Without solving it, it is impossible to significantly target students to choose an active life position, as well as to form a habit of systematic motor activity.

**References**

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**DETERMINATION OF THE COMPONENTS OF THE TECHNICAL PREPARATION OF THE FINALISTS (WOMEN) OF THE 2022 WORLD SAMBO CHAMPIONSHIP**

Taking into account the results of monitoring of specialized Internet resources (analysis of scientific and methodological, special and reference literature), the members of the research group established, that the urgent issue of organizing a systematic analytical review of the components of the technical and tactical preparation of female athletes who specialize in combat sports in accordance with their world rating in the chosen type of martial arts is devoted to the insufficient number of scientific studies, this, in turn, emphasizes the relevance and practical component of the chosen direction of scientific research.

The purpose of the study is an analytical and statistical analysis of the technical preparation of highly qualified female athletes who specialize in Sambo wrestling – finalists of the 2022 World Championship (Bishkek, Kyrgyzstan). Research methods: abstraction, measurement, expert evaluation, survey, comparison, observation, etc.

As a result of the theoretical research, the members of the research group conducted an analytical and statistical analysis of the technical readiness of highly qualified athletes (women) (specialization in Sambo wrestling) – finalists of the 2022 World Championship (Bishkek, Kyrgyzstan). We consider it expedient to take the results of the theoretical research into consideration by leading coaches who specialize in Sambo wrestling (sports section). We recommend focusing the attention of the leading coaches on increasing the indicators of activity and efficiency of the competitive actions of female athletes (women who specialize in Sambo wrestling), namely: development and improvement of technical and tactical preparation of fellow fighters (in the rack: focus on improving the technique of undercutting and hooks; on the ground floor: focus on performing pain techniques on the legs after the opponent is fully restrained); reducing the number of warnings for violation of the rules, through a theoretical study of the current Rules (practical training of complex technical and tactical combinations); expanding the arsenal of crown technical actions; development of individual tactical schemes for conducting a competitive fight in the rack and parterre with the use of restraints and pain techniques on the arms and legs; improving indicators of the subsystem of biological control of sportswomen; development of general physical and special physical readiness of wrestlers.

Prospects for further research in the chosen field of scientific intelligence include analytical and statistical analysis of the technical readiness of highly qualified Combat Sambo wrestlers, finalists of the 2022 World Championship (Bishkek, Kyrgyzstan).
Keywords: analytics, multi-year training, Sambo wrestling, competitive activity, qualification, comparative analysis, technical readiness, components, women, women's wrestling

Shemchuk Vadim, Pavel Roman, Stepanchuk Nadia, Shelchuk Tetiana, Pioka Olga, Sushka Viktor.

The purpose of the study is an analytical and statistical analysis of the technical preparation of highly qualified female athletes who specialize in Sambo wrestling (sports types of wrestling).

In their works highlighted the actual problems of appreciating women's athletic activity and the role of special physical training and sports in the educational and scientific institute of physical culture and sports technologies of the research center for problems of physical education, special physical training and sports of the educational and scientific institute of physical culture and sports technologies The National Defence University of Ukraine named after Ivan Cherniakhovsky;

development of physical education, State University «Uzhhorod National University»;
department of tactical and special physical training of faculty № 3 (Preventive activities) Kharkiv National University of Internal Affairs, as well as specialists from specialized departments of higher education institutions with specific study conditions in accordance with the plan of research and development works: research department for the development of physical education, special physical training and sports of the educational and scientific institute of physical culture and sports technologies.

Taking into account the results of monitoring of specialized Internet resources (analysis of scientific and methodological, special and reference literature), the members of the scientific research group established that the urgent issue of organizing a systematic analytical review of the components of the technical and tactical preparedness of female athletes who specialize in wrestling sports in accordance with their world rating in the chosen type of wrestling is devoted to an insufficient number of studies, this in turn emphasizes the relevance and practical a component of the chosen direction of scientific research.

The purpose of the study is an analytical and statistical analysis of the technical preparation of highly qualified female Sambo wrestling athletes, finalists of the 2022 World Championship (Bishkek, Kyrgyzstan).

To achieve the goal of scientific research it was planned to follow the following tasks:
1) to conduct an analysis of scientific-methodical and special literature in the direction of building a system of long-term training of female athletes who specialize in single combat;

2) carry out an analysis of special and reference literature in the direction of comprehensive provision of the system of long-term training of female athletes who specialize in Sambo wrestling;

3) carry out an analysis of special and scientific-methodical literature (monitoring of Internet resources) in the direction of determining the components of technical (tactical) preparedness of highly qualified sportswomen who specialize in sports of wrestling.

Research methods: abstraction, measurement, expert evaluation, survey, comparison, observation, etc. In addition, we used our own experience of organizing a system of long-term training of athletes who specialize in wrestling (Judo, Sambo wrestling, Greco-Roman wrestling, Freestyle wrestling, etc.).

Presentation of the main study material. In the dynamics of the second stage (November 2022 – March 2023) members of the research group (V. Shemchuk, R. Pavlov, N. Stepchuk, T. Shelekhova, O. Pyska, V. Susla – leading scientists and practitioners in the chosen field of scientific research) an analytical and statistical analysis of the technical preparation of highly qualified female athletes, finalists of the 2022 World Sambo Championship, was carried out (tabl. 1).

Table 1

Components of technical readiness of highly qualified female athletes, finalists of the 2022 World Sambo Championship (Bishkek, Kyrgyzstan)

<table>
<thead>
<tr>
<th>Won a medal</th>
<th>Surname and first name of athletes (country, federation)</th>
<th>The main technical and tactical components</th>
<th>4 points</th>
<th>2 points</th>
<th>1 points</th>
<th>maintenance</th>
<th>pain techniques</th>
<th>the number of fights</th>
<th>total time of fights</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gold medal</td>
<td>TSUNODA Natsumi (JPN)</td>
<td></td>
<td>4</td>
<td>5</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>5</td>
<td>00:06:53</td>
</tr>
<tr>
<td>Gold medal</td>
<td>MENZ Katharina (GER)</td>
<td></td>
<td>3</td>
<td>2</td>
<td>3</td>
<td>1</td>
<td>3</td>
<td>6</td>
<td>00:14:00</td>
</tr>
<tr>
<td>Bronze medals</td>
<td>SCUTTO Assunta (ITA)</td>
<td></td>
<td>4</td>
<td>3</td>
<td>2</td>
<td>4</td>
<td>4</td>
<td>5</td>
<td>00:09:47</td>
</tr>
<tr>
<td>Bronze medals</td>
<td>ABUZHAKYNOVA Abiba (KAZ)</td>
<td></td>
<td>2</td>
<td>4</td>
<td>-</td>
<td>2</td>
<td>5</td>
<td>5</td>
<td>00:14:00</td>
</tr>
<tr>
<td>Total for the weight category up to 48 kg (Δ &lt;, &gt;, =):</td>
<td></td>
<td></td>
<td>13&gt;2</td>
<td>14&gt;5</td>
<td>8&lt;9</td>
<td>11&gt;1</td>
<td>17&gt;4</td>
<td>21&gt;17</td>
<td>00:44:40&lt;01:12:42</td>
</tr>
<tr>
<td>Gold medal</td>
<td>ABE Uta (JPN)</td>
<td></td>
<td>2</td>
<td>4</td>
<td>1</td>
<td>2</td>
<td>4</td>
<td>5</td>
<td>00:17:50</td>
</tr>
<tr>
<td>Silver medal</td>
<td>GILES Chelsie (GBR)</td>
<td></td>
<td>2</td>
<td>2</td>
<td>1</td>
<td>2</td>
<td>4</td>
<td>5</td>
<td>00:16:04</td>
</tr>
<tr>
<td>Bronze medals</td>
<td>KRASNIQI Distria (KOS)</td>
<td></td>
<td>3</td>
<td>3</td>
<td>1</td>
<td>5</td>
<td>4</td>
<td>5</td>
<td>00:16:31</td>
</tr>
<tr>
<td>Bronze medals</td>
<td>BUCHARD Amandine (FRA)</td>
<td></td>
<td>2</td>
<td>3</td>
<td>2</td>
<td>2</td>
<td>2</td>
<td>5</td>
<td>00:23:03</td>
</tr>
<tr>
<td>Total for the weight category up to 52 kg (Δ &lt;, &gt;, =):</td>
<td></td>
<td></td>
<td>9&gt;5</td>
<td>12&gt;8</td>
<td>5&lt;6</td>
<td>11&gt;3</td>
<td>14&gt;8</td>
<td>20&gt;12</td>
<td>01:03:28&gt;00:54:13</td>
</tr>
<tr>
<td>Gold medal</td>
<td>SILVA Rafaela (BRA)</td>
<td></td>
<td>4</td>
<td>4</td>
<td>1</td>
<td>4</td>
<td>5</td>
<td>5</td>
<td>00:14:07</td>
</tr>
<tr>
<td>Silver medal</td>
<td>FUNAKUBO Haruka (JPN)</td>
<td></td>
<td>4</td>
<td>4</td>
<td>-</td>
<td>4</td>
<td>4</td>
<td>5</td>
<td>00:14:15</td>
</tr>
<tr>
<td>Bronze medals</td>
<td>KLIMKAIT Jessica (CAN)</td>
<td></td>
<td>4</td>
<td>5</td>
<td>-</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>00:20:01</td>
</tr>
<tr>
<td>Bronze medals</td>
<td>LKHAGVATOGOO Enkhrilien (MGL)</td>
<td></td>
<td>2</td>
<td>3</td>
<td>1</td>
<td>2</td>
<td>4</td>
<td>5</td>
<td>00:25:07</td>
</tr>
<tr>
<td>Total for the weight category up to 57 kg (Δ &lt;, &gt;, =):</td>
<td></td>
<td></td>
<td>14&gt;6</td>
<td>16&gt;0</td>
<td>2&lt;6</td>
<td>14&gt;0</td>
<td>18&gt;9</td>
<td>21&gt;13</td>
<td>01:03:30&gt;00:45:11</td>
</tr>
<tr>
<td>Gold medal</td>
<td>HORIKAWA Megumi (JPN)</td>
<td></td>
<td>3</td>
<td>4</td>
<td>1</td>
<td>3</td>
<td>5</td>
<td>5</td>
<td>00:16:52</td>
</tr>
<tr>
<td>Silver medal</td>
<td>BEAUCHEMIN-PINARD Catherine CAN</td>
<td></td>
<td>4</td>
<td>4</td>
<td>-</td>
<td>4</td>
<td>4</td>
<td>5</td>
<td>00:07:54</td>
</tr>
<tr>
<td>Bronze medals</td>
<td>DEKETER Manon (FRA)</td>
<td></td>
<td>3</td>
<td>4</td>
<td>1</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>00:13:01</td>
</tr>
</tbody>
</table>
### Total for the weight category up to 63 kg ($\Delta <, >, =$):  
- 12>7  
- 4<6  
- 12>2  
- 18>2  
- 21>15  

**Weight category up to 70 kg (total number of participants 44)**

<table>
<thead>
<tr>
<th>Gold medal</th>
<th>Silver medal</th>
<th>Bronze medals</th>
</tr>
</thead>
<tbody>
<tr>
<td>MÄTIC Barbara (CRO)</td>
<td>CVJETKO Lara (CRO)</td>
<td>NIIZOE Saki (JPN)</td>
</tr>
<tr>
<td>4</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>2</td>
<td>1</td>
<td>3</td>
</tr>
<tr>
<td>3</td>
<td>3</td>
<td>1</td>
</tr>
<tr>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
</tbody>
</table>

**Total for the weight category up to 70 kg ($\Delta <, >, =$):  
- 9>8  
- 8>7  
- 10>5  
- 9>2  
- 16>4  
- 21>16  

**Weight category up to 78 kg (total number of participants 33)**

<table>
<thead>
<tr>
<th>Gold medal</th>
<th>Silver medal</th>
<th>Bronze medals</th>
</tr>
</thead>
<tbody>
<tr>
<td>AGUIAR Mayra (BRA)</td>
<td>MA Zhenzhao (CHN)</td>
<td>PACUT-KŁOCZKO Beata (POL)</td>
</tr>
<tr>
<td>3</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>3</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>2</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>3</td>
<td>5</td>
<td>5</td>
</tr>
</tbody>
</table>

**Total for the weight category up to 78 kg ($\Delta <, >, =$):  
- 11>9  
- 12>7  
- 7>6  
- 11>1  
- 16>3  
- 20>13  

**Weight category over 78 kg (total number of participants 29)**

<table>
<thead>
<tr>
<th>Gold medal</th>
<th>Silver medal</th>
<th>Bronze medals</th>
</tr>
</thead>
<tbody>
<tr>
<td>DICKO Romane (FRA)</td>
<td>SOUZA Beatriz (BRA)</td>
<td>TOMITA Wakaba (JPN)</td>
</tr>
<tr>
<td>2</td>
<td>3</td>
<td>2</td>
</tr>
<tr>
<td>4</td>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td>-</td>
<td>-</td>
<td>2</td>
</tr>
<tr>
<td>2</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>

**Total for the weight category over 78 kg ($\Delta <, >, =$):  
- 10=10  
- 15>3  
- 0<3  
- 10>0  
- 14>6  
- 18>14  

**Note:** 1) In the process of analytical and statistical processing of the results of the performances of female athletes of the studied category, the official protocols of the "2022 World Championship" were used [17]; 2) identification of the country of the champions and medalists of the "2022 World Cup" was carried out in accordance with international standards; 3) column 3 defines the total number of technical actions rated at 4 points; 4) column 4 defines the total number of technical actions rated at 2 points; 5) column 5 defines the total number of technical actions rated at 1 point; 6) column 6 specifies the total number of maintenance; 7) in column 7, the total number of pain receptions; 8) in column 8, the total number of fights; 9) in column 9, the total time spent by athletes during the competition is determined; 10) the "Total for weight category" column shows a comparative analysis ($\Delta <, >, =$) of the main technical and tactical components in comparison with similar indicators demonstrated by female Sambo athletes at the 2021 World Championship.

Athletes from 11 countries took part in the 2022 World Sambo Championship (among women) (athletes from Russia who do not support aggression against Ukraine performed separately under the auspices of FIAS). It should be noted that the national team of Ukraine did not participate in the above-mentioned competitions.

Analyzing the results of the competition (in accordance with the official protocols), the first overall team place was won by the collective team FIAS-1 (4 "gold", 2 "silver" and 1 "bronze" medals), the second place - FIAS-2 (1 "gold", 2 silver and 2 "bronze" medals) and the third place was won by the national team of Georgia (1 "gold" medal) [17].

Analysis of the most effective technique demonstrated by highly qualified female athletes (finalists of the 2022 Sambo World Championship, regardless of weight categories is provided in Fig. 1).
According to the monitoring of the video materials, as well as the analysis of the protocols of the above-mentioned competitions of the highest rank, it was established that the most technical athletes are: SILVA Rafaela (BRA, weight category up to 57 kg – won a gold medal); MATIC Barbara (CRO, weight category up to 70 kg – won a gold medal); NIIZOE Saki (JPN, weight category up to 70 kg – won a bronze medal). In turn, the athlete ABUZHAKYNOVA Abiba (KAZ, weight category up to 48 kg; won the bronze award) spent the least amount of time (0.17 seconds) to achieve victory during the competitive fight.

The most fights (6 times on the wrestling carpet) during the competition: MENZ Katharina (GER, weight category up to 48 kg, won a silver award - total time on the carpet for all fights 14 min., 00 sec.); KLIMKAIT Jessica (CAN, weight category up to 57 kg, won a bronze award - total time on the carpet for all bouts 20 min., 01 sec.); TIMO Barbara (POR, weight category up to 63 kg, won a bronze award - total time on the carpet for all bouts 22 min., 26 sec.); NIIZOE Saki (JPN, weight category up to 70 kg, won the bronze award - total time on the carpet for all bouts 22 min., 13 sec.).

In turn, the athletes (women) who had the fewest fights (4 times on the wrestling mat) during the "World Championship - 2022": DICKO Romane (FRA, weight category over 78 kg, won the gold award – total time on the mat for all bouts 09 min., 25 sec.) and SOUZA Beatriz (BRA, weight category over 78 kg, won the silver award – total time on the mat for all bouts 12 min., 19 sec.).

According to the quantitative and qualitative analysis of the official protocols [17] "Emergency - 2022", the largest number of participants was determined – 44 women, weight category up to 70 kg. On the contrary, the least numerous – 29 women, turned out to be in the weight category over 78 kg (the results of a comparative analysis of the technical components of the finalists of the 2022 World Championship with similar indicators demonstrated by them last year are given in fig. 2).
Taking into account the above, as well as in accordance with the official protocols of the highest-ranking competitions [17] (results of monitoring the technical readiness of highly qualified female athletes, champions and medalists of the 2022 World Sambo Championship) it is appropriate to state that the total time of participation of representatives of the studied category in competitive fights in weight categories: up to 52 kg, up to 57 kg, up to 63 kg, up to 70 kg, up to 78 kg - increased, and in athletes (women, Sambo wrestlers), representatives of the weight category to 48 kg – it decreased. Thus, the tasks set before us have been fulfilled, and the main goal of the research has been achieved.

Conclusion. As a result of the theoretical research, the members of the research group conducted an analytical and statistical analysis of the technical preparation of highly qualified athletes (women), finalists of the 2022 World Sambo Championship (Bishkek, Kyrgyzstan).

We consider it expedient to take the results of the theoretical research into consideration by leading coaches who specialize in Sambo wrestling (sports section). We recommend focusing the attention of the leading coaches on increasing the indicators of activity and efficiency of the competitive actions of female athletes (women who specialize in Sambo wrestling), namely: development and improvement of technical and tactical preparation of fellow fighters (in the rack: focus on improving the technique of undercuts and hooks; on the ground floor: focus on performing pain techniques on the legs after the opponent is fully restrained); reducing the number of warnings for violation of the rules, through a theoretical study of the current Rules (practical practice of complex technical and tactical combinations); expanding the arsenal of crown technical actions; development of individual tactical schemes for conducting a competitive fight in the rack and parterre with the use of restraints and pain techniques on the arms and legs; improving indicators of the subsystem of biological control of sportswomen; development of physical and special physical fitness of sportswomen.

The results of the theoretical research are implemented in the system of long-term training of members of national teams: «Uzhhorod National University»; Kharkiv National University of Internal Affairs from Sambo wrestling. Separate results of a theoretical study of introduction into the system of hand-to-hand training of cadets: The National Defence University of Ukraine named after Ivan Cherniakhovskyi; Kharkiv National University of Internal Affairs. The members of the scientific research group express their gratitude to the honored coach of Ukraine O. Khatsiauk for high-quality scientific consulting (scientific-methodical and statistical support) at all stages of the theoretical research.

Prospects for further research in the chosen field of scientific intelligence include analytical and statistical analysis of the technical readiness of highly qualified combat Sambo wrestlers, finalists of the 2022 World Championship (Bishkek, Kyrgyzstan).

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The article reveals the peculiarities of the development of physical education in institutions of higher education in the conditions of martial law and distance learning. The main problems that arise during the organization of the educational process in physical education with the use of remote technologies are revealed. The effectiveness of the influence of physical exercises in the conditions of distance learning was studied, as well as the impact of stressful situations on the effectiveness of assimilation of educational material was revealed. Ways of improving physical education classes in institutions of higher education through the introduction of innovative technologies, increasing motivation for physical culture and health activities are proposed.

**Keywords:** physical education, students of higher education, distance learning.

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**DEVELOPMENT OF PHYSICAL EDUCATION IN EDUCATIONAL INSTITUTIONS IN TODAY’S CONDITIONS**

The article reveals the peculiarities of the development of physical education in institutions of higher education in the conditions of martial law and distance learning. The main problems that arise during the organization of the educational process in physical education with the use of remote technologies are revealed. The effectiveness of the influence of physical exercises in the conditions of distance learning was studied, as well as the impact of stressful situations on the effectiveness of assimilation of educational material was revealed. Ways of improving physical education classes in institutions of higher education through the introduction of innovative technologies, increasing motivation for physical culture and health activities are proposed.

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