

Grabyk N.M. <https://orcid.org/0000-0002-8882-9782>
Hulka O.V. <https://orcid.org/0000-0002-8364-5941>
Shcherbaniuk V. V.

DEVELOPMENT OF SPORTS AEROBICS IN TERNOPIIL REGION

Ternopil Volodymyr Hnatiuk National Pedagogical University

Abstract. *The article describes the history of the origin of sports aerobics. The formation of sports aerobics as a non-Olympic sport in Ukraine and in Ternopil region is described, the main achievements of coaches and athletes of Ternopil region are presented.*

Key words: *sports aerobics, sportsmen of Ternopil region.*

Анотація. *В статті розкривається історія зародження спортивної аеробіки. Описано становлення спортивної аеробіки як неолімпійського виду спорту в Україні та на Тернопільщині, подано основні досягнення тренерів та спортсменів Тернопільщини.*

Ключові слова: *спортивна аеробіка, спортсмени Тернопільщини.*

Relevance. Sports aerobics is one of the five types of gymnastics along with sports and rhythmic gymnastics, acrobatics and trampolining. The content of training and competition activities in sport aerobics contains elements of these sports. Sports aerobics is one of the most dynamic, emotional, and spectacular sports activities that require the highest level of physical condition, psychological qualities, technical and tactical skills [2].

It is one of the non-Olympic sports. The World Games are the highest ranking international competitions, like the Olympics, where awards in sports aerobics are played out.

Competitive programmes in sports aerobics are often free exercises where athletes demonstrate a high-intensity complex that includes acyclic exercises with complex coordination, exercises of varying complexity and support in groups.

The **purpose** of the study is to reveal the formation and development of sports aerobics in Ternopil region.

The **research methods** are analysis and summary of scientific and methodological literature and Internet resources.

The term "aerobics" is usually used to refer to different types of motor activity that have a health-improving effect. It was first used in 1963 in the book "Aerobics" by American doctor Kenneth Cooper, where he described the positive effects of aerobic training on the human body. [https://uk.wikipedia.org/wiki/%D0%A1%D0%BF%D0%BE%D1%80%D1%82%D0%B8%D0%B2%D0%BD%D0%B0_%D0%B0%D0%B5%D1%80%D0%BE%D0%B1%D1%96%D0%BA%D0%B0].

In the 1980s, aerobics gained popularity around the world due to the fight for slimness. Aerobics festivals and competitions began to be held in Europe, the USA, Asia and South America.

The International Gymnastics Federation develops rules and regulations for competitions, organises tournaments at international, continental and regional levels, and trains judges, coaches and aerobics sports specialists. Sport aerobics is the second most popular sport in the world after artistic gymnastics, with 87 countries participating.

Sport aerobics as a sport is officially recognised in our country and is developing with the support of the Ukrainian Federation of Sport Aerobics and Fitness [1].

In Ukraine, people learned about sports aerobics due to the activities of the International Federation of Sports Aerobics, which organised and held seminars, performances and television programmes with the participation of leading foreign experts.

In 1990, Italy hosted the first European Championships, during which Ukrainian athlete Olena Bekhteriva won the women's individual competition and became the first European Champion. Since 1990, Ukraine has been actively developing this sport.

The establishment of the Ukrainian Sport Aerobics Federation in 1991 was the stimulus for many coaches and athletes to change their sporting direction and to develop in the sport aerobics sector.

In 1993, Zaporizhzhia hosted the Ukrainian Sports Aerobics Championship, which showed a significant increase in the popularity of sports aerobics in Ukraine. In this year the Ukrainian national team, consisting of Olena Bekhtereva, Olha Pasichna, Yurii Pinchuk and Hennadii Liashenko, took participation in the World Championships in New Orleans, where they were among the top ten among 40 countries participating [3].

The emergence of new sports organisations in different non-traditional sports has made it possible to hold the annual Sports

Aerobics Championship and Cup in Ukraine and to represent the country under its flag at all international competitions [5].

In the Ternopil region, sports aerobics began to develop in 1989 as fitness aerobics (Ternopil). And in 1995, rhythmic aerobics groups for children began to function as a sport. The analysis of Internet resources allowed us to find out that among the first coaches were: Natalia Vezhnavecs, Lyubov Karpyk, Lyudmyla Bystrova and Lyudmyla Lyalyaeva [4].

In addition, since 1995, the city of Ternopil has been holding annual city competitions among schoolchildren, and since 1997, the Regional Championship among students has been held.

Since 2009, rhythmic aerobics has been named "Sports Aerobics" and divided in two areas (not directions): aerobic gymnastics and dance aerobics. Over time, new types of dance aerobics such as step aerobics and funk aerobics emerged.

In 2012, the Ternopil public organisation FISA was established, which is engaged in the development of sports aerobics. The head of this public organisation is Lyudmyla Bystrova.

Since 2015, the first in the Ternopil region and western Ukraine sports aerobics and aerobic gymnastics club "Nika", founded by Natalia Oleksiuk, has been working.

During the functioning of the club, athletes from the Ternopil region have repeatedly become winners and prize-winners of adult and youth championships, cups and championships of Ukraine; they have participated and won international competitions in countries such as Lithuania, the Czech Republic, Bulgaria, Estonia and Spain.

In the 2022-2023 competition period alone, the club's athletes won two gold, silver and bronze medals in individual programmes at the Ukrainian championships and cups among juniors, students and adults.

Among the Ternopil athletes, some have achieved the category of Candidate for Master of Sports of Ukraine. In 2023, Maria Khalupa was the first athlete from the Ternopil region to achieve the category of Master of Sports of Ukraine in sports aerobics, taking first place at the Ukrainian Cup among adults.

As of the beginning of 2024, sports aerobics in the Ternopil region is at the stage of active development and has reached a fairly high level in recent years of productive work, thanks to the coaches: Romaniuk I.L., Khalupa M.I., Zahorska I.O. and Oleksiuk N.M., they educate a generation of athletes who are able to fight

for medals and adequately represent the Ternopil region in competitions of various ranks.

Conclusion. The analysis of literary references and Internet resources has shown that aerobics is developing rapidly in the international arena and in Ukraine during its relatively short history. Our athletes are trying to compete with their rivals at competitions of various ranks. For some reason, they have not yet been able to achieve the highest ranking. This is a fairly young sport that needs to be popularised and recognised in our city. We hope that thanks to the fruitful work of the coaching team and the federation, we will achieve the desired goal in the near future.

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