



MINISTRY OF SPORTS OF RUSSIA
FEDERAL SPORTS RESERVE TRAINING CENTER
Ministry of Science and Higher Education of the Russian Federation
Federal State Autonomous Educational Institution of Higher Professional Education
NATIONAL RESEARCH LOBACHEVSKY STATE UNIVERSITY OF NIZHNY NOVGOROD
NIZHNY NOVGOROD'S MINISTRY OF SPORT
BELARUSIAN STATE UNIVERSITY OF PHYSICAL CULTURE
KAZAKH ACADEMY OF SPORT AND TOURISM
B.T. TURUSBЕКOV KYRGYZ STATE ACADEMY OF PHYSICAL CULTURE AND SPORTS
All-Russian Public Organization
RUSSIAN ASSOCIATION FOR SPORT MEDICINE AND REHABILITATION
OF PATIENTS AND THE DISABLED
Federal State Budgetary Educational Organization of Higher Education
TCHAIKOVSKY STATE ACADEMY OF PHYSICAL CULTURE AND SPORTS
Federal State Budgetary Educational Organization of Higher Education
IVANOVO STATE MEDICAL ACADEMY
The Ministry of Health of the Russian Federation
SPORTS PSYCHOLOGISTS ASSOCIATION

INFORMATION LETTER

on holding

XXIV International Scientific and Practical Conference **MODERN APPROACHES TO OPTIMIZING THE PROCESS OF PHYSICAL EDUCATION, SPORTS AND REHABILITATION OF THE POPULATION**

December 11–12, 2025

included in the plan of scientific congresses and conferences
of the Ministry of Sports of the Russian Federation for 2025
including publishing electronic collection of materials of the conference with indexing in RSCI

The conference program includes:

1. Plenary and breakout sessions on topical issues related to the social, biomedical, psychological and pedagogical aspects of sports, physical education, healthy lifestyle and active longevity.
2. Panel discussion on the results of the Federal experimental sites of the Ministry of Sports of the Russian Federation.
3. Master classes from practicing specialists for employees of physical culture and sports organizations.
4. Competition of scientific student projects "Psychological aspects of professional and mass sports".
5. Student project competition "Modern technologies in sports".

The form of the conference is mixed: face-to-face and remote Internet video communication.

The working languages of the conference are Russian and English.

The rules of procedure of the conference include the work of sections in the following areas:

1. Digital transformation of sports
2. New approaches to the implementation of the process of physical education, recreational and adaptive physical culture in educational and healthcare organizations
3. Current trends in the organization of sports training of athletes of various levels
4. Scientific approaches to the creation of models of medical, biological and psychological support for sports activities



Together with the **Association of Sports Psychologists**, the Conference will host the **III Training Camps of Sports Psychologists**, as well as the Competition of scientific student projects "**Psychological aspects of professional and mass sports**" aimed at supporting talented youth, authors of scientific and practical ideas in the field of psychology of high-achieving sports, mass sports and physical culture.

The student project competition "**Modern Technologies in Sports**" is aimed at supporting talented youth, authors of ideas in the field of modern technologies related to high-performance sports, mass sports, physical education, rehabilitation and adaptive physical education. The competition involves projects for the use of modern information, engineering, medical, pedagogical, and other technologies in the educational, training, and organizational processes in the field of physical culture and sports.

To participate in the conference it is necessary to:

- before November 21, 2025, complete pre-registration process as a participant by sending an e-mail with an application (see Appendix 1) to conf@fks.unn.ru or by filling out the registration form on the website of the conference (fks.unn.ru/reg).

- before November 21, 2025, submit to the Organizing Committee the electronic version of the text of the work in accordance with the requirements for publication (see Appendix 4 and Appendix 5). We kindly ask the authors to take into account that the above stated date is the peremptory day.

- provide a copy of the payment order or receipt after the decision of the Organizing Committee to publish the article in the collection of materials of the conference and receive payment details from the Organizing Committee.

To participate in the competition of student projects it is necessary to:

- before November 21, 2025, submit an application for participation in the Competition (see Appendix 2 and Appendix 3) via e-mail to conf@fks.unn.ru or by filling the registration form on the website of the conference (fks.unn.ru/konk).

- before November 21, 2025, submit text materials, presentations and videos via e-mail to conf@fks.unn.ru for posting on the conference website (fks.unn.ru/konk).

- make a report accompanied by presentations or videos and answer conference participants' questions on the day of the conference.

Contact addresses and phone numbers of the Organizing Committee:
603022, Nizhny Novgorod, 25D Prospekt Gagarina (Gagarin Avenue),
Lobachevsky University (UNN), Faculty of Physical Education and Sports.
E-mail: conf@fks.unn.ru, Phone: +7 (950) 627-1-26, Website: fks.unn.ru/conf

Appendix 1**APPLICATION FOR PARTICIPATION IN THE CONFERENCE**

1. Full name of the author(s)	
2. Place of work (affiliation)	
3. Position	
4. Academic degree, academic rank	
5. e-mail	
6. Contact phone number	
7. Section name	
8. E-mail to which the conference proceedings should be sent	
9. Form of participation (presentation and publication, presentation without publishing, only publication)	

Appendix 2**APPLICATION FOR THE STUDENTS PROJECTS COMPETITION**

1. CONTEST: "Psychological aspects of professional and mass sports" or "Modern technologies in sports"	
2. Full name of the author(s)	
3. Current place of study	
4. e-mail	
5. Project name	
6. Full name of the supervisor	
7. Contact phone number	
8. Participants of the Competition confirm that they are the authors of the materials submitted for the Competition	
9. Availability of an article for publication in the conference proceedings	

PUBLICATION REQUIREMENTS

Materials previously unpublished are accepted for publication. The text of the article should be submitted as a separate file with the ".doc" or ".docx" extension, created in MS Word text editor with the following page parameters:

- size - A4, orientation – portrait;
- page margins: right margin: 1 cm, all other margins: 2 cm;
- paragraph indent - 1.25 cm;
- line spacing is single space;
- font - Times New Roman, font size – 14.

The volume of the article: from 5 to 7 pages.

On the first page is printed:

- 1) the index of the Universal Decimal Classification (UDC) according to the subject of the article (in capital letters, left-alignment);
- 2) the title of the article (in capital letters, bold, center alignment);
- 3) full, unabbreviated names of the authors (in lower-case letters, center alignment);
- 4) the names of organizations without abbreviations where the authors work, indicating the city and country (in lower-case letters, in italics, center alignment);
- 5) academic degree, academic rank, information about the position with the phone number (working or mobile) and email address of the author.

Then with an alignment to the width follows:

the text of the abstract is a summary of the main idea of the article (100-150 words);

the phrase "Keywords:" (in bold) and the keywords, no more than 7.

Then the text of the article. Scientific articles should consist of the following sections: "Introduction", "Methods and organization of the study", "Results of the study and their discussion", "Conclusion", "Literature".

The reference list must be arranged alphabetically in accordance with the rules of bibliographic description according to GOST R 7.0.100-2018. Literature references are given in square brackets: [1]. The list of references should include more than 2 sources indexed in the RSCI. Self-citations in the list of references - no more than 2.

Next, the following should be written in English: title of the article, authors' names, names of organizations with indication of city and country, scientific degree, academic rank, information about position with indication of telephone number (working or mobile) and email address of the author, abstract and key words, designed similarly to the above requirements.

Articles accepted for publication must contain at least 70 percent of originality in the "Anti-Plagiarism" system. Additionally, please note that articles processed for the purpose of cheating the "Anti-Plagiarism" system will not be accepted for publication, regardless of the specified percentage of originality.

EXAMPLE OF ARTICLE LAYOUT

[ARTICLE TITLE]

Ivan I. Ivanov, Petr P. Petrov

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Nizhny Novgorod, Russia
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*Assistant of the Department of Physical Education,
tel.: (831) 2xxx-xxx, e-mail:*

*PhD of the Department of Medical Rehabilitation,
tel.: (831) 2xxx-xxx, e-mail:*

Abstract. [Abstract text, 100-150 words]

Keywords: [Keywords, no more than 7]

[Text of the article, 5 to 7 pages]

Literature

1. Manzhelei I.V. Models of physical education / I.V. Manzhelei // Theory and practice of physical culture. 2012. — № 6. — p. 100-106.
2. Shlyk N.I. Cardiac rhythm and regulation type in children, adolescents and athletes / N.I. Shlyk. — Izhevsk: Udmurt University, 2009. — 259 p.