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FORMATION OF MOTIVATION FOR SPORTS ACTIVITIES AS A PEDAGOGICAL PROBLEM (using the example of taekwondo)

Koshcheyev Alexander, Formation of motivation for sports activity as a pedagogical problem (on the example of taekwondo). Psychological preparation is a set of measures related to the formation, development and improvement of mental qualities necessary for the successful professional activity of athletes, which are carried out through purposeful and systematic training.

Sports motivation is a leading component of an athlete's activity and its individual elements have an ambiguous relationship with the activity. The literature has accumulated experience in diagnosing sports motivation, and specific methods are proposed, with the help of which qualitative and quantitative characteristics of motivation are determined. The purpose of the study is the experimental substantiation of the methodology for the formation of motivation for sports activity in taekwondo players the stage of maximum realization of individual capabilities.

Research objectives: To determine the formation and features of motivation for sports activity in taekwondo athletes of higher sports qualifications and age. To identify the types of attitudes of sportsman's to taekwondo classes and their content. To develop and experimentally substantiate a methodology for the formation of motivation for sports activities in taekwondo players at the stage of maximum realization of individual capabilities.

However, we have not identified any methods for identifying sports motivation in taekwondo players. The possibility of managing an athlete's sports motivation is shown. The proposed method and means of adjusting motivation and improving the psychological preparedness of highly qualified athletes have been practically confirmed. The study confirmed the feasibility of this direction of preparing athletes for training and competitive activities in taekwondo.

Keywords: taekwondo, motivation, psychological preparation, sports training.

Кощев Олександр, Формування мотивації до спортивної діяльності як педагогічна проблема (на прикладі тхеквондо). Психологічна підготовка - це комплекс заходів, пов'язаних з формуванням, розвитком і вдосконаленням психічних якостей, необхідних для успішної професійної діяльності спортсменів, які здійснюються шляхом цілеспрямованої і систематичної підготовки.

Спортивна мотивація є провідним компонентом діяльності спортсмена і її окремі елементи мають неоднозначне відношення до діяльності. У літературі накопичено досвід діагностики спортивної мотивації, запропоновано конкретні методики, за допомогою яких визначаються якісні та кількісні характеристики мотивації. Мета дослідження – експериментальне обґрунтування методики формування мотивації спортивної діяльності у тхеквондистів на етапі максимальної реалізації індивідуальних можливостей.

Завдання дослідження: Визначити формування та особливості мотивації спортивної діяльності у тхеквондистів вищої спортивної кваліфікації та віку. Виявити типи ставлення спортсменів до занять тхеквондо та їх зміст. Розробити та експериментально обґрунтувати методу формування мотивації спортивної діяльності у тхеквондистів на етапі максимальної реалізації індивідуальних можливостей.

Однак ми не виявили жодних методів виявлення спортивної мотивації у тхеквондистів. Показано можливість управління спортивною мотивацією спортсмена. Запропонована методика та засоби корекції мотивації та підвищення психологічної підготовленості висококваліфікованих спортсменів знайшли практичне підтвердження.

Проведення річного педагогічного експерименту по формуванню спортивної мотивації у тхеквондистів показало достатньо високу ефективність запропонованої нами методики, що виразилася в наступному: - у підвищенні ступеня стійкості інтересу у тхеквондистів до занять тхеквондо; - у підвищенні змагальна мотивації «на досягнення успіху» і в зниженні мотивації «на уникнення невдачі»; - у підвищенні психічної надійності тхеквондистів; - у підвищенні зацікавленості тхеквондистів в задоволенні духовних і матеріальних потреб і в накопиченні спеціальних знань і навиків.

До закінчення педагогічного експерименту у більшості тхеквондистів (80%) експериментальної групи спостерігалось позитивне активно-дієве відношення до занять тхеквондо.

Ключові слова: тхеквондо, мотивація, психологічна підготовка, спортивна підготовка.

Problem statement. The relevance of the work is determined by the high significance of psychological training of taekwondo players and a large dropout rate from among athletes who are engaged in taekwondo at different stages of sports improvement. The quality of mastering the art of taekwondo, the duration of classes in this sport and the achievement of high sports results in it is determined by the activity of the person, the basis of which is motivation.

Analysis of literary sources. Motivation is a leading element of the structure of the person, penetrating all his formations - orientation, character, abilities, emotions, mental processes [1; 2]. Motivation characterizes the person as a subject of activity, reveals to us the origins, essence and content of his activity, regulatory and adaptive capabilities [1; 3; 7].

Sport with its intensive training work and psychologically difficult performance at competitions is the same polygon of human activity, where motivation manifests itself very clearly and the athlete's results primarily depend on his motivation. In this regard, the study of the structure of sports motivation, the study of the features of its manifestation and formation is an urgent problem of sports psychology, especially since this problem is largely not solved by scientists due to its specificity [4; 5].

Motivation for sports activity is associated with needs, values and is a functional organ of the psychological organization of a person, its individual subjective manifestation. Its strength, direction, stability is determined by the nature of the object (taekwondo) and the athlete's attitude to it. Motivation depends not only on external factors, but also on internal ones [2; 3].

The object of the **study** is the psychological training of highly qualified taekwondo players.

The subject of the study is the motivation of sports activities of taekwondo players.

The purpose of the study is the experimental substantiation of the methodology for the formation of motivation for sports activities in taekwondo players at the stage of maximum realization of individual capabilities.

Research objectives:

1. To determine the formation and features of the motivation for sports activities in taekwondo players of higher sports qualifications and age.

2. To identify the types of attitudes of taekwondo players to taekwondo classes and their content.

3. To develop and experimentally substantiate the methodology for the formation of motivation for sports activities in taekwondo players at the stage of maximum realization of individual capabilities.

The theoretical significance of the study lies in supplementing and improving the section on the psychological training of athletes: in particular, in the development of theoretical and methodological aspects of the formation of motivation for sports activities.

The practical significance of the research results is that the data obtained allowed us to develop and substantiate a methodology for the formation of sports motivation in taekwondo players at the stage of maximum realization of individual capabilities. Its implementation in the educational and training process of the Youth Sports School resulted in a positive effect, which consists in strengthening the positive attitude towards taekwondo classes in groups of higher sportsmanship and preserving a significant part of the contingent. The results can be applied: when organizing the educational and training process with taekwondo players.

Presentation of the main material of the study. The interaction of a person with a situation should be considered as a process of mutual influence of a person on a situation and situations on a person. The actions of the subject affect situational variables that change personal variable states. As a result, a cyclical process of continuous interaction and transformation arises, in which the subject, activity and situation condition each other [1; 5].

When studying the problems of interaction and mutual influence, the following provisions are presented [1; 2]: 1. Actual behavior is a function of a continuous process of interaction or the reverse side of the connection between the individual and the situations in which he is included. 2. In this process, the initiator is the individual, who is an active actor, pursuing his goals. 3. On the personal side of interaction, cognitive and motivational factors are the essential causes of behavior. 4. On the side of the situation, the decisive reason becomes the psychological significance that the situation has for the individual.

According to this understanding of the interaction process, we come to the conclusion that individuals search for and even form existing situations in accordance with their personal dispositions. A person acts as an active creator, creating the necessary circumstances for him.

Analyzing the position of this issue in sports psychology, scientists distinguish three groups of methods for studying sports motivation [2; 4; 7]. The first group of methods consists of project tests. The second group of methods for studying

motivation includes questionnaires and interviews. These methods are most common in sports practice and are considered quite informative and reliable. The third group of methods for studying sports motivation is characterized by the use of the method of indirect assessment of the strength of motivation.

Methods for studying sports motivation. To study the formation and features of motivation for sports activities in taekwondo players, we used several methods [2; 3]:

1. The methodology for studying sports motivation in taekwondo players was a questionnaire developed by us, which includes 12 questions. The subjects were asked to answer it by choosing one of the three proposed answers. Each answer has its own motivational load, which is expressed in points: the first answer - 3 points, the second answer - 2 points, the third answer - 1 point. Then the total sum of points is added up, which characterizes the degree of stability of interest in taekwondo classes on the scale: stable interest 31-36 points; insufficiently stable 27-30 points; unstable interest 26 points and less. The reliability of the questionnaire was determined by repeated (after a month) survey of the same group of taekwondo players (10 people). The reliability coefficient was 0.78.

2. As an additional method of studying motivation, as well as the personality properties of taekwondo players, the M. Luscher color test was used. As a stimulus material, the subjects were given 8 cardboard squares with the following colors and numbering:

Primary colors: 1) blue - symbolizes peace, satisfaction; 2) green - a sense of confidence, perseverance, sometimes stubbornness; 3) orange-red - symbolizes the power of willpower, aggressiveness, offensive tendencies, excitement; 4) light yellow - activity, desire for communication, expansiveness, cheerfulness.

Additional colors: 5) purple; 6) brown; 7) black; 8) gray.

These additional colors symbolize negative tendencies: anxiety, stress, fear, sadness, and the like.

The test consists in the fact that the subject is asked to choose colors in descending order: first, No. 1 - the color that is liked the most, then No. 2 - the color in second place in terms of attractiveness, and so on, with the calculation that the color that causes the least sympathy is chosen under No. 8. Thus, the subject forms 8 positions. The order of the colors determines the athlete's motivation before the competition, as well as the severity of the personality traits.

3. Research on the competitive motivation of taekwondo players. To study the nature of the motivation for the competition of taekwondo players, we used a questionnaire that allows us to identify the orientation of competitive motivation towards "achieving success" and "avoiding failure" [1; 4; 5]. The subjects were offered a questionnaire that included 20 statement questions. Each of them had to be answered "yes or no" depending on the degree of correspondence of the statement to reality. Then the number of "yes" answers in odd and even statements was counted separately. The sum of the points in the odd statements characterizes the degree of orientation of the competitive motivation towards "achieving success", in the even statements - towards "avoiding failure".

The study (pedagogical experiment) was conducted on the basis of the OLIMP TKD sports club (Dnipro) with 10 taekwondo athletes – athletes of the highest sports skill groups aged 15-18. The athletes were engaged in groups of maximum realization of individual capabilities. Work with the experimental group was carried out according to the methodology developed by us during training sessions, after classes, before competitions and after competitions. Classes in the control group were conducted according to the generally accepted methodology, the duration of the pedagogical experiment was 1 year.

When studying motivation in taekwondo players using survey, observation, and interview methods, we identified the following types of attitudes toward taekwondo: negative; indifferent; positive (amorphous); positive (active-effective). Of the given types of relationships, the fourth type has the smallest percentage of the total number of 12%. At the same time, it is considered the most effective type with a pronounced stable motivation for sports activities, which determines effectiveness. Observation of taekwondo players during the year showed that the highest percentage of dropouts (cessation of taekwondo classes) is observed in groups with the first (35%) and second (27%) levels of attitude to taekwondo.

The identified types of relationships and their motivational characteristics formed the basis for the development of a methodology for forming motivation for sports activities in taekwondo players. Our previous studies of sports motivation and analysis of special literature on the problem of motivation allowed us to determine the tasks of forming sports motivation in taekwondo players at the stage of maximum realization of individual capabilities.

During the formation of motivation for training activities, the following tasks are solved:

- formation of a stable interest in taekwondo players through the formation of positive emotions;
- formation of personal meaning in taekwondo students during taekwondo classes through awareness of the significance of taekwondo classes in personal life;
- setting realistic achievable goals for taekwondo students (development of necessary skills to achieve the highest competitive results);
- formation of a close-knit sports team and favorable interpersonal relationships;
- actualization of (positive) motivational attitudes that have developed, and creation of conditions for the emergence of new motivational attitudes, using psychological mechanisms of motivation formation "top-down" and "bottom-up";
- prevention of the occurrence of unfavorable mental states in taekwondo students.

When forming competitive motivation in taekwondo students, the following tasks are solved:

- actualization of motives for participation in competitions;
- informing athletes about future rivals, revealing their shortcomings and strengths;
- modeling future opponents in training activities;
- planning the goals of the competition and tasks in accordance with the athlete's preparedness;
- ensuring the mental and technical preparedness of taekwondo athletes for the competition.

To form sports motivation in taekwondo athletes, widely known means and methods were used in sports practice [1; 2].

The following indicators were taken as indicators:
 1) interest in sports;
 2) orientation of competitive motivation: (to achieve success, to avoid failure)
 3) personal anxiety;
 4) mental reliability: (competitive emotional stability (CES), self-regulation (SR), motivational-energy component (MEK), stability-obstacle resistance (SOR))
 5) sports motivation (SM): (orientation on satisfying spiritual needs (K1), orientation on satisfying material needs (K2), orientation on favorable social conditions of sports activity (K3), orientation on replenishing special knowledge (K4), orientation on the absence of pain sensations (K5), orientation on accumulating knowledge about one's opponents (K6), orientation on the absence of psychogenic influences (K7);
 6) type of attitude of taekwondo players to taekwondo classes;
 7) self-esteem;
 8) self-criticism;
 After the end of the pedagogical experiment in the control group, there were no significant changes in the recorded indicators (Table 1).

Table 1

Indicators of the control and experimental groups after the experiment ($\bar{x} \pm a$), points

№	Indicators	Control group	Experimental group	P
1	Interest in sports	28,25±3,2	32,45±3,6	<0,01
2	Competitive motivation: -to achieve success	6,85±0,80	8,27±0,85	<0,01
	-to avoid failure	4,7±0,56	3,65±0,45	<0,05
3	Personal anxiety.	41,5±5,1	42,6±6,2	>0,05
4	Mental reliability:			
	- CES	-2,6±0,08	+2,1±0,1	<0,01
	- SR	-0,65±0,04	+0,5*0,05	>0,05
	- MEK	-1,2±0,06	+2,3±0,21	<0,01
	- SOR	-0,55±0,06	+0,47±0,04	>0,05
5	Self-esteem	0,65	0,61	>0,05
6	Self-criticism	0,35	0,42	>0,05
7	Sports motivation:			
	K1	4,0±0,42	4,7±0,48	<0,05
	K2	4,1±0,55	4,8±0,41	<0,05
	K3	4,0±0,44	4,2±0,46	>0,05
	K4	3,3±0,55	4,1±0,51	<0,05
	K5	3,6±0,42	3,9±0,48	>0,05
	K6	3,5±0,48	3,7±0,39	>0,05
	K7	3,6±0,52	3,4±0,42	>0,05

In the experimental group, significant changes in the studied indicators towards improvement occurred:
 1) interest in taekwondo became stable ($P<0.01$);
 2) competitive motivation "to achieve success" significantly increased ($P<0.01$); motivation "to avoid failure" decreased ($P<0.05$);
 3) significant changes in mental reliability occurred: emotional stability for competition increased ($P<0.01$);
 - self-regulation improved ($P<0.05$);
 - motivational and energy component increased significantly ($P<0.01$);
 4) significant changes occurred in the structure of sports motivation:
 - taekwondo platers orientation to satisfying material and spiritual needs increased ($P<0.05$);
 taekwondo players' interest in accumulating special knowledge and skills increased ($P<0.05$);
 - in the remaining components of sports motivation: orientation to favorable social conditions of training, to the absence of pain, to the accumulation of knowledge about their absence of psychogenic influences, there were no changes.

It is noteworthy that by the end of the experiment the mental reliability of taekwondo players - all its components - increased. Thus, if before the experiment all its components had a negative value (very low degree of severity), then by the end of the pedagogical experiment the reliability indicators, especially the motivational and energy component, acquired a positive value.

Such personal characteristics as personal anxiety, self-esteem, self-criticism had an average value before the experiment and did not change until its end. The subjects were asked to arrange the positions of the colors before the competition (Table 2).

Table 2
 Arrangement of color positions according to M. Luscher's method in the experimental group before and after the experiment (%)

	Colors	Color positions							
		1	2	3	4	5	6	7	8
1	Blue	24,9 66,4	8,3 8,3	16,6 0,05	8,3 24,9	16,6 0,05	8,3 -	8,3 -	8,3 -
2	Green	24,9 74,7 0,001	24,9 8,3 0,05	16,6 8,3	24,9 8,3 0,05	-	8,3 -	-	-
3	Orange	33,2 83,0	24,9 8,3	16,6 8,3	24,9 0,05	-	-	-	-
4	Bright yellow	8,3 24,9	8,3 8,3	16,6 -	8,3 24,9	8,3 8,3	16,6 8,3	24,9 24,9	8,3 -
5	Violet	41,5 8,3	33,2 0,01	8,3 -	8,3 -	8,3 -	-	-	-
6	Brown	24,9 -	33,2 -	16,6 -	8,3 -	16,6 24,9	16,6 -	33,2 -	24,9 -

Note: The top row of numbers indicates the results before the experiment; the bottom row indicates the results after the experiment.

Before the beginning of the pedagogical experiment, a small number of people from the entire group put the main colors - blue, green, orange-red, bright yellow - in the first four positions. These colors symbolize calm, a sense of confidence and perseverance, the strength of willpower, offensive tendencies, aggressiveness.

It is also observed that a fairly significant part of taekwondo players puts additional colors - purple, brown, black, gray - in the first four positions. This indicates the presence of negative tendencies in the competitive motivation of taekwondo players: anxiety, fear, worries, sadness, etc.

Competitive motivation, filled with such emotions, is the core of an unfavorable pre-starting state. Most of the subjects with such a state performed unsuccessfully in competitions - they lost the fight.

By the end of the pedagogical experiment, judging by the M. Luscher test, the competitive motivation of taekwondo players had changed significantly. Most of the subjects put blue, green, and orange colors in the first four positions. This indicates the manifestation of confidence, offensive tendencies, perseverance, willpower, and calmness in them. The performance of taekwondo players of this group at the competitions was successful. Therefore, this method can be used to determine the nature of the pre-starting state of taekwondo players.

During the pedagogical experiment, significant changes were revealed in the experimental group in relation to taekwondo players to taekwondo classes (Table 3).

Table 3
 Formation of the attitude towards taekwondo classes in taekwondo players in the process of the pedagogical experiment (%)

№	Types of relationships	Control group			Experimental group		
		the beginning	the end	P	the beginning	the end	P
1.	Negative	18	23	>0,05	20	-	<0,001
2.	Indifferently	48	42	>0,05	45	-	<0,001
3.	Positive-amorphous	23	8	<0,05	20	15	>0,05

4.	Positive-actively-effective	11	27	<0,05	15	85	<0,001
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If before the beginning of the experiment, many taekwondo players (65%) showed an indifferent and negative attitude, then by the end of the experiment, most taekwondo players (85%) had a positive - active-effective attitude, and the rest had a positive amorphous attitude. In the control group, the final results show that there were minor changes in the nature of the attitude towards taekwondo classes. The nature of the attitude towards taekwondo classes was revealed in the dropout of taekwondo players.

Thus, the results of the pedagogical experiment allow us to recommend the proposed method in the practice of working with taekwondo players.

Conclusions. Conducting a one-year pedagogical experiment on the formation of sports motivation in taekwondo players showed a fairly high efficiency of the proposed method, which was expressed in the following:

- in increasing the degree of stability of interest in taekwondo players in taekwondo;
- in increasing the competitive motivation "to achieve success" and in reducing the motivation "to avoid failure";
- in increasing the mental reliability of taekwondo players;
- in increasing the interest of taekwondo players in satisfying spiritual and material needs and in accumulating special knowledge and skills.

By the end of the pedagogical experiment, the majority of taekwondo players (80%) of the experimental group had a positive active attitude towards taekwondo.

Prospects for further research are to improve the psychological training of athletes with high sports qualifications to improve training and competitive activities and form the main composition of the Ukrainian national taekwondo team.

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