



VYTAUTAS MAGNUS UNIVERSITY EDUCATION ACADEMY

12th CONFERENCE OF BALTIC SOCIETY OF SPORT SCIENCES

**„SPORT SCIENCE FOR SPORTS PRACTICE,
TEACHER TRAINING AND HEALTH
PROMOTION”**

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April 25–26, 2019,
Vilnius, Lithuania

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Technical edition and computer composition of text:

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Donatas Gražulis

The bibliographic information about the publication is available in the National Bibliographic Data Bank (NBDB) of the Martynas Mažvydas National Library of Lithuania

ISBN 978-609-467-384-9 (Online)

<https://doi.org/10.7220/9786094673849>

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ASSESSMENT OF CONDITION OF RATIONAL NUTRITION OF ATHLETES IN KAZAKHSTAN

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The organization of a rational nutrition of sportsmen means presence of the certain mode including distribution of receptions of food during the day, a multiplicity of a food that should be strictly co-ordinated with a mode of training process. The athlete's need for energy and nutrients differs significantly depending on the sport and the amount of exercise. Important is the optimal distribution of food consumed during the day, as athletes advised to adhere to optimal nutrition, eat 3–4 times a day. However, studies show that these requirements do not always keep up.

The aim of the study is to evaluate the nutrition features of Kazakhstan athletes.

Methodology. Research diet regime of 60 athletes of Kazakhstan. Among them were 15 volleyball players playing in the national championship, 15 judokas, and members of the Kazakhstan national team, 15 judoists, members of the club team and 15 triathletes, members of the national team. To assess the state of rational nutrition, the questionnaire survey method was used. The surveyed answered questions:

- how many times do you eat per day;
- how many times do you have a snack between meals;
- how often do you eat at the same time.

The results of the study showed that only two times eat 11.7% of the subjects studied on the day, mostly triathletes – 27% of them. Three times a day 54% of volleyball players, 73% of triathletes, 100% of judoists and 80% of judoists of the club team eat.

Four and more times, 33% of volleyball players eat. Between meals once a snack 20.25% of the study, half – 37.75%, three times – 18.75%, four and more – 10%, 16.75% of the study snack.

At the same time every day, eat 51.5% of the study, 3–5 days per week – 24.75%, 1–2 days per week – 18.50% and 5% of the study indicated that they do not have continuous use of time food.

Conclusions. Comparison of the distribution of the studied on the number of main meal only 11.5% of the study feed four or more times a day, and only 51.5% of the study every day adhere to the regime of permanent food.

The nutrition regime of Kazakhstan athletes is not optimal, not enough of the

athletes under study eat 4 or more times a day. Not enough, only once a snack 22.7%, instead of having a snack – 11.7% of respondents.

EFFECT OF POSITIVE THOUGHTS ON CORTISOL AND IMMUNOGLOBULIN A INDICATORS (PILOT RESEARCH)

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Nowadays people promote good health and well-being through various physical activities. However, often the desired result is not achieved regardless of the training method used. To change this, it is necessary to understand the way of interaction of bioenergy and biochemical principles in human body as well as awareness in processes that activate or limit body movements. Emotions are chemical feedback of thoughts that reflects information about the content of a particular thought. Essential are emotional states – long-term concentration in the emotions of one group, which directly affects the well-being of the physical body. Recent research in quantum physics and epigenetics shows that the quality of human life, including physical body health, is directly derived from the content of the individual's thoughts. Mind Determines Human Biology!

The aim of the study is to prove the effect of thoughts as the main activator on biochemical processes in the body by evaluating changes in cortisol and immunoglobulin A indicators in the blood. Subjects: 6 men and women aged 35–45. Methods: 1. Partly structured interview 2. Laboratory tests 3. Finding experiment 4. Mathematical statistics Results: After 4 days, the cortisol level in the blood decreased by 18.35% and the immunoglobulin A increased by 66%. The results provide new opportunities for improving physical and mental health by significantly expanding the body's self-regulatory processes. Conclusions: 1. People with high stress levels have high levels of cortisol and low levels of immunoglobulin A in the blood. 2. The stressors identified are negative thoughts of a potentially negative event in the future. 3. Human biochemical processes in the body are affected by both negative and positive thoughts. 4. By deliberately replacing negative thoughts with positive ones, biochemical indicators in the body improve.