a certain schedule [4].

5. In the event of an injury during the events, a commission shall be created consisting of an official representative of the organization holding the events, a doctor and the head of the sports facility.

6. In order to prevent injuries, diseases, accidents during the events, it is necessary to be guided by the sanitary rules for the maintenance of places of accommodation and physical education and sports, as well as the rules for events in sports.

7. Admission to competitions of persons who have arrived without the appropriate medical documentation or who have not received permission from a doctor to participate in training and competitions after suffering injuries or illnesses is prohibited.

8. It is prohibited to hold events in difficult meteorological conditions, as well as in the absence of medical personnel.

9. The event may be allowed to be held only if all the requirements of these recommendations are met.

10. The head of the sports facility and the persons responsible for holding the event who signed the act of readiness of the sports facility for sports competitions are personally responsible for compliance with safety measures and injury prevention [4].

Conclusive.

Thus, it should be noted that holding events is an effective incentive for systematic sports, promotion of the development of physical culture and sports in the country. Raising the level of students' motivation to play sports, participate in competitions, thirst for victory, increase work capacity, mood and stress resistance.

Events are used to prepare for the next, more important competition; selection, detection of sports data and sports training; quality control of educational and training work; promotion of sports, promotion of ideas of physical education and sports. Receiving bonuses in the form of victories and additional points for receiving a scholarship. Encouraging a physically developed, healthy and immune-resistant organism of those doing the exercises.

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PHYSIOLOGICAL AND DYNAMOMETRIC CHARACTERISTICS OF SAILORS IN THE ILCA YACHT CLASS: REVIEW

Sailing, as a sport, encompasses a wide array of boat classes and racing formats, demanding comprehensive physical fitness and rigorous training regimens. This study delves into the physiological and dynamometric characteristics of yachting techniques and effective training methods for sailors to optimize their performance. The research combines diverse methodologies, including literature analysis, physiological measurements, and the evaluation of methodological quality using the Methodological Index for Non-Randomized Studies (MINORS). By leveraging these approaches, the study sheds light on the intricate interplay between environmental factors, physiological demands, and the performance of sailors in competitive sailing contexts. The findings emphasize the importance of tailored training methodologies in enhancing athletes' physical capabilities and improving their competitive edge in sailing competitions.

Keywords: ILCA, sailing, hiking; physical requirements; electromyography

Савченко К. Ю., Русанова О. М. Фізіологічні, динамометричні характеристики яхтсменів у класі яхт ілса: огляд літературних джерел. Вітрильний спорт охоплює широкий спектр перегонів в різних класах яхт що вимагають високого рівня фізичної підготовленості спортсменів. З використанням у тренувальному процесі режимів навантаження високої інтенсивності. Це дослідження висвітлює фізіологічні та динамометричні особливості вітрильного спорту та ефективні методи тренувань яхтсменів з метою підвищення спеціальної працездатності. Для вирішення поставлених завдань дослідження використовувалися різноманітні методи: включаючи аналіз літератури, фізіологічні методи дослідження, визначення та оцінювання методологічної якості наукових публікацій за допомогою Методологічного індексу нерандомізованих досліджень (MINORS). Використовуючи ці методи за результатами дослідження систематизовані фактори впливу навколишнього середовища, фізіологічних характеристик на результатами яхтсменів в умовах змагальної діяльності. Результати досліджень доводять важливість індивідуалізованих тренувальних програм для підвищення рівня розвитку фізичних якостей та їхньої конкурентоспроможності.

Ключові слова: ILCA, вітрильний спорт, відкрювання, фізичні вимоги, електроміографія

Introduction Given the nuanced interplay between wind forces and the mechanics of yacht maneuvering, there emerges a compelling avenue for future research that delves into the intricacies of competitive sailing (Schutt, 2017). This calls for a comprehensive exploration utilizing contemporary research methodologies tailored to examine the impact of wind strengths and different course conditions on the load distribution experienced by sailors. Such an investigation holds promise in deepening our understanding of the multifaceted challenges inherent in competitive sailing, thereby fostering advancements in training techniques and performance optimization strategies. (Pan & Sun, 2022)

Studies by (Legg, Mackie & Smith, 1999; Winchcombe, Goods, Binnie, Doyle, Fahey-Gilmour & Peeling, 2021; Callewaert, Geerts, Lataire, Boone, Vantorre & Bourgois, 2013; Blackburn, 2000) have shed light on the escalating intensity of