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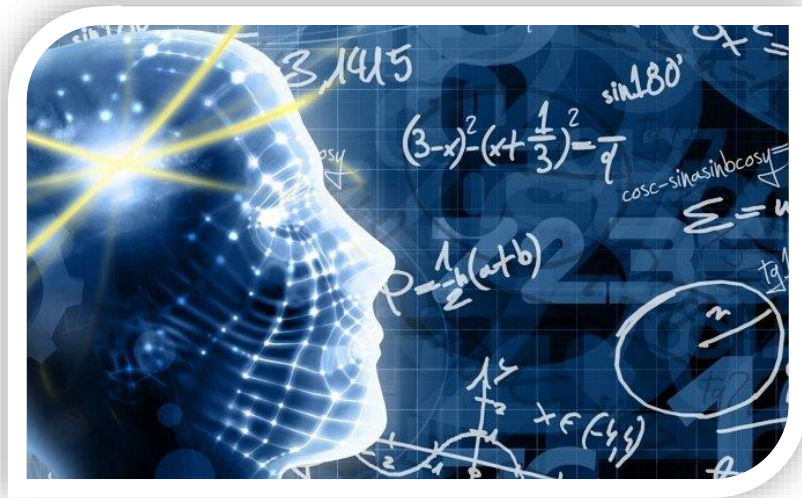
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Жаннета Козіна – доктор наук, професор, головний редактор журналу бази Scopus “Health, sport, rehabilitation”, головний редактор журналів “Health Technologies”, “Health-saving technologies, rehabilitation and Physical Therapy”,
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Abbreviated key title: HSR

ISSN 2520-2677 (Print); ISSN 2520-2685 (Online)

Founder and Publisher: [H.S. Skovoroda Kharkiv National Pedagogical University](#)

Co-Publisher: [Independent publisher Zhanneta Kozina](#)

Established: 2015

Frequency: 4 times a year

Specialized scientific publication on the problems of physical education, sports, the formation of a healthy lifestyle, rehabilitation, and physical therapy.



Health Technologies

ISSN (Online) 2958-7921

Abbreviated key title: HT

Established: 2023

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Frequency: 4 times a year

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Health-saving technologies, rehabilitation and physical therapy

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ISSN (Online): 2958-9010

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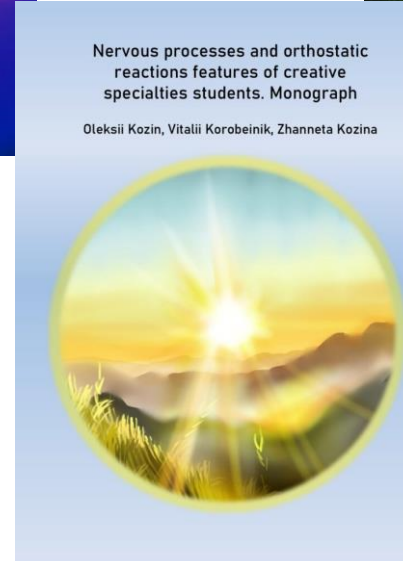
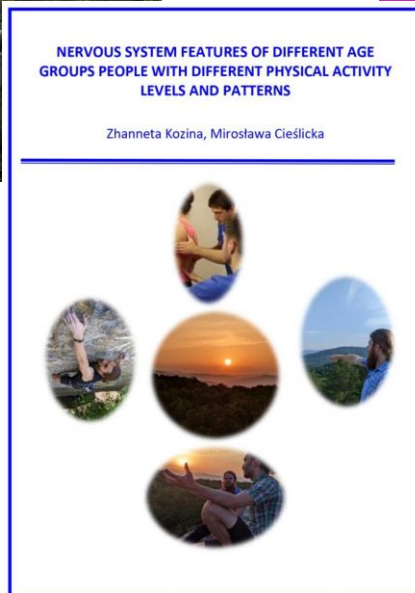
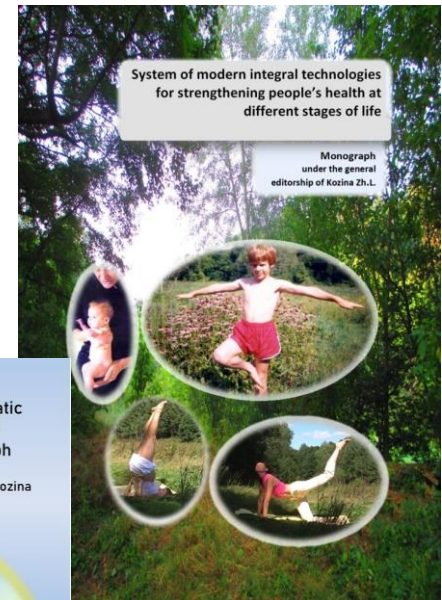
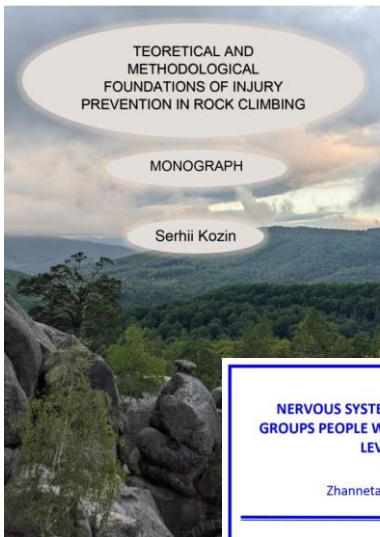
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requires many skills. Improving balance, including speed and explosive power, is considered one of the main characteristics of agility. She is an important feature in team sports to avoid an opponent during an attack or to apply pressure to the opponent during defense. The acceleration and slowing down of a football, basketball, handball, player in a straight line to avoid their opponents is an open skill arranged according to the opponent's movements (stimulus) and is unpredictable. Agility is the ability to change the direction (COD) of the body from one point to another as quickly as possible, in a fluid, easy and controlled manner and it is related to the speed of changing the position [2]. The good physical quality is needed through training and loading, so that muscle fitness will be created to support every biomotor component in the athlete [9]. The biomotor components of athletes include speed, strength, endurance and flexibility. For example, the results of the combination of speed and strength will produce power, the combination of strength and endurance will produce strength endurance or stamina, while the combination of speed, flexibility and coordination will produce agility [10]. Athletes with good agility will often have other qualities such as dynamic balance, spatial awareness and ritual as well as visual processing [11]. So, although agility can be described as fast stop and ability to resume motion, there is a high degree of complexity in this motor skill. According to Young [12] agility performance is influenced by features such as sprint speed, running technique, anthropometric features and leg muscle features. Direction change speed is affected by factors which determine the quality of sub extremity of muscles, such as flat sprint, running technique and reactive (elastic) force, concentric muscle strength, and left right leg force imbalances [13]. The ability to repeat sprint, explosiveness and quickness and change direction in response to a stimulus a major determinant of performance in field sports [14,15,16]. Most high-intensity activities (sprints) take place during decisive moments, such as tackling, offensive and defensive action, as well as results scoring opportunities [17, 18]. Team sport players need to be proficient multidirectional movers typically in a very small area [19]. In fact, agility comprises both perceptual decision-making process and the outcome of this process, a change of direction [20, 21]. Agility is instrumental when doing rebounds, driving jump shots, and changing speed (sudden speed changes). When athletes have good agility, their skills, both basic techniques and basic movements, will increase because the basketball, football, handball game is closely related to changes in speed. The ability to speed and to change direction is crucial for achieving high-level performance in team

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An example of a discussion article. Results are very important for professional fitness trainers
2022, V 8, No 4. Role of aerobics exercise and kettlebell training improving on selected health related
physical fitness parameters in obese male adults

ROLE OF AEROBICS EXERCISE AND KETTLEBELL TRAINING IMPROVING ON SELECTED HEALTH RELATED PHYSICAL FITNESS PARAMETERS IN OBESE MALE ADULTS

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An example of a discussion article. Results are very important for professional sport trainers
2022, V 8, No 4. Analysis of platelet count among female athletes of volleyball, judo, and football: a
comparative study

ANALYSIS OF PLATELET COUNT AMONG FEMALE ATHLETES OF VOLLEYBALL, JUDO, AND FOOTBALL: A COMPARATIVE STUDY

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Автори порівнювали кількість тромбоцитів у жінок – гравців у волейбол, футбол та дзюдоїсток. Відомо, що тромбоцити відповідають за згортання крові. Їх кількість є бути в обмеженому діапазоні. І тому виявлення, чи впливає якийсь вид спорту на кількість тромбоцитів в крові, чи не впливає є актуальним питанням для збереження здоров'я спортсменів. Особливо це актуально для жінок. У них щомісяця відбуваються втрати крові. Крім того, жінки схильні до тромбозів вен нижніх кінцівок. Автори виявили, що жоден з трьох досліджуваних видів спорту не впливає на кількість тромбоцитів. Так що можна сміливо займатись хоч футболом, хоч волейболом, хоч дзюдо, - на кількість тромбоцитів це не впливає.



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ЖУРНАЛ «HEALTH TECHNOLOGIES»



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ЖУРНАЛ «HEALTH TECHNOLOGIES»

An example of a discussion article. The results are very important for professional physical education teachers in the school

2023, V 1, No 1. Football as a means of integral development of intellectual abilities and physical fitness of middle school students



Health Technologies

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Football as a means of integral development of intellectual abilities and physical fitness of middle school students

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Для дітей важливим є розвиток як інтелекту, так і фізичних якостей. Але де взяти час дитині на заняття різними видами діяльності? Також існує думка серед вчителів теоретичних предметів, що заняття спортом, зокрема, футболом, не сприяють розвитку інтелекту. Автори довели, що заняття футболом, особливо які супроводжуються різними вікторинами та святами зі знань футболу, достовірно добре впливають не тільки на розвиток фізичних якостей, але й на розвиток інтелектуальних можливостей. Таким чином було спростовано поширену думку щодо того, що футболісти не можуть відмінно навчатись.



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