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In the magazine the articles are published on current issues of physical education of different groups of people of medical physical culture, Olympic and professional sports.
For physical education teachers, coaches, athletes and students.

Separate regulations of physical culture, physical education of different groups of people, preparation of specialists are gathered in the magazine. Methods, means of training, peculiarities of sportsmen's training, adjustment of human's body of different ages in the process of physical training with the support of pedagogical, psychological, methodological and biological experiments are filed in the works.

The journal is a scientific professional edition of Ukraine, where the results of thesis's work for the degree of Doctor or Candidate of physical education and sport and educational sciences can be published (see. Addition to the Presidium of SCC of Ukraine № 1-05 / 5 from 01.07. 2010).

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