

3rd BRICSCESS 2024-New Delhi Invited Speaker



Assoc. Prof. Dr. Maria ABULKHANOVA
Founding Member and Vice President of BRICSCESS
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Assoc. Prof. Dr. Abulkhanova research focuses on understanding the physical and psychological factors that influence the development of young athletes and how they can be optimized for better performance. Dr. Abulkhanova has published numerous articles in top sports science journals, and her research has been cited extensively by other scholars in the field. She is a sought-after speaker and has presented her work at national and international conferences. In addition to her research, Dr. Abulkhanova is also a dedicated teacher and mentor. She has taught a wide range of undergraduate and graduate courses in sports science, including exercise physiology and biomechanics. She won the best innovation project award in the "Open innovations" forum in cooperation with Microsoft. She has also supervised numerous graduate students in their research projects and has served as a mentor to many young scholars in the field. Apart from her academic work, she is also an accomplished athlete herself. She has participated in several national-level sports competitions and has won several medals in SAMBO wrestling.

Using Digital Technologies in the Competence «Physical Education, Sport and Fitness» According to WorldSkills Russia Standards

The study is consecrated on the development of the module «The involvement of different age group people in healthy lifestyle maintaining» by using digital technologies (smart wristbands ONETRAK C 320 Pulse) for the competence «Physical education, sport and fitness» and analysis of its compliance with Worldskills Russia standards. The research area aims to identify and investigate the structural and functional contributing factors to the movement system development and to provide an effective strategy for the assessment, prevention and maintenance of healthy lifestyle standards throughout the lifespan. During the research, we evaluated the results of regional Championships in this module. To determine compliance with the standards, we analyzed the results of the performance of 144 competitors in 22 regional Championships for the competence "Physical education, sport and fitness" in the championship 2019-2020. The data analysis showed that the average percentage of task completion is from 15% to 64.1%, and therefore it is concluded that the developed module from the competition task for the competence "Physical education, sport and fitness" meets the standards of

Worldskills Russia. This might lead to improving a person's health status and increase the motivation to be more active irrespective to past experience with physical activity.