

SPORTS TRAINING TECHNOLOGY, BASED ON A PSYCHEMOTIONAL APPROACH AND SUPPLEMENTED BY THE INFLUENCE OF MUSIC ASSISTANCE

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ABSTRACT

Based on modern concepts and research results in neurophysiology, the prospects and significance of the directed, conscious regulation of the psycho-emotional state of athletes in the training process are substantiated. The methodology of a comprehensive physical culture and sports technology based on such an approach (psychophysical training) is considered, taking into account its application in the most significant area - para-Olympic sports. The mechanisms of the complementary effect of musical accompaniment (functional music) and its influence on the psycho-emotional state of athletes are described.

Keywords: Physical culture, sport, sports medicine, training process, functional music, psycho-emotional state, neurophysiology, para-Olympic sport.