



MINISTRY OF SPORTS OF THE RUSSIAN FEDERATION
FSBEI HE "VOLGA STATE UNIVERSITY OF PHYSICAL CULTURE,
SPORTS AND TOURISM"
EDUCATIONAL INSTITUTION "BELARUSIAN STATE UNIVERSITY
OF PHYSICAL CULTURE"
ACADEMY OF SPORTS OF AZERBAIJAN
VOLGA SCIENTIFIC CENTER FOR PHYSICAL EDUCATION
AND SPORTS OF THE RUSSIAN ACADEMY OF EDUCATION

Department of Theory and Methods of Gymnastics

INFORMATION LETTER

Dear Colleagues!

We invite you to take part in the IV All-Russian Scientific and Practical Conference with international participation **"State, problems and ways to improve sports and health training in gymnastics, dance sport and fitness"**, which will be held within the framework of the Decade of Science and Technology in the Russian Federation, the Year of Scientific and Technological Development in the Republic of Tatarstan and dedicated to the 50th anniversary of the Volga Region State University of Physical Culture, Sports and Tourism.

The conference is included in the plan of scientific congresses and conferences of the Ministry of Sport of the Russian Federation in 2024, approved by the order of the Ministry of Sport of Russia from 28.12.2023 № 1118.

The purpose of the conference is to exchange scientific and practical experience for further improvement of the system of training athletes in gymnastics and dance sport, optimisation of physical culture and recreational activities with different age and social groups of the population.

The conference invites: domestic and foreign scientists; specialists of physical culture and sports, coaches; heads and specialists of physical culture and sports management bodies, representatives of sports institutions and public organisations; researchers, teaching staff, postgraduates and students of higher educational institutions.

GENERAL INFORMATION

Conference plan

Date	Event	Venue
25 October 2024	Scientific and Practical Conference	Kazan, Universiade Village territory, building 35, training and laboratory building of the Volga Region State University of Physical Culture, Sports and Tourism
26 October 2024	Sports and mass event "All-Russian Gymnastics Day"	Kazan, Syrtlanova st., 6 Federal Sports and Training Center for Gymnastics

- ➡ Based on the results of the conference, it is planned to publish a FREE electronic collection of materials in the RSCI database and on the website FSBEI HE "Povolzhsky GUFKSiT" <https://unifirst.ru/>.

Contacts

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APPLICATIONS FOR PARTICIPATION IN THE CONFERENCE AND MATERIALS FOR PUBLICATION ACCEPTED UNTIL OCTOBER 11, 2024

MAIN AREAS OF THE CONFERENCE

- State, problems, trends in the development of gymnastics and dance sports in Russia and abroad.
- Improvement of the system of training athletes in gymnastics (theoretical and methodological, psychological, pedagogical, medical and biological aspects).
- Improving the system of training athletes in dance sport (theoretical and methodological, psychological, pedagogical, medical and biological aspects).
- Innovative projects and practices of using fitness means in sports and health training.
- Recreational training and health improvement of different categories of population by means of gymnastics, dance sport and fitness.
- Gymnastics, dance sport and modern fitness in the system of physical education of children and youth.
- Features of the organisation of the educational process in the training of athletes in the conditions of higher education institution.
- Actual issues of psychological support of athletes' training at different stages.

CONFERENCE FORMAT

- ➡ The conference will be organised in a mixed format: face-to-face and online (videoconference on the Pruffme webinar platform).
- ➡ Participation in the conference is FREE. All in-person and online participants are sent a collection of articles and a certificate of participation in the conference in electronic form.

CONDITIONS OF PARTICIPATION IN THE CONFERENCE

Until 11 October 2024, participants of the conference should send the following documents to the Organising Committee by e-mail **kafedra_gymnastics@mail.ru**:

1. The article, drawn up in accordance with the requirements to the design of materials (a sample of design - in Appendix No. 1).
2. Application for participation in the conference (application form - in Appendix № 2).
3. Certificate of plagiarism check (originality of the text should be not less than 60%). *In case of inability to provide the certificate, the Organising Committee carries out the check independently.*

After receiving the application and the article, the Organising Committee confirms their acceptance by e-mail of the sender within three working days. Materials of articles that do not meet the subject and/or design requirements, as well as having text originality of less than 60%, will not be accepted for publication and will not be returned.

**Materials are published in the author's edition.
The author is responsible for the authenticity of the submitted materials**

DESIGN REQUIREMENTS

The volume of the material is from 3 to 5 A4 pages.

Word for Windows 95/97/2003 and above.

Times New Roman font, font size - 14, single spacing.

The size of all margins - 20 mm; paragraph indent - 1.25 cm, text alignment by width. Do not number pages. Do not use hyphenation in the text.

In the text of the material it is necessary to indicate the **index of the article UDC** (you can find out here: <https://teacode.com/online/udc/>).

Recommended structure of the scientific publication:

1. Short abstract.
2. Key words.
3. Relevance.
4. Purpose of the study.
5. Research methods (materials and methods).
6. Results of the research and their discussion.
7. Conclusion (conclusions).
8. List of literature (in alphabetical order).

**Works executed and sent without complying with the above-mentioned rules
or sent after the deadline or sent after the deadline
will not be accepted for printing.**

SAMPLE DESIGN OF MATERIALS FOR PUBLICATION

UDC 57.038: 796.412.22 (font size 14)

POSTURAL BALANCE IN STANDARD POSITIONS IN HIGH PERFORMANCE GYMNASTS

L.A. Konovalova, Candidate of Pedagogical Sciences, Associate Professor

Vasiliev R.M., Candidate of Pedagogical Sciences.

Lysenko L.G., student

Volga Region State University

Physical Culture, Sport and Tourism

Kazan, Russia

font size 12

Annotation. Text text text text text text text text text text text text text text text text text
text text text text text text text text text (5-7 lines). font size – 12

Keywords: text text text text text text text text text text text text text text text text text. (5-7 words separated by commas) font size – 12

Relevance. Main text. *font size 14*

- Highlights in the text in *italics* or **bold**.
- **Formatting of tables and figures:**

Table 1 – Statistical analysis of the mean values of foot support pressure in three tests for both feet in the metatarsal-heel direction

Test	Distribution of plantar pressure (% of body weight)		
	Anterior (metatarsal)	Rear (heel)	<i>p</i>
No.1 - basic stance	47,0 ± 8,1 (V = 17%)	53,0 ± 8,1 (V = 15%)	<0,05
No.2 - Romberg (GO)	48,4 ± 8,1 (V = 17%)	51,6 ± 8,1 (V = 16%)	>0,05
No.3 - Romberg (GZ)	47,9 ± 7,0 (V = 17%)	52,2 ± 7,0 (V = 13%)	<0,05
<i>F</i> (ANOVA)	<i>F</i> (16,166) = 0,62 <i>p</i> = 0,86	<i>F</i> (16,166) = 0,62 <i>p</i> = 0,86	

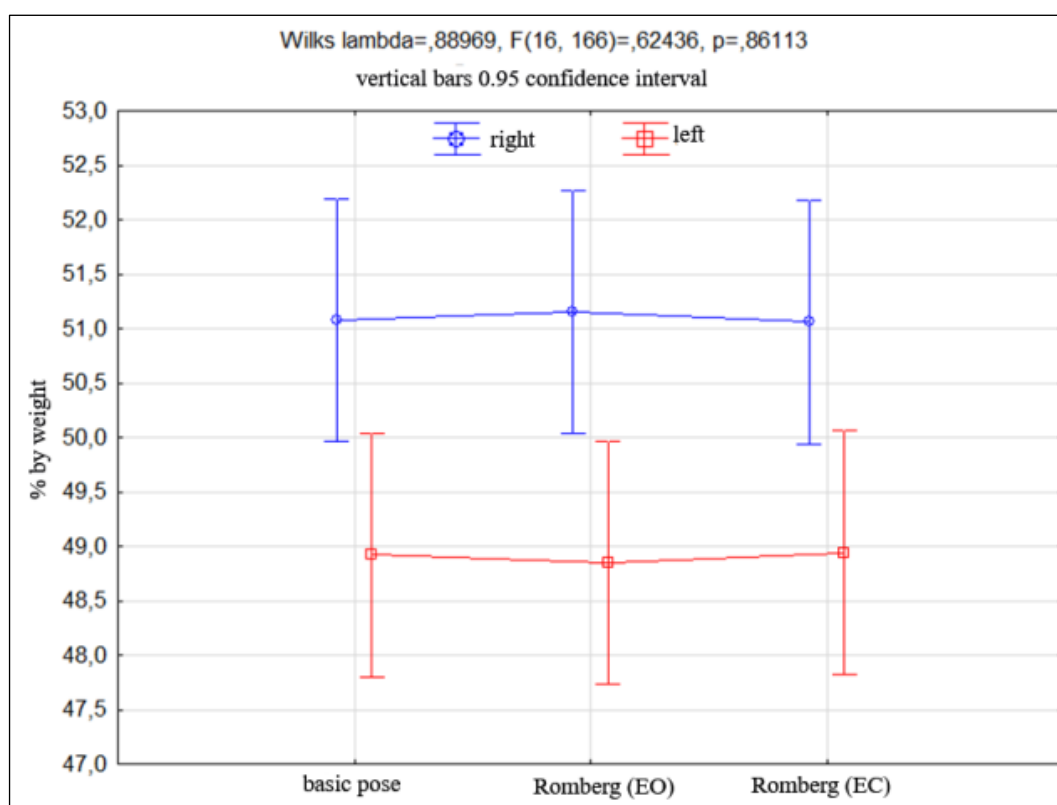


Figure 1 – Pressure distribution indices under the right and left feet of gymnasts in three tests

- Tables, diagrams, figures should not exceed the specified margins (font in tables and figures - not less than 11 pt)
- All figures and tables should be in .pdf, .bmp, .jpg, .png formats.
- The bibliographic list, the presence of which is obligatory, is given at the end of the article and is called "List of literature", is arranged in alphabetical order and in full compliance with GOST R 7.0.100-2018, font size - 12 pt.
- References to the literature in the text are given by numbers in square brackets, corresponding to the number of the author in the bibliographic list.
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Example of a reference list

List of references font size - 12

1. Nikitushkin, V. G. Sport of highest achievements: theory and methodology : textbook / V. G. Nikitushkin, F. P. Suslov. - Moscow : Sport, 2018. - 320 c. - ISBN 978-5-9500178-0-3. - Text: direct
2. Gretsov, A.G. Methodological principles of anti-doping training of young athletes / A.G. Gretsov, S.A. Vorobyev. - Text: direct // Theory and practice of physical culture. - 2018. - №3. - C. 94-96.
3. Myakinchenko, E. B. Development of local muscular endurance in cyclic sports: a monograph / E. B. Myakinchenko. - Moscow: TVT Division, 2009. - 360 c. - ISBN 978-5-98724-010-6. - Text: direct.
4. eLibrary.Ru : scientific electronic library : web site. - Moscow, 2000. - URL: <https://elibrary.ru> (accessed 07.11.2019). - Access mode: for registered users. - Text: electronic.