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In 2016 “Pedagogical-psychological and medico-biological problems of physical culture and sport” (The Russian Journal of Physical Education and Sport) journal celebrates its 10-years anniversary. Different questions concerning physical upbringing and training sportsmen were discussed in the journal. The aim of this research is to reveal the main tendencies of the themes discussed in the journal.

Our attention was focused on the objectives connected with the revelation of the following things:
1) structure of the publications according to the subject of the research and the categories of the discussed questions;
2) dynamics of publications, taking into consideration the subject of the research and the categories of the discussed questions;
3) an author’s contribution, taking into consideration time period of publications and the main directions of the research works.

Empiric base of the research became the list of the articles, published during the following period: since 2006 till 2016 (including the first issue).

“Pedagogical-psychological and medico-biological problems of physical culture and sport” (The Russian Journal of Physical Education and Sport) journal has been published since 2006. During this period 832 articles were published in this journal.

Structure of publications. The structure analysis of the published articles in “Pedagogical-psychological and medico-biological problems of physical culture and sport” (Pedagogical-Psychological and Medico-Biological Problems of Physical Culture and Sports) journal helped to reveal the following (picture 1). Most scientists studied the problem of training sportsmen (279 works), then goes the problem of education among students and schoolchildren (194 and 93 works). Less discussed were the following categories: “a person” (38 works), “preschool children” (29 works), “a personality” (19 works) and “a trainer, a teacher” (18 works). 135 publications were about different specific questions (sick, invalids, organism, Olympism, higher educational establishments, professions of not physical culture profile, competitions, sports judges, volunteers, conferences, publications, postgraduate studies, ethnos, population, a region).
The structure analysis of publications according to the categories of the discussed questions (picture 2) helps to note, that the most popular among the authors were the questions, connected with physical upbringing and physical training (111 works) and also with the functional aspects of physical exercises (103).

The second group of the questions includes the following: social-psychological aspects of physical upbringing and sports training (97), the questions of the future teachers professional training and a competence-based approach in education (96), technical training and a technical readiness of a sportsman (47), a person’s health and a healthy lifestyle (39), the problems of health-improving and adaptive physical culture (37).
Picture 2 – Structure of publications according to the categories of the discussed questions

- Физич асп – physical aspect
- Функцион асп- functional aspect
- Соц-психол асп- social-psychological aspect
- Проф подг-ка, компет подход – professional training, competence-based approach
- Технич асп- technical aspect
- Здоровье и ЗОЖ – health and healthy lifestyle
- Адапт и оздоров ФК- adaptive and health-improving physical culture
- Тренаж и оборуд- training simulators and equipment
- Реабилитация-rehabilitation
- Методика-methodology
- Орг-я работы- work organization
- Двиг акт-тъ- physical activity
- Другое-other things

Picture 3 – Structure of publications on the problem of training sportsmen and the categories of the discussed questions
The third group of less discussed by the authors questions includes the following: training simulators and equipment (29), rehabilitation (26), a person’s physical activity (20), experience of work organization (18), the methodology of teaching and training (12), and other specific questions (172).

Sportsmen present the most discussed subject in the journal. The range of sport kinds is the following: martial arts (70), games (61), cyclic kinds of sport (29), water kinds of sport (27), skiing cyclic kinds of sport (11), dancing kinds of sport (10), strength sport (9) and other kinds of sport (73). In general the structure of the authors’ interest, concerning the problems of sports training with the categories of questions determination is presented by picture 3. Most interesting were the 6 categories of questions, connected with the technique and tactics in a chosen kind of sport, functional aspects of sports training, physical training and physical readiness of sportsmen estimation, social-psychological aspects of sports training, content of sports training and with the training simulators and equipment for sport.

Picture 4 – Structure of publications according to the questions of training students and the categories of the discussed questions

Физич воспитание – physical aspect
One more important subject of research works form students (picture 4). Most attention (60% from general number) the authors of these works pay to the questions of students’ physical upbringing development, to the content of their professional training, competence-based approach in education. 40% of publications are about social-cultural, psychological and functional aspects of teaching students at a higher educational establishment, health improvement, healthy lifestyle propaganda, health-improving and adaptive physical culture, informational-communicative technologies use in education and others.

The structure of publications according to the questions of teaching and bringing up schoolchildren and the categories of the discussed questions is presented by
picture 5. Great attention (43% from general number) is paid to the questions of physical upbringing development among schoolchildren, health-improving physical culture of schoolchildren with poor health. 57% of publications are about functional, psychological and social-cultural aspects of education at school, health improvement, the level of physical development estimation, content of physical activity of schoolchildren and others.

**Dynamics of publications.** A maximum publication activity of the authors was in 2013. Perhaps it is connected with World summer Universiade organization in Kazan. During the dynamics of publications analysis according to the subjects of research the following was revealed (picture 6). A positive dynamics of publications is seen during the questions discussion concerning training sportsmen and professional training of the future specialists in the sphere of physical upbringing and sport. At the same time, the number of publications, connected with upbringing and education of schoolchildren, during the last 5 years decreases.

![Picture 6](image_url)

**Picture 6 – A relative dynamics of publications according to the subjects of research**

Спортсмены - sportsmen
Студенты-students
Школьники-schoolchildren
Дошкольники-preschool children
Человек- person
Личность-personality
Тренер, учитель- trainer, teacher
Другое-other things

In general, relatively even distribution of the discussed questions range (picture 7) can be stated, except for the questions concerning professional training of a specialist and competence-based approach in education (with a considerable increase of the works in 2013). Moreover, the number of the articles, which were not included into any of mentioned above categories, increased and it can be considered as the “sources” of new research directions.
Физич асп – physical aspect
Функцион асп - functional aspect
Соц-психол асп - social-psychological aspect
Проф подг-ка, компет подход – professional training, competence-based approach
Техниче асп- technical aspect
Здоровье и ЗОЖ – health and healthy lifestyle
Адапт и оздоров ФК- adaptive and health-improving physical culture
Тренаж и оборуд- training simulators and equipment
Реабилитация- rehabilitation
Двиг акт- т- physical activity
Орг- я работы- work organization
Методика- methodology
Другое- other things

Table 1 presents the authors, who published the greatest number of works in the journal. The publications of “Pedagogical-psychological and medico-biological problems of physical culture and sport” (Pedagogical-Psychological and Medico-Biological Problems of Physical Culture and Sports) journal were about the sports science development, about the progressive scientific ideas, which provided physical-sports practice, the orienteers of development, which stimulated progressive transformations in education, upbringing and sport.

Table 1 – The authors, who published the greatest number of works in the journal (2006-2016)

<table>
<thead>
<tr>
<th>The leading authors</th>
<th>The number of publications in the journal</th>
<th>Time period of publications</th>
<th>The main directions of research works</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kuznetsova Z.M.</td>
<td>44</td>
<td>2006-2016</td>
<td>Psychological aspects, functional aspects, social-cultural aspects, health, rehabilitation, tactical training,</td>
</tr>
<tr>
<td>Name</td>
<td>Number</td>
<td>Years</td>
<td>Contributions</td>
</tr>
<tr>
<td>-----------------</td>
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</tr>
<tr>
<td>Nazarenko L.D.</td>
<td>21</td>
<td>2006-2016</td>
<td>Physical training, physical readiness, physical upbringing, professional activity, sports training, intellectual training, technical training, management, control, modeling, health-improving physical culture, methodology, functional aspects, RLD.</td>
</tr>
<tr>
<td>Zelenin L.A.</td>
<td>16</td>
<td>2010-2016</td>
<td>Training simulators and equipment, physical training, technical training, psychological training, biomechanics, adaptive physical culture.</td>
</tr>
<tr>
<td>Kuznetsov A.S.</td>
<td>15</td>
<td>2006-20016</td>
<td>Training simulators and equipment, competitive activity, biomechanics, professional training, physical training, psychological training, sports training, work organization, training load, juridical aspects, periodization.</td>
</tr>
<tr>
<td>Denisenko Y.P.</td>
<td>14</td>
<td>2006-2014</td>
<td>Functional aspects, psychological aspects, social-cultural aspects, methodology, sports training, traumatism</td>
</tr>
<tr>
<td>Nazarenko A.V.</td>
<td>14</td>
<td>2012-2016</td>
<td>Professional training, social-cultural aspects, psychological aspects, ecological aspects, competence-based approach.</td>
</tr>
<tr>
<td>Kolesnik I.S.</td>
<td>11</td>
<td>2009-2016</td>
<td>Sports training, physical training, technical training, technical readiness, competitive activity.</td>
</tr>
<tr>
<td>Demidov V.A.</td>
<td>10</td>
<td>2006-2016</td>
<td>Functional aspects, psychological aspects, training simulators and equipment, physical activity, work organization.</td>
</tr>
<tr>
<td>Tretyakova T.N.</td>
<td>10</td>
<td>2011-2015</td>
<td>Competence-based approach, informational-communicative technologies, research works, professional training, psychological aspects.</td>
</tr>
<tr>
<td>Golubeva G.N.</td>
<td>8</td>
<td>2006-2013</td>
<td>Physical activity, health-improving physical culture, healthy lifestyle.</td>
</tr>
<tr>
<td>Ryzhenkov</td>
<td>8</td>
<td>2007-2010</td>
<td>Methodology, professional-applied physical training.</td>
</tr>
</tbody>
</table>
Making the conclusion about the range of problems discussed in the journal (2006-2016) it is possible to define the following moments:

1. Among the subjects of research the greatest attention was paid to training sportsmen, the least to the problem of students’ and schoolchildren’s education. Less discussed were the following categories: “a person”, “schoolchildren”, “a personality” and “a trainer, teacher”.

2. Among the categories of the discussed problems the most popular were the questions, connected with physical upbringing and physical training and also with the functional aspects of physical exercises. The second group of questions included social-psychological aspects of physical upbringing and sports training, the questions of professional training of the future teachers and competence-based approach in education, technical training and technical readiness of a sportsman, a person’s health and healthy lifestyle, problems of health-improving and adaptive physical culture. The third group of the discussed questions included training simulators and equipment, rehabilitation, a person’s physical activity, experience of work organization, methodology of teaching and training.

3. General dynamics of publications is wave-like. The greatest number of publications was in 2013, the least in 2010.

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