

ANNOTATION

**MILITARY–PATRIOTIC AND PHYSICAL EDUCATION  
OF THE YOUTH OF PREINDUCTION AGE, CADETS AND THE ARMED  
FORCES OF UKRAINE MILITARY MEN,  
LAW ENFORCEMENT AGENCIES**

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**Eduard Yeriomenko.**

***Military–patriotic program and applied horting.***

President of the World Horting Federation

(Arsenalna Str. 20-44, Kyiv, Ukraine).

*In the article there have been detalized military–patriotic program and applied horting as a system of complex type which provide: diverse educational activities, consolidation of knowledge in the Protection of Motherland subject, physical education, study of self-defense techniques and techniques of applied horting, medicine, geography, biology, fundamentals of health, practical skills for using them in daily lifestyle and in the extreme conditions; recommendation to parents about forms and methods of military–patriotic education of pupils in a family; running events and the use of methods by a coach for the purpose of successful educational work in the military-patriotic education of horting; viewing of documental films, analysis of the read materials. According to the program there have been established the objectives of military–patriotic education by the means of horting: mastering of fundamental skills of personal and collective security, providing of self and mutual help in extreme conditions, strengthening of moral and volitional powers and physical development of pupils, introduction with the rescue fundamentals, fundamental physical and special physical training to perform service in the units of the state security agencies – in the armed forces of Ukraine, units of the Ministry of Emergency Situations of Ukraine and the Ministry of Internal Affairs of Ukraine, education of environmental culture, active participation in the activity of horting organization in Ukraine and abroad. To check the effectiveness of theoretic part (program and tasks) there have been systematically giving the lessons in different forms: theoretic lessons of different educational directions; horting trainings and applied horting trainings; trips, visits to historical places and places of the Cossacks glory; participation in competitions.*

*The author has made a number of interpretations: „physical training in applied horting“, „applied physical training in horting“, „special physical training performed by the pupils of horting during military – applied lessons“, „military moral (by the educational philosophy of horting)“, „ethnic combat traditions of the Zaporozhian Sich“ etc.*

**Key words:** *horting, Cossack era, Zaporozhian Sich, positive example, comprehensive development and education of Ukrainian as a personality, military – patriotic program, applied horting, Protection of Motherland, human feelings, love to the Motherland, pride in their nation, responsibility for the past and present, will power, desire to win, sustainable social development, physical, cultural, political, economic, social, spiritual, military sphere, Cossacks and knight historical traditions.*

**Vasyl Zelenyi.**

***The role of horting in Military-patriotic education of 10–11 – year – old pupils.***

President of Mukacheve City Federation in Transcarpathia

(Petefi Str. 17-20, Mukacheve, Ukraine).

*The article „The role of horting in Military-patriotic education of 10–11 – year – old pupils“ focuses on: historical establishment and development of Horting – the national kind of sports of Ukraine; official recognition of horting by the Ministry of Family, Youth and Sports of Ukraine to be a national one. Attention is drawn to: Horting motto – „Strength and honor“ and square talks, interviews, methods of encouragement and personal example for combining these two words with modern life; horting official website with the lists of leading specialists of the Ukrainian National Horting Federation from different cities and all regions of Ukraine; its extensive use by different social groups; insufficient study of the content and meaning of „military-patriotic education“ in pedagogical science; experience in youth sports school; importance of joint activities of teachers of physical education and sports groups coaches with 10-11 – year – old pupils in teaching military-patriotic education using Horting. The pedagogical conditions of military-patriotic education we should pay attention to during horting lessons and trainings have been determined and listed: close relationship of organizational forms with life and daily activities of upper – form pupils; correspondence of the concept of military-patriotic education in the training process of horting; promotion of forms of military-patriotic education for active and creative activities of 10-11 – year old pupils.*

**Key words:** *military-patriotic education of 10–11 – year – old pupils, historical establishment, development of horting, the national kind of sports of Ukraine, „Strength and honor“ motto, square talks, interviews, methods of encouragement and personal example, modern life, the official website of the Ukrainian National Horting Federation, various social groups, pedagogical conditions, youth sports schools, teachers, coaches.*

**Mykola Tymchyk.**

***Patriotic education of older adolescents in Horting training process.***

Institute of Problems on Education of the National Academy of Pedagogical Sciences of Ukraine (Berlynskoho Str. 9, Kyiv, Ukraine).

*This article is focused on the content, forms and methods of patriotic upbringing of senior teenagers in the process of Horting trainings. The content, forms and methods of patriotic upbringing of pupils of 7-9 th forms at comprehensive schools are defined and experimentally approved their effectiveness. The purposeful use of the Ukrainian struggle Horting helps pupils to form the conscious beliefs, to solve health, educational and upbringing tasks, promotes psychological and physical training of youth. The content of patriotic upbringing in the training process Horting was intended to attract senior teenagers to extracurricular activities that contributed to meeting the needs of the pupils in forming new relationships, independence during practice and also positive motivation to sports at home and at the place of residence. During Horting classes the pupils of 7-9th forms increased their self-awareness and responsibility for actions, formed a desire to get closer to sport ideals in their actions.*

**Key words:** *Laws of Ukraine, patriotism, patriotic education, older adolescents, Horting classes, sporting and mass participation events, Ukrainian wrestling Horting, experimental methodology: criteria, levels, results.*

**Borys Shapovalov.**

***Mastery of self-defense technique as a part of the formation of readiness of the MIA law schools students for actions in extreme conditions (by the example of Horting).***

Institute of Problems on Education of the National Academy of Pedagogical Sciences of Ukraine (Berlynskoho Str. 9, Kyiv, Ukraine).

*The article deals with: the problems of technique training of the MIA law schools students in the process of their readiness to act in extreme conditions; Horting as representative of a new kind of complex mixed martial arts in the world. The topicality of the study is determined by the changes in social and political life and the importance of ensuring the survival of law enforcement agencies in extreme conditions. Summarizing the different interpretations there has been stated the meaning of „technique of self-defense“, as a set of techniques and holds that ensure the effective solution of a motor task to preserve the life and health during a physical attack and neutralise any threat. Attention is drawn to similar meanings: sport technique (self-defense), and technical competence (readiness) of a sportsman (fighter). Research material lays groundwork for further studies to determine the technical requirements for actions in extreme conditions.*

**Key words:** *horting, martial arts, sports invention; physical, mental, fighting abilities of a student (fighter); extreme condition, the formation of readiness, basic and other movements, effective solution of motor tasks, technical competence (readiness), sport technique (self-defense).*

**HISTORY OF ESTABLISHMENT, DEVELOPMENT OF HORTING  
AS A NATIONAL KIND OF SPORTS OF UKRAINE  
AND ITS PHILOSOPHICAL AND PSYCHOLOGICAL BACKGROUND  
AS A FORM OF MARTIAL ARTS**

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**Vladyslav Belan.**

***Horting – History of establishment and development of national kind of sports of Ukraine.***

Institute of Problems on Education of the National Academy of Pedagogical Sciences of Ukraine (Berlynskoho Str. 9, Kyiv, Ukraine).

*In the article „Horting – History of establishment and development of national kind of sports of Ukraine“ the facts concerning: the origin of the word „hort“ and „Horting“; relationship between the glorious Khortytsya island, Zaporozhian Sich, the Cossacks and their impact on the lives of Ukrainian people; historical establishment and development of national sport of Ukraine – Horting; official recognition of horting to be a national one by the Ministry of Family, Youth and Sports of Ukraine; the Members of the International Horting Federation are twenty-*

*six countries; Horting promotes universal principles in public areas: preservation of health; development of physical, moral, intellectual skills and charisma; Physical Education and Sports; patriotic and spiritual education of children and youth; recovery and development of Ukrainian military customs in different countries; Horting – systematic participation in methodological and training seminars; implementation of rules during the competition at various levels; qualification – „Coach of higher category“; the title – „internationally certified referee“; honorary title of sports – „Master of Sports of Ukraine“ and others have been theoretically investigated and stated.*

**Key words:** *hort, horting, Khortytsya, Zaporozhian Sich, Cossacks, official recognition, the national sport of Ukraine, International Horting Federation, comprehensive development, education of the national spirit and patriotism, strength and reservation of health, methodological and training seminars, competitions of different levels.*

**Zoya Dihtyarenko.**

***Research of the main meanings of Horting: „education“; „hort“; „horting“; „hortovyi“, „horting activity“ in the psychological, pedagogical and philosophical literature.***

*Institute of Problems on Education of the National Academy of Pedagogical Sciences of Ukraine (Berlynskohoho Str. 9, Kyiv, Ukraine).*

*In the article „Research of the main meanings of Horting: „education“; „hort“; „horting“; „hortovyi „horting activity“ in the psychological, pedagogical and philosophical literature there have been analyzed the interpretations of the following words: „education“, „hort“, „horting“. There have been stated that the words and word combinations such as hort, horting, hortovyi and horting activity derived from Khortytsia island, and the contemporaries use them to describe national kind of sports of Ukraine – horting; the meaning hortovyi came from the synonyms: flexible, active, vigorous, tireless, dynamic, mobile, lively, zealous, fast, restless, nimble, busy, quick, ambitious, well-aimed, fast, energetic etc. There have been described the meanings – hortovyi and „horting activity“. Hortovyi is a sportsman, who goes in for national kind of sports of Ukraine horting and is dynamic one. This personality is full of life power, energy, move cheerfully and fast from one place to another one. Horting activity is a hard, complicated and purposeful process of forming the sportsman of horting through his/her outlook, consciousness, upbringing, education, activity and behavior. This personality systematically is under the influence of the coach, hortingists, trainings etc. for the purpose of physical, mental and social development to upbringing the sportsman – hortingist. This process is achieved through the teamwork between coach and sportsman, hortingists etc. The totality of these influences is aimed at preparation of a hortingist for active cooperation with different life spheres of society.*

**Key words:** *upbringing, hort, horting, hortovyi, horting activity, psychological and pedagogical dictionaries, outlook, consciousness, upbringing, education, activity and behavior, scientists, educators and psychologists, Cossacks, Sich and Cossacks schools, Zaporozhian Sich, Khortytsia island.*

**Mykola Zubaliy.**

***The development of horting, national kind of sports in Ukraine.***

Institute of Problems on Education of the National Academy of Pedagogical Sciences of Ukraine (Berlynskoho Str. 9, Kyiv, Ukraine).

*The article deals with the historical aspects of the origin, establishment and development of horting, national kind of sports, in Ukraine. The author shows that the name of Horting martial arts comes from well-known Khortytsya island in the Dnieper River. Nowadays children, pupils and adults in Ukraine and in many European countries and in the world go in for horting. This sport is based on the principles of long-term, all the year, specially organized training of children and young people and aimed at developing a comprehensive, ethical and patriotic education. It has been recognized as the national kind of sports in our country and other twenty-six countries. Work program of horting classes for children has been approved by the expert committee on the program-methodical ware of recreation and sports activities. Attention is drawn to the study and analysis of the history of establishment and development of Horting in Ukraine as a new kind of sports based on the martial traditions of the Ukrainian people.*

**Key words:** history, sports, horting, competitions, Khortytsya, national kind of sports of Ukraine, program, martial arts, federation, tournament, master of sports, competition rules, age groups, age categories, qualifying levels, overall physical condition, special physical condition, novices, cadets, juniors, adult sportsmen.

**Vitaliy Ivashkovskiy.**

***Historical origins of national martial art „Horting“.***

Institute of Problems on Education of the National Academy of Pedagogical Sciences of Ukraine (Berlynskoho Str. 9, Kyiv, Ukraine).

*This article focuses on the revival of national Cossack`s martial art in modern times; the problems of military – patriotic education of children and youth in the times of Cossacks and there have been mentioned the possible variants of using it nowadays. Here there has been described a system of national martial art – horting, originating from the history of Cossacks times and alternatively created to substitute the eastern martial arts. Attention is drawn to: horting and its great pace of development in Ukraine and abroad; programs approved by the Ministry of Education and Science of Ukraine and their promptness to be used at the educational institutions of Ukraine; scientific researches on „horting“, conducted in the lab of physical development of the Institute of Problems on Education of the National Academy of Pedagogical Sciences of Ukraine and in domestic educational institutions; further development and improvement of military – patriotic and physical education of the younger generation and all the population of our country that can become the impulse of the development of healthy life style and patriotism among the Ukrainians.*

**Key words:** horting, kharakternyky, national kind of sports of Ukraine, patriotism, spirituality, outlook, ideology, education, culture, heroism, history, Cossacks pedagogy, Sich and Cossacks schools, military studies, skills, younger generation, program on horting, scientific researches.

**Kostiantyn Kukushkin.**

***Horting as an individual improvement system, philosophy and lifestyle.***

Chairman of the Applied Horting Committee on Veterans Affairs of the Ukrainian Horting Federation (Peremohy Str., 154, Kyiv, Ukraine).

*In the article the problem of the importance of physical education and sports in Ukraine has been shown by an example of a newly created national martial art – Horting as Ukrainian combative kind of sports based on the historical martial arts and martial traditions of the Ukrainian people can become the foundation of the national spirit, philosophy and lifestyle, covering all age groups and segments of the population, due to which the importance of Horting among pupils and students is gaining ground. The readers' attention is paid to the official website of the Ukrainian Horting Federation, which includes the headings of: Ministry of Youth and Sports of Ukraine, Scientific activities of the Ukrainian Horting Federation, Horting – an educational system, Theory and Methods of Horting, Horting in pre-school education, Horting at school, Horting in lyceums, Horting in out-of-school education facilities, Horting in vocational education, Horting in higher education, Pedagogy of Horting, Psychology of Horting, Philosophy of Horting, Essays and diploma papers and others, where everyone can find many scientific works, articles, books and manuals, guidelines, training (work) programs, essays, diploma papers, other scientific, educational and teaching materials written by the patriots of Ukraine.*

**Key words:** *physical education, sports, national kind of martial arts, national spirit, philosophy and lifestyle, educational process, patriotic and physical education, standard of health, spiritual development of people, moral, volitional and intellectual abilities, scientific research, Ukrainian Horting Federation.*

**Alla Khatko.**

***Strategic approaches of development of the Ukrainian National Horting Federation.***

Berdyansk State Pedagogical University (Schmidta Str., 4, Berdyansk, Ukraine).

*In the article „Strategic approaches of development of the Ukrainian National Horting Federation“ there has been analyzed the current stage of development of physical education and sports in Ukraine; there have been listed the main negative factors of current stage of development of the state in the field of physical education and sports; there have been defined the main strategic approaches of the Ukrainian National Horting Federation in accordance with the Concept of the National Target Social Program on Development of Physical Education and Sport for 2012-2016 and there have been mentioned its expectations. It has been concluded that the promotion, development and implementation of Horting will provide a healthy, moral, intellectual and patriotic educated society, and fully corresponds to the state policy of Ukraine; these abovementioned strategic approaches are recommended for implementation in all regions of Ukraine and by all Horting Federations in other countries.*

**Key words:** *horting, Ukrainian State, the revival of Ukrainian traditions and activities of the Ukrainian Horting Federation, strategic approaches of physical education, comprehensive development of human, a healthy lifestyle, program, propaganda in mass media, patriotism, love for country.*

**PROMOTION OF HEALTHY LIFESTYLE;  
ORGANIZATION OF SPORTING EVENTS;  
PREPARATION AND PARTICIPATION OF SPORTSMEN,  
JUDGES AND COACHES IN HORTING COMPETITIONS**

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**Natalia Boychenko.**

***Technical and tactical perfection by sportsmen going in for Horting.***

Kharkiv State Academy of Physical education (Klochkivska Str. 99, Kharkiv, Ukraine).

*In the article „Technical and tactical perfection by sportsmen going in for Horting“ there have been generalized the data of special methodological literature, practical recommendations, etc. By leading Ukrainian and foreign scientists, practitioners, experts in the theory and techniques of sports for: main perspectives for development of contemporary martial arts is perfection of technical and tactical skills of sportsmen (a high level of physical preparation as a basis of competitive activity of a combatant. Success and results will not be achieved without the process of improving the technical and tactical combat skills, closely connected with the use of special means and methods in practice); process of division of technical training into more relatively independent stages, which allows to more precisely detalize the objectives, the means and methods of technical skills; number of stages of mastering the technique of wrestling; Process of improvement of sports and technical skills closely connected with the tactical training of sportsmen; the general methodological principles in the organization of classes (by technical means); methods of application of training equipment which must correspond to the general principles of the theory and methodology of sports training; recommendations of the experts of martial arts on the formation and consolidation of skills by a sportsman while training with focus mitts, etc.*

**Key words:** *horting, martial arts, training, sportsmen, skills, theory and methodology of sports, practical recommendations, technical and tactical skills, special equipment.*

**Iryna Danyiuk, Natalia Skliar.**

***Skills formation of healthy lifestyle by the means of physical – recreational work with horting elements.***

Research and Study Centre 24 (Bilshovytska Str. 3-A, Uman, Cherkasy region, Ukraine).

*In the article there have been described the practical achievements concerning creating conditions for harmonious development of personality (physical, psychical, social health preservation) of preschool and primary school- aged children: introduction of health care pedagogy methods – Health complex program (verse morning exercises, gymnastics of awakening, break for P.T., vitamin fortification, salt lamps, preventative care of iodine deficiency, music therapy, color therapy, treatment of somatic health deterioration with the use of complex of recreational and medical activities combined with educational process (acupressure, aromatherapy, mouth*

*rinsing), school recreation camp, two sports grounds, gym, play fields for each group, form, playing rooms, canteen, art studio, music hall, room for sorts and recreation work, video hall, library; the Fakel sports club (recreation); sports groups: the Yasni ocheniata (vision correction), U sviti sportu (In the world of sports) (all kinds of sports), Sound mind in a sound body (body posture and flat foot), the Table tennis; healthy lifestyle education on the basis of traditional spiritual values of the Ukrainian people; cultural mass work: the Cossacks entertainment, Ukrainian traditional games, sports holidays evenings, festivals of children`s crafts, Olympic lessons, hiking, conversations, moving games, correction work, wallpapers, psychological trainings, tests, opening of the Dyvosvit ethnographic museum of the native land festivals etc; methods and techniques of physical – recreational work with horting elements: the Cossack glory holiday script.*

**Key words:** *School of health promotion, Health complex program, harmonious development of personality, physical, psychical, social health preservation of preschool and primary school- aged children, physical – recreational work with horting elements, sports groups, Fakel sports club.*

**Olha Yezhova.**

***Young horting sportsmen`s valuable attitude formation to their own health.***

*Institute of Problems on Education of the National Academy of Pedagogical Sciences of Ukraine (Berlynskoho Str. 9, Kyiv, Ukraine).*

*This article analyzes the pedagogical conditions of valuable attitude formation to own health of young horting sportsmen. The leading conditions of securing this process have been considered: providing sport fields and equipment for health oriented activities in out-of-school sport education facilities; designing health oriented educational program for young horting sportsmen according to modern tendencies and ideas on the valuable attitude formation to health, motivation for healthy lifestyle and its maintenance; using the appropriate methods of education for young horting sportsmen in out-of-school education facilities; establishing humane democratic relationship between the participants of the educational process in out-of-school education facilities. It has been confirmed that valuable attitude to the health is system, dynamic and mental achievement of personhood based on emotional and valuable health body of knowledge reflected and implemented in a consciously chosen lifestyle. And above all the valuable attitude formation of horting sportsmen towards their health should be based on the principles of humanism, nature and culture, interaction between education and life, precautionary measures, social conformity, free choice, ensuring its compliance with modern tendencies and ideas.*

**Key words:** *valuable attitude formation to own health of young horting sportsmen, out-of-school sport education facilities, Horting, young sportsmen, appearance, diet, state of health, health oriented training environment, health oriented activities, the principles of humanism, nature and culture.*

**Valentyna Orzhekhovska.**

***Horting and its modern educational objectives and strategies for children and youth in Ukraine.***

Institute of Problems on Education of the National Academy of Pedagogical Sciences of Ukraine (Berlynskoho Str. 9, Kyiv, Ukraine).

*In the article „Horting and its modern educational objectives and strategies for children and youth in Ukraine“ there have been analyzed: significance of complex recreational and martial art horting, national kind of sports based on cultural, recreational and military customs of the Ukrainian people; influence of Horting on the formation of modern personalities; Implementation of the preventive education objects (by Horting) aimed at providing a comprehensive impact on the physical, mental, social and spiritual development of the individual, promoting healthy lifestyles and skills of responsible, prosocial behaviour of children and young people, neutralizing or diminishing the influence of these negative factors in social environment, forming a positive outlook on life; structure of the Declaration of Ukrainian national kind of sports Horting; there has been observed that the members of the International Horting Federation are twenty-six countries; an educational program on „Horting“ for 1-11 forms pupils of secondary schools and etc has been analyzed.*

**Key words:** *Law of Ukraine „On General Secondary Education“; horting; patriotism; strength and honor; family; professionalism; with faith in your heart; way to self-improvement; cultural, recreational and military customs of the Ukrainian people; preventive education; Declaration of national kind of sports of Ukraine; International Horting Federation; physical, mental, social and spiritual development of the individual.*

**Ihor Semenenko, Mykhailo Kutskyr.**

***Psychological and pedagogical instructions for sportsmen during horting trainings and competitions.***

Transcarpathian Regional Center for Socioeconomic and Humane Studies of the NAS of Ukraine; President of the local community of the UFH NGO in Uzhhorod (Universytetska Str. 21, Uzhhorod, Ukraine).

*In article „Psychological and pedagogical instructions for sportsmen during horting trainings and competitions“ there have been analyzed the main psychological, physiological and pedagogical aspects of training; preparation for the contest season and actually horting competitions as an object of complex coaching influence for the highest level of training and formation of firm psychological and physiological qualities as the fundamental basis of sports and patriotic education to be achieved. The emphasis has been made on the main purpose of Horting - to promote and enhance the role of physical education and sports, patriotic education, the engaging of children and young people in healthy lifestyle, a diversion from bad habits, education of the individual in the spirit of human decency, patriotism and love to Motherland. There have been pointed out the levels in the psychological preparation: psycho-physiological, psychological, social and psychological. In the article it has been proved that successful result during the competitions depends not only on a high level of physical, technical and tactical readiness of a sportsman, but also on the psychological readiness.*

**Key words:** *horting, Khortytsia, Zaporozhian Sich, official recognition, Ukrainian national sport, sportsman, training, competitions, coach, psychological training, mental conditions, physiological and pedagogical aspects, self-consciousness, self-esteem, outlook, national philosophy; physical, moral, ethical, spiritual and patriotic education.*

**Oleksii Semyhal.**

***Psychological skills training of school age sportsmen in the process of out-of-school activities (by the example of Horting).***

Institute of Problems on Education of the National Academy of Pedagogical Sciences of Ukraine (Berlynskoho Str. 9, Kyiv, Ukraine).

*The article „Psychological skills training of school age sportsmen in the process of out-of-school activities (by the example of Horting)“ deals with the age peculiarities and specificity of psychological skills training of school age sportsmen in the Horting training process; there have been recommended the methods of special psychological skills training to improve motivation for sports on the one hand and methods of psychological influence on a sportsman inherent to Horting – on the other one; there have been analyzed the methods (classes in complicated conditions, increased risk, the use of distracting sensory-emotional factors, complications of combative impact) with the help of which it is possible to improve the emotional, mental, moral and volitional fortitude of young sportsmen; there have been theoretically identified the primary objectives for the coaches: first – to identify correctly positive technical and tactical skills of each sportsman, and secondly – to orient the pupil to improve his/her blind side in technique, physical training and tactics.*

**Key words:** *psychological and physical education, teacher authority, motivation, horting, horting classes, physiological development, morphotypes, visual and verbal methods of influence, logical and creative thinking, sports spirit, school age sportsmen.*

**Alla Khatko, Oleksandr Koshyk.**

***Value of judging for Horting development in Ukraine.***

Berdyansk State Pedagogical University (Schmidta Str. 4, Berdyansk, Ukraine).

*This article describes the importance and role of judges in Horting; there have been given knowledge, skills, personal and professional qualities of judges in horting; the role of national judicial training seminars for improving judging skills in practice. It has been proved: judging, along with sports activities and coaching, plays one of the main roles in attracting youth to the sport and the development and promotion of horting in Ukraine and in the world; judge is a partner that helps to gauge the strength, to assess capabilities and skills of an sportsman and makes it clear what we should pay attention to. Practical experience confirms that: modern Ukrainian Horting is an universal system of mixed martial arts, which embodies the most effective and efficient methods of applied arts and martial arts; educational and philosophical idea of Horting is healthy ethos of sport of a man and the glorious traditions of the Cossacks of Zaporozhian Sich; development of horting aims at physical education of strong and healthy society based on traditional spiritual values of the Ukrainian people.*

**Key words:** *horting; Cossacks; Zaporizhian Sich; martial arts; national sport of Ukraine; Mixed Martial Arts; sportsmen; youth; Judge in horting; knowledge, skills, personal and professional qualities of a judge; judicial seminars; coaching.*

**Andriy Shevchuk.**

***Meaning of the empathy in coaching (by the example of Horting).***

Eney gym (V. Velykoho Str. 12, Drohobych, Ukraine).

*In the article „Meaning of the empathy in the coaching “attention has been paid to: opinions of famous philosophers, psychologists, teachers, artists on interpretation of the meaning „empathy“; similarity of interpretation of such meanings as „sympathy“ and „empathy“; „sympathy“ is commonly used as understanding, sensitiveness, imaginative insight etc; modern problem of development of empathy step by step transferring into intersubject one and is becoming an object of close attention by philosophy, sociology and almost all branches of psychological science: psychology of personality, developmental psychology, pedagogic psychology, social psychology, psychology of moral, psychology of arts; sphere of lifestyle where you can see the empathy, first of all in social sphere: empathy in the circle of contacts, in the professional communication, in the wide circle of communication, empathy of individual to himself/herself; empathy to works of arts; to animals, plants, other objects of nature and environment.*

**Key words:** *empathy, horting, training process, sympathy, success, philosophy, sociology, psychology, sphere of the lifestyle, wide circle of communication, works of arts, harmonic relationship between people, nucleus of communication, harmonic development of personality.*

**MEDICAL AND BIOLOGICAL BASIS OF HORTING:  
RECREATION, PHYSICAL REHABILITATION;  
ORGANIZATION AND CONTROL DURING TRAININGS**

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**Larysa Pustoliakova.**

***Use of physical therapy method with horting elements during the lessons of physical education in special medical groups with students with postural disorder and scoliosis.***

National Bohomolets Medical University  
(Tarasa Shevchenka Avenue13, Kyiv, Ukraine).

*In the article there have been described: clinical and physiological grounds for using the physical therapy method with horting elements during the lessons of physical education in special medical groups with students with postural disorder and scoliosis ; reason of appearing scoliosis and its course; tasks of physical therapy in case of scoliosis at the physical education lessons at the educational institutions: physiologic preconditions of rehabilitation for people with wrong body position, first of all development and gradual increasing of strength endurance of muscles of the body, strengthening of the muscular corset(support); stabilization of scoliosis process and on its early stage the correction of existing defects; formation and mastering of skills of the correct posture; normalization of functional abilities of the most important system of organism – respiratory, cardiovascular, etc; increase of nonspecific protective functions of organism; system of physical exercises with horting elements classified by preparatory position; by tempo of execution (quick,*

*slow); by the number of repetitions; by amplitude movements (large, medium, small); by presence of emotional factor; by the number of breathing exercises during one lesson; by the use of tools, apparatus, equipment. The conclusions are: at the lessons of physical education with the use of horting elements at high schools, excluding physical therapy aimed at strengthening the organism, all kinds of combined developing exercises are to be done in home conditions.*

**Key words:** *special medical group, scoliosis, horting, physical rehabilitation, physical therapy, spinal treatments, corrective and breathing exercises, outdoor games, protective functions of organism.*

**EDUCATIONAL POTENTIAL OF HORTING AND METHODS OF  
TEACHING THE SUBJECTS FUNDAMENTALS OF HEALTH,  
PHYSICAL EDUCATION, AND DEFENCE OF MOTHERLAND TO  
PRESCHOOL CHILDREN, PUPILS AND STUDENTS**

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**Viktor Azarov.**

***Implementation of horting elements at the physical education lessons.***

Comprehensive school № 3 I-III degrees (Chkalova Str. 112, Mykolaiv, Ukraine).

*In the article there have been described: the implementation of horting elements at the physical education lessons; the main aspects of forming a healthy lifestyle; development of personal qualities in youth within the system of horting – patriotism of a person; the reevaluation of the values by the Ukrainian people and attention has been paid to the healthy lifestyle as a principle for them; modern conditions of the life, especially the deficit of spirituality in the young generation, low level of moral qualities and patriotism, respect for our national traditions gradually are relegated to the background. The author has counted: the number of significant patriotic problems of forming a healthy lifestyle in schoolchildren by the methods of physical education; horting elements at the physical education lessons positively influencing the physical indexes of pupils and offering the complex of exercises for the development of physical qualities of pupils by means of horting elements and also fragment of the lesson plan.*

**Key words:** *horting, patriotism, development, National kind of sports of Ukraine, teacher of physical education, physical education lesson, active and physical qualities, physical indexes of pupils, healthy lifestyle, self improvement.*

**Vladyslav Kosukhin.**

***Horting in the system of professional and technical education.***

Ukrainian Horting Federation Dnipropetrovsk regional center vice-president (Lermontova Str. 151, Dniprodzerzhynsk, Ukraine).

*In the article there have been described the work of the Ukrainian seminar „Implementation of the modern technologies in the process of physical education in the vocational-technical schools“ organizing in accordance with the plan of work of the Ministry of Education and Science of Ukraine, Physical Education and Sports Committee and Department of vocational-technical Education on the innovations in*

*physical education of pupils at the vocational-technical schools; the history of appearance of the national kind of sports of Ukraine - horting; the first steps of horting sports groups at the vocational-technical school of Dniprodzerzhynsk; appearance and fruitful work of the Sokil horting sports club in Dniprodzerzhynsk. It has been proved that innovations can emerge from an economic crisis, create new areas of activities and new working places; horting is an innovation that has a huge positive potential in educating patriotism, comprehensive development of a personality, implementation of historically established values of our people.*

**Key words:** *horting, innovation, Ministry of Education and Science of Ukraine, Ukrainian seminar, vocational-technical education, weak physical development of pupils, social status, study load, physical education, education of patriotism, comprehensive development of personality.*

**Victoria Muromets.**

***Civic consciousness formation of teenagers in the process of horting trainings at out-of-school institutions.***

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*In the article the author defines the educational potential of the national kind of sports horting civic consciousness formation of teenagers in the process of horting trainings at out-of-school institutions. There has been analyzed an educational program of horting sports group for pupils at out-of-school institutions by reference to formation of patriotic qualities and active civic position of the younger generation. The special focus has been on N. Chernukha's point of view that in modern times the formation of civic consciousness in the lifestyle of society has been increasing because it has to be based on the system of civic education in family, school, cultural institutions and out-of-school institutions, children's and youth associations, public organizations. There has been stated that social services commissioning by educational institutions provides: favorable conditions for the development of personality and creative self fulfillment of each citizen of Ukraine; educated generations of people, who can work and study effectively during the life; develop and strengthen sovereign, independent, democratic, social and legal state; namely upbringing a conscious citizen, highly cultured patriot, who can live in civil society; personality characterized by physical and spiritual perfection.*

**Key words:** *horting; high patriotic qualities; out-of-school institutions; democratic way of thinking; civic culture, conscious moral choice; teenagers; potential of trainings; honorable attitude to official language, symbols; principles of humanistic pedagogy.*

**Zaryna Okhrimenko.**

***Educational and occupational potential of Horting for providing professional self-discipline in upper-form pupils.***

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*On the basis that professional self-determination of modern upper-form pupils is performed in difficult conditions, it is important to support the pupil in the formation of the qualities that will help young individual to feel confident on the labour market. The article has reviewed: educational and occupational opportunities of Horting as systems which create conditions for professional education and formation of self-discipline, self-knowledge, self-awareness, self-improvement in upper-form pupils by settling the differences between „can“, „want“, „need“ and „demand“; accessibility for all pupils in the horting classes, thanks to the variety of work areas (sports and fitness, military, patriotic, psychological, national, philosophical, athletic, competitive, etc.) and a large number of easy special physical and recreational exercises of Horting that may be performed everywhere and at any time. There have been mentioned the main objectives of Horting: formation of a child's need for a healthy lifestyle; attitude to health education as a value; comprehensive physical development of the child; education of his/her positive mores, volitional qualities (commitment, determination, endurance, self-reliance, perseverance, courage); formation of abilities to assess and take effective measures in different situations of moral choice; introduction to values, culture and traditions of the Ukrainian people; formation of the child's coherent worldview; individual, interpersonal and group harmony.*

**Key words:** *horting, physical, spiritual, social and psychological development of the individual, the potential of the individual, social and economic environment, school and out-of school education, professional self-discipline, self-determination, upper-form pupils, working activities: sports and fitness, military, patriotic, psychological, national philosophical, athletic, competitive etc.*

**Serhiy Piatikov.**

***Meaning of horting as a national recreational sports system aimed at disciplining 5-7 - year- old children.***

*Comprehensive school № 26 (Konieva Str. 15, Cherkasy, Ukraine).*

*In the article „Meaning of horting as a national recreational sports system aimed at disciplining 5-7 - year- old children“ our attention is paid to: psychological - physiological peculiarities; influence of external factors on the formation of personality; unacceptability of physical punishment and intimidation; there have been determined the pedagogic methods and methods of physical education with the help of which the influence on disciplining children is effective; number of activities that influence formation of discipline; detailed psychological conditions of the future lifestyle; personal qualities of a coach (tolerant, polite, honest, disposed to achieve high results, attentive); the first trainings of adaptive character for a freshman. The author has made a conclusion: in the physical education programs of the preschool institutions almost in every country in the world there have been included such kinds of physical activities: walk, running, jumping: throwing, pushing, pulling, rolling; running in a race, jumping, quoits; group active and simple sports games; games with balls, rope; dancing, gymnastics, rhythmic etc; physical education intends to solve the tasks of moving, mental, emotional, social development; to arouse interest in active lifestyle; to provide study of safety instructions; to encourage any initiative and curiosity of a child; there have*

*been demonstrated the common examples from different countries about the using physical activity at the lessons of physical education in the preschool period, which coincide with the targets of the coaches of horting, who work with preschoolers and younger school children. On the basis of generalization of theoretical data and practical activities there has been created table Formation of skills that influence on disciplining 5-7 year – old children during the horting trainings“.*

**Key words:** *horting, psychological and physical peculiarities, health, 5-7 year – old children, kinds of physical activities, discipline, culture of behavior, formation of skills, methods of research, activities, adaptation, society, personality, motivation, behavior.*

**Natalia Sverdlyk.**

***Methodological support of health saving technologies organization at general education institutions (in the horting system).***

Department of Education

(Lenina Str. 47, Monastyrysche, Cherkasy region, Ukraine).

*The article deals with: the formation of one of the key competences of education of pupils – health saving one, mastering of saving skills by pupils, careful attitude to health, development of own physical education through the organization of health saving technologies at general education institutions; origin and development the national kind of sports – horting based on the ancient national traditions of Ukrainian people, Zaporozhian Cossacks being transmitted from one generation to another one; methods of mastering skills of healthy life style in the process of horting; the results of effectiveness of implementation of health saving competence in the process of horting increased due to such pedagogic conditions: close relationship between families and teaching staff; right pedagogic orientation of forms and methods of organization of healthy lifestyle of pupils at general education institutions; improvement of the content of the health saving education of pupils in the process of horting training; use of personally oriented and individual approach to children; correspondence of the content of health saving education in the process of horting training with the pupils' interests; use of the organization skills of pupils in the process of carrying out the horting competitions at school, sports club at the place of residence; abidance by availability principle at every step of the work; creation of situation of success and contest; awareness by each pupil of his\her duty and responsibility for school, class, team; providing of positive emotional background during the sports activities, friendly atmosphere at the lessons etc.*

**Key words:** *horting, healthy lifestyle health saving technologies, educational technologies, physical education, physical work, patriotic education, general educational institutions, methodological support, physical activity, pedagogic conditions, health saving competence.*

**Olena Tribel.**

***The objectives and content of training children and youth by means of Horting.***

Comprehensive School № 169 (Kotovskoho Str. 2, Kyiv, Ukraine).

*This article presents theoretical analysis of researches on organization of physical education of children and youth by the methods of Ukrainian National kind of*

sports Horting. There has been described a detailed long – term training process of pupils in Horting sports group divided into 4 stages: the first one – introduction with Horting (stage of initial preparation): groups of initial preparation 1-2 year of studying (6 -7, 7 – 8 years); the second one – general improvement (the pre-basic preparation stage of pupils of 3 -4 th forms) (8 – 9, 9 – 10 years); the third one - special improvement (special basic preparation stage of pupils of 5 – 9 th forms) (10-11, 11-12, 12-13, 13-14, 14-15 years); the fourth one – individual improvement (groups of individual preparation for pupils of 10-11 th forms) (15-16, 16-17 years). The trainings are performed by a teacher (coach), who has corresponding professional education. At the end of the courses of education pupils pass the exams (qualification test) and get: the Ukrainian Horting Federation certificate or state-recognized out-of-school education certificate.

**Key words:** horting, Ukrainian Horting Federation, educational program, objectives and content of training pupils, abilities, healthy lifestyle, stabilization of health, horting sports groups , stage of education, trainings, educator, coach, examinations, certificate, out – of – school education.

**Oksana Yurchenko.**

***Influence of horting on the organization of education and upbringing of healthy lifestyle culture of juniors.***

Comprehensive School № 3 of I-III degrees

(Myru Avenue 8, Konotop, Sumy region, Ukraine).

*In the article there have been described the meaning of the words: „self-preservation“, „horting“; the need of implementation of self-preservation technologies; popularization of out – of - school sports education at elementary schools and awareness of aims and tasks on their implementation; self – preservation behavior of a person in nature and society, in future life of pupils. There has been stated that the main aim of the self – preservation technologies is to plant the wish to be healthy; implementation of self – preservation technologies realized by creation of appropriate school environment, equipment of classrooms with consideration of the idea to keep and strengthen health of children due to a special organization of the educational process etc. Attention has been paid to: the Law of Ukraine on physical education and sports, State program of on development of physical education and sports in Ukraine, target complex program „Physical education - health of a nation“; formation of social aspect of health: pupils should know how to control themselves, to solve life conflicts, to contact with people in society, to resist negative influence of environment, to evaluate own actions, to respect the thoughts of other people, to follow the rules of communication and politeness, behavior in different situations, to follow HIV/ AIDS and other dangerous diseases precautions, to follow security measures in different types of activities.*

**Key words:** sports groups, horting, health of a nation, self – preservation, education, out- of- school activity, teacher, coach, pupils, control, education of parents, right cooperation with children, health care, physical education.