

**MINISTRY OF SPORTS OF THE RUSSIAN FEDERATION**  
**Federal State-Financed Educational Institution of Higher Education**  
**«Volgograd State Physical Education Academy»**  
**(FSFEI HE «VSPEA»)**

**ORDER**

Volgograd

No. \_\_\_\_\_

On approval of the Rules of publication in the journal  
"Physical Education and Sports Training"

In order to organize the proper work of the editorial office of the journal "Physical Education and Sports Training", in accordance with the rights and obligations of the founder established by the Charter of the Editorial Office of the mass media "Physical Education and Sports Training",

**IT IS ORDERED AS FOLLOWS:**

1. Approve the attached Rules for publication in the journal "Physical Education and Sports Training" of the Federal State-Financed Educational Institution of Higher Education "Volgograd State Physical Education Academy".
2. Consider the Rules of publication in the journal "Physical Education and Sports Training", approved on 25.01.2022, to be invalid.
3. Control over the execution of this order should be entrusted to the Vice-rector for Research Fatyanov I.A.

Rector

V.S. Yakimovich

**«APPROVED»**  
by order FSFEI HE «VSPEA»  
from \_\_\_\_\_ 20\_\_ . № \_\_\_\_\_

**PUBLICATION RULES IN THE JOURNAL  
“PHYSICAL EDUCATION AND SPORTS TRAINING” FEDERAL STATE-FINANCED  
EDUCATIONAL INSTITUTION OF HIGHER EDUCATION «VOLGOGRAD STATE  
PHYSICAL EDUCATION ACADEMY»**

**1. GENERAL PROVISIONS**

1.1. The scientific and methodological journal “Physical Education and Sports Training” publishes original articles reflecting the results of theoretical and experimental research in the field of physical education and sports.

1.2. The main sections of the journal:

- Theory and methods of physical education and sports training
- Issues of adaptive physical education
- Medical and biological aspects of physical education and sports training
- Psychological and pedagogical aspects of physical education and sports training
- Management in the field of physical education and sports
- Issues of vocational education in the field of physical education and sports
- Giving the floor to young researchers

1.3. Schedule of publication of the scientific and methodical journal “PEandST” and deadlines for submitting articles to the editors for publication:

№1 (publication –March) – until March 1;

№2 (publication –June) – until June 1;

№3 (publication –October) – until October 1;

№4 (publication –December) – until December 1.

1.4. Previously unpublished articles in the areas of the headings specified in paragraph 1.2 of these Rules in Russian or English are accepted for consideration. The article submitted for publication must be relevant, have a novelty, contain a goal, objectives, a description of the main research results obtained by the author, conclusions. The editors reserve the right to reduce and edit accepted works.

1.5. Articles for publication in the journal must be submitted in an electronic form to the contacts of the Responsible Editor of the journal indicated on the official website of the VSPEA in the section "Scientific Journal".

**2. REQUIREMENTS FOR MANUSCRIPTS SENT TO THE JOURNAL**

2.1. Registration and submission of articles:

– the text of the article should be structured according to sections: Introduction, Purpose of the study, Research methods, Organization of the study, Research results and their discussion, Conclusions (Conclusion);

– the text of the article is submitted in the format of Microsoft Office Word in formats: \*.doc, \*.docx, \*.rtf;

– the computer set of the article must meet the following requirements: A4 sheet format, all fields – 2,5 cm, line spacing – 1,5; font – 12 Times New Roman;; paragraph indent (red line) – 1,25; all pages must be numbered;

– the function “automatic hyphenation” should be included only in words in the text of the article. In the title of the article, headings of all levels, names of figures and tables, transfers are not allowed;

– the volume of the manuscript, including tables, illustrations, and a list of references, is from 5 to 10 pages. Articles of a larger volume are printed only in agreement with the responsible editor of the journal;

– at the end of the article, information about the authors is drawn up.

2.2. Manuscripts in Russian and / or English are accepted for publication in the journal. If the article is written in Russian, then an English translation is required (full name of the authors, the official name of the authors' institutions, addresses, title of the article, abstract of the article, keywords, information for contacting the responsible author, as well as reference bibliography (References)). The translation (in the summary) should be made taking into account the special terms used in the English-language literature and the rules of transliteration of the authors' surnames into English. Articles by foreign authors in English may be published by the decision of the editor-in-chief of the journal without translation into Russian (with the exception of the title, full name of the authors, summary and keywords).

2.3. The title page should begin with the following information:

– Universal Decimal Index.

– Title of the article.

– Information on the author(s).

– Abstract.

– Keywords (phrases).

**Key information about the author includes:**

– name, patronymic and surname of the author (in full);

– the name of the organization(s) or subdivision of the organization in which the author works or studies (without designating the organizational and legal form of the legal entity: FGBUN, FGOU WO, PAO, AO, etc.);

– the e-mail address of the author (e-mail).

In case the author works (studies) in several organizations (institutions), the information about each place of work (study) is indicated after the author's name on different lines and linked to the name by means of superscript numerical notations.

The author, who is responsible for the correspondence, places the e-mail address after the information about all authors on a separate line at the beginning of the article.

This block of information should be presented in both Russian and English. The authors' names are recommended to be transliterated in the same way as in previous publications or on the BGN (Board of Geographic Names) system, see the website <http://www.transliteration-online.ru/>. With regard to the organization (s), it is important that the officially accepted English version of the name.

*Example:*

**УДК 796.884**

**ПОВЫШЕНИЕ СПОРТИВНОГО МАСТЕРСТВА СТУДЕНТОВ-ТЯЖЕЛОАТЛЕТОВ НА  
ОСНОВЕ СОВЕРШЕНСТВОВАНИЯ ТЕХНИКИ СИЛОВЫХ УПРАЖНЕНИЙ**

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**Екатерина Викторовна Ермакова<sup>2</sup>**, преподаватель кафедры Физического воспитания,

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## IMPROVING THE ATHLETIC SKILLS OF STUDENTS-WEIGHTLIFTERS BASED ON IMPROVING THE TECHNIQUE OF STRENGTH EXERCISES

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**Egor Alexandrovich Gorbunov**<sup>2</sup>, lecturer of the Department of Physical Education,

**Ekaterina Viktorovna Ermakova**<sup>2</sup>, lecturer of the Department of Physical Education,

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2.4. Abstract of the article is the main source of information in domestic and foreign information systems and databases, indexing the magazine.

The number of words in the annotation should be at least 100.

According to the annotation to the article, the reader should understand the essence of the research. According to the annotation, the reader should determine whether it is worth referring to the full text of the article for more detailed information of interest to him. The abstract should state only the essential facts of the work. Its results are described extremely accurately and informatively. The main theoretical and experimental results, new scientific facts, discovered relationships and patterns are presented. It is not recommended to repeat the information contained in the title of the article in the abstract text. The translation of the annotation into English must be original (not a tracing paper of the Russian-language annotation). The word "Annotation" is given before the annotation; before the annotation, the word «Abstract» is given.

The abstract should be accompanied by keywords or phrases that reflect the main theme of the article and facilitate the classification of work in information retrieval systems. They are quoted by the words "Keywords:" and separated by commas. Keywords are not followed by a full point.

Keywords should not contain less than 5 and more than 15 words (phrases).

The abstract and keywords should be presented in both Russian and English.

Example:

**Аннотация.** В статье представлены результаты педагогического тестирования спринтеров с использованием программно-измерительного комплекса «OptoJump Next». В ходе измерений зарегистрированы и аккумулированы в базе данных следующие характеристики старта и стартового разгона: скорость бега; время полета; время контакта с опорой; темп; длина шага; время реакции; сила отталкивания. Показаны возможности применения измерительных систем в качестве инструмента обратной связи в системе управления подготовкой легкоатлетов, специализирующихся в спринтерском беге. Сделано заключение о необходимости разработки и апробации процедуры комплексного контроля для формирования качественной обратной связи в системе управления подготовкой спринтеров.

**Ключевые слова:** легкая атлетика, спринтерский бег, параметры шага, управление спортивной подготовкой

**Abstract.** The article presents the results of sprinters' pedagogical testing using the program-measuring complex "OptoJump Next". In the course of measurements the following characteristics of start and start acceleration were recorded and accumulated in the database: running speed; flight time; contact time with support; pace; stride length; reaction time; pushing off force. Prospects of using measuring systems as a feedback tool in control system of training of track and field athletes specializing in sprinting are shown. The paper concludes that it is necessary to develop and test the procedure of complex control to form qualitative feedback in control system of sprinters' training.

**Keywords:** athletics, sprinting, stride parameters, sports training management

2.5. Symbols and abbreviations should be disclosed when they first appear in the text.

2.6. Tables and figures are located in the text of the article. References to them are given at each mention in parentheses, example, (table 1), (figure 1). All figures, tables, diagrams, photos in the article should be numbered (continuous numbering), have signatures (title, symbols). References to them in the text are required.

The number of figures and tables in the article is no more than 3;

All illustrations are accompanied by captions, including the number, the name of the illustration and, if necessary, symbols. Abbreviations of words in drawings are not allowed.

2.7. Requirements for the design of drawings:

– drawings are made in black and white in graphic editors and are presented in the form of graphic files in \*.jpg format with a resolution of 600x600 dpi.

– Picture and title (caption) are aligned in the middle of the sheet.

– The title of the picture is made under the picture.

– The title is written in normal font (without italics and underscores).

– Headings of figures, as well as tables, begin with the denoting words and the sequence number of the figure in the article (according to the number).

– Illustrations in the form of graphs, diagrams, diagrams placed in the article are represented by separate graphic images and electronic document files, namely, if the graphs and/or drawings were created in MS Excel, it is necessary to deliver files with the source information in the format.xls; if the text contains grouped drawings created in MS Word and made of separate elements, then they should be ungrouped in a separate file.

Example:



**Figure 1. Average error rates during reproduction of 25%, 50% and 75% of the individual maximum of wrist dynamometry (kg)**

2.8. Table Design Requirements:

– The tables in the text must be made in the Microsoft Word editor (not scanned and not in the form of a picture).

– Each table should be supplied with a serial number and heading: from the top right, write the word “Table” in ordinary font and designate the table number (if there are more than one table), its center is given below (in Russian).

– The heading of the tables should reflect its main content.

– All columns in the table should have headings with a capital letter, ordinary font or italics. Boldface type is allowed only when using a regular font.

– Abbreviations of words in the table are not allowed. Tables are vertically oriented. When designing tables and figures, the font size can be reduced to 10 points (a smaller font cannot be used) and a single line spacing. Large tables should be placed in the text on a separate sheet.

– All numbers in the tables should correspond to the numbers in the text. Decimals are commas (for example: 3.25; 0.5). In the columns of tables should not be voids or unexplained dashes.

Example:

**Table 1**

**Biological age of women of different age groups**

Показатели	Соответствие паспортному возрасту	Возрастные группы		
		18–34 лет <i>n</i> =62	35–45 лет <i>n</i> =56	46–55 лет <i>n</i> =42
Биологический возраст	ниже паспортного	20%	10%	20%
	соответствует	60%	20%	50%
	выше паспортного	20%	50%	30%

### 2.9. Formula Requirements

Mathematical equations should be presented as editable text, and not as images:

- The font of the text in the formulas must match the font of the main text.
- You cannot make out the formulas according to GOST in the built-in formula editor of Microsoft Word 2007 and above. For a set of complex multi-line formulas use Microsoft Equation or MathType.

- Explanations of the symbols, if they are not deciphered in the preceding text, are given directly under the formula. The definition of each symbol is given in the sequence in which they stand in the formula. The top line of explanation begins with the word where. And the column after it, is not put.

- Formulas that follow one another and are not separated by text should be separated by commas.

- Formulas are numbered consecutively with Arabic numerals, which are fixed in parentheses to the right at the edge of the text: (1).

- In the text, references to formulas are given in brackets by their serial numbers.

Example

Результаты тестирования выражаются в условных единицах в виде индекса гарвардского степ-теста (ИГСТ), величина которого рассчитывается по формуле:

$$ИГСТ = \frac{t \cdot 100}{(f_1 + f_2 + f_3) \cdot 2} \quad (1),$$

где  $t$  – время восхождения (с);

$f_1$  – количество ударов пульса за 30с 2-й минуты восстановления;

$f_2$  – количество ударов пульса за 30с 3-й минуты восстановления;

$f_3$  – количество ударов пульса за 30с 4-й минуты восстановления после дозированной физической нагрузки.

2.10. Bibliographic list should be placed at the end of the text part of the manuscript. In the list of references all works are listed in alphabetical order. Bibliographic references in the text of the article indicate the number in square brackets. If there are several sources, then the link is made as follows: [1, 3, 5–9, 25].

2.11. Links to unpublished works are not allowed.

2.12. The correct description of the sources used in the reference lists is a guarantee that the cited publication will be taken into account when evaluating the scientific activities of its authors and the organizations that they represent. References made out according to GOST 7.0.100–2018.

2.13. In original articles, it is advisable to quote at least 10 sources, in literature reviews - no more than 60, in other materials – up to 15. The bibliography should contain fundamental works, publications over the past 5 years (at least 50%). Documents (Orders, State Standards, Health

Regulations, Guidelines, Regulations, Ordinances, Sanitary and Epidemiological Rules, Regulations, Federal Laws) should be indicated not in the list of references, but in the text as a note.

2.14. Self-citation is unacceptable, unless it is necessary (in the literature review, no more than 1-2 references).

Do not refer to textbooks, reference books, dissertations and abstracts of dissertations, more correctly refer to articles published on the basis of dissertation research.

*Examples of the list of references:*

***Books, monographs, teaching aids***

Ilyin, E.P. Differential psychophysiology of men and women. – SPb.: Peter, 2002. – 123 p.

Pivneva, M.M., Rumba, O.G. Improving aerobics in the physical education of students with disabilities of the cardiovascular system : a monograph. – Belgorod: Belgorod Publishing House of BelSU National Research University, 2013. – 188 p.

Solomchenko, M.A. Economics of Physical Education and Sports : textbook / hl. ed. S.Y. Makhov. – Orel: MABIV, 2012. – 124 p.

***Journal articles***

**One author**

Lalaeva, E. Yu. Analysis of the technique of performing the connection of a jump with a change of legs in the splits and a back flip on a gymnastic beam / E. Yu. Lalaeva // Scientific notes of the P.F. Lesgaft University. – 2019. – № 3(169). – P. 184–187.

**Two authors**

Usachev, A.V. Teaching complex exercises on parallel bars / A.V. Usachev, E. Yu. Lalaeva // Physical education and sports training. – 2021. – № 1(35). – P. 193–199.

**Three authors**

Menovshchikova, O. I. Factors influencing the performances of the world's strongest teams in aesthetic gymnastics / O. I. Menovshchikova, E. Yu. Lalaeva, S. V. Vishnyakova // Scientific Notes of the P.F. Lesgaft University. – 2021. – № 2(192). – P. 192-195. DOI 10.34835/issn.2308-1961.2021.2.p192-195.

**Four authors (and more)**

Studying the structure of compositions in aesthetic gymnastics / S.V. Vishnyakova, E.Y. Lalaeva, T. A. Andrienko, O. I. Novokshchenova // Physical culture: upbringing, education, training. – 2017. – No. 1. – P. 79.

**Five authors or more**

Hypoxic-hyperoxic training in sports: restoration of performance and aerobic endurance / O.S. Glazachev, E.N. Dudnik, L.A. Yartseva [et al.] // Bulletin of Sports Science. – 2010. – No. 6. – P. 35–40.

***Conference materials***

Zubarev, Yu.A. On the prospects of entrepreneurial activity in the field of physical culture and sports / Yu.A. Zubarev, V.V. Antsyperov, U.B. Turdubekov // Theoretical and methodological aspects of training specialists for the field of physical culture, sports and tourism : collection of materials of the I-th International Scientific and Practical Conference, Volgograd, October 20-21, 2021 / under the general ed . Gorbacheva V.V., Borisenko E.G. – Volgograd : Volgograd State Academy of Physical Culture, 2021. – pp. 281-284.

Smirnova, E.V. Analysis of the content of combinations on the balance beam of the finalists of the Russian Gymnastics Championship 2021 / E.V. Smirnova // Actual problems of theory and practice of physical culture, sports and tourism : Materials of the IX All-Russian Scientific and Practical Conference of Young Scientists, postgraduates, undergraduates and students with international participation, dedicated to the Year of Science and Technology, Kazan, April 23, 2021. – Kazan: Federal State Budgetary Educational Institution of Higher Education "Volga State Academy of Physical Culture, Sports and Tourism", 2021. – p. 454–458.

### **Articles from electronic journals that have an independent website**

Konovets, L.N., Bezrukova, N.P., Lopatina, T.N. Informational educational resources for the system of advanced training and retraining of secondary medical personnel // Modern problems of science and education : electron. journal. – 2018. – No. 4. – URL: <http://www.science-education.ru/ru/article/view?id=27861> . Date of publication: hh.mm.yyyy. Access mode: by subscription.

### **Links to articles from the electronic journal posted on the website**

Lesnevsky, Yu. Yu. Assistive technologies as a tool for finding a sought-after profile of a special library // Librarianship : scientific-practical. peer-reviewed journal. - Vol. 70. – N 2. – pp. 135-147. Electron. version. URL: <https://bibliotekovedenie.rsl.ru/jour/index> (accessed: 05/28/2021). Available on offic. the website of the Russian State Bank.

### **Electronic resource in general**

eLibrary.EN : nauch. elektr. b-ka : website. Moscow, 2000. – URL: <https://elibrary.ru> (accessed: 09.01.2018). Access mode: for registration. users.

2.15. Recommendation to authors when forming an article list: copy the link to the literary source from the platform eLibrary.ru (click on the right "Link to quote")



2.16. Taking into account the requirements of international citation systems, bibliographic lists are included in the English-language block of the article and, accordingly, should be given not only in the original language, but also in the Latin alphabet (Romanesque alphabet). Therefore, the authors should give a list of references in two versions: one in the original language (Russian-speaking sources in Cyrillic, English-speaking Latin), and a separate block of the same reference list (References) in the Romanesque alphabet for international databases, repeating in it all sources of literature, independently whether they are foreign. If the list contains references to foreign publications, they are completely repeated in the list that is being prepared in the Romanesque alphabet.

On the website <http://www.transliteration-online.ru/> you can use the program for transliteration of the Russian text into the Latin alphabet for free. Transliteration is necessary for the correct and accurate transmission of Russian words by letters of the English alphabet.

## **3. THE COST OF PUBLICATION IN THE JOURNAL**

3.1. The cost of publishing an article in the journal "Physical Education and sports training" is approved by the order of the Rector of the FSFEI HE «VSPEA».

3.2. Articles of employees and students of the FSFEI HE «VSPEA» as well as members of the editorial board of the journal are published free of charge.

3.3. In case of publication of an article in co-authorship with the author (co-authors) from a third-party organization, the number of pages is paid proportionally to the co-author (co-authors) who are not employees and students of the FSFEI HE «VSPEA».

3.4. By the decision of the editor-in-chief of the journal, at the request of the Vice-Rector for Research Work of the Academy, articles that differ in scientific novelty and are of interest to a wide



range of the scientific community sent to conferences held by the FSFEI HE «VSPEA» are published free of charge.

#### **4. THE PROCEDURE FOR CONCLUDING THE CONTRACT ABOUT THE PUBLICATION OF A SCIENTIFIC ARTICLE**

4.1. After the reviewer's recommendation for publication in the journal "Physical Education and Sports Training", the author:

4.1.1. Downloads and fills in electronic versions:

– agreement on the publication of a scientific article (Appendix 1 or Appendix 2 to the present Rules);

– consent to the processing of personal data in the scientific and methodological publication "Physical Education and sports training" (Appendix 4 to these Rules).

Consent to the processing of personal data in the scientific and methodological publication "Physical Education and sports training" is issued to the author with whom a contract has been concluded for the publication of a scientific article (with the author with whom correspondence is conducted).

In the case of co-authorship, the Contract for the publication of a scientific article is drawn up for one of the authors with whom correspondence is conducted by e-mail. The author, who is a co-author (with whom the Responsible Editor does not correspond), issues the "Consent to the publication of the article" (Appendix 3 to these Rules).

4.1.2. Sends to the e-mail address of the editorial office a scan of the payment receipt and a scan of the completed and signed documents specified in subparagraph 4.1.1. of these Rules;

4.1.3. Sends the completed and signed two originals of the "Agreement on the publication of a scientific article", one original Consent to the publication of the article (if he is a co-author) and one original "Consent to the processing of personal data in the scientific and methodological publication "Physical Education and Sports Training"" to the address: 400005, Volgograd, 78, Lenin Ave., Volgograd, «VSPEA»

4.2. In case of registration of documents using the electronic digital signature of the author(s), it is not necessary to send paper documents.

4.3. The Editorial Board returns one original of the Agreement signed by the Editor-in-chief to the author(s) with one printed copy of the journal.

4.4. A printed copy of the journal is not provided to employees and students of VSPEA and members of the editorial board of the journal.

Appendix 1  
to the Rules of publication in the journal  
"Physical Education and Sports Training",  
approved by the order of the Federal State-Financed Educational Institution "VSPEA"  
from \_\_\_\_\_ 20\_\_ . No . \_\_\_\_\_

## SCIENTIFIC PUBLICATION AGREEMENT

Volgograd

« \_\_\_\_\_ » \_\_\_\_\_ 20\_\_ .

Federal State-Financed Educational Institution of Higher Education "Volgograd State Physical Education Academy" in the person of Rector V.S. Yakimovich acting on the basis of the Charter, hereinafter referred to as the "Publisher", on the one hand; and \_\_\_\_\_ hereinafter referred to as "the Author" have entered into this Agreement as follows:

### 1. Subject of the Agreement

1.1. The Publisher provides the Author the service of publishing an article in the scientific and methodological journal "Physical Education and Sports Training", hereinafter referred to as "Edition", and the Author undertakes to accept and pay for the services in due time.

### 2.2. Rights and obligations of the parties

2.1. The author has the right:

2.1.1 Receive information on preparation process of the article for publication.

2.2 The author is obliged:

2.2.1. Submit the manuscript of the article in accordance with the Rules of publication in the journal "Physical Education and Sports Training", not later than 20 days before the publication of the next issue.

2.2.2. To provide the Publisher with the details for invoicing the Services.

2.2.3. After the decision of the Editorial Board to accept the article for publication, pay for the Services.

2.2.4. To independently monitor the information about the progress of the article preparation for publication.

The exchange of information between the Author and the Publisher is carried out by e-mail.

2.3. The Publisher has the right:

2.3.1. To conduct a review of the article.

2.3.2. Refuse, taking into account the received reviews in the publication of the article or make a decision to publish the article after revision.

2.3.3. To edit the article (to reduce and edit the accepted works) without changing its principal provisions.

2.3.4. Place articles published in the Publication in the Internet.

2.3.5. The Publisher has the right to unilaterally change the terms and conditions of the Agreement. In this case, the new terms and conditions of the Agreement do not apply to the relationship between the Publisher and the Author in respect of the Services, which are already paid for by the Author.

2.4. The Publisher is obliged:

2.4.1. Send to the Author by e-mail or give him/her a completed receipt or invoice for payment of the Services specified in clause 1.1.

2.4.2. Provide the Author with a reasoned refusal to publish the article or to accept the article for publication after its finalization. The refusal is sent to the Author in writing via e-mail.

### 3. Cost of services and settlement procedure

3.1. The cost of services for publishing an article in the Publishing House is 750 (seven hundred and fifty) rubles per page. The total cost of the publication is \_\_\_\_\_ roubles. VAT is 20% - including.

3.2. The payment for the Publisher's services is made by the Author in the following order:

– 100% prepayment (one hundred percent). Payment is made by transfer of funds to the current account of the Publisher.

3.3. Payment for the services is made within 3 (three) working days from the moment the Author has received the confirmation from the Publisher about the decision to publish the article.

### 4. Special terms of the Agreement

4.1. Articles to be published in the Edition should be submitted by the Author in electronic version to the following e-mail address: lalaeva@vgafk.ru (Lalaeva Elena Yurevna is the responsible editor).

4.2. Previously unpublished articles in the Russian or English language sections of the journal in the amount of 5 to 10 pages of printed text are accepted for consideration. The article submitted for publication should be relevant, new, contain the purpose, objectives, description of the main results of the research obtained by the author, and conclusions.

4.3. The Author guarantees to the Publisher that the publication of the article in the Publisher will not violate anyone's copyright or property rights transferred by the Author of the article under the copyright contract in respect of the published article; the article contains all references to the cited Authors and/or editions stipulated by the Russian Federation regulations, as well as the results and facts used in the article, obtained by other authors and/or organizations.

4.4. The Author is warned by the Publisher that the Publisher under the Agreement in relation to the published article does not exercise any protection of the Author's rights in the field of intellectual activity. The protection of the Author's intellectual rights in respect of the published article is carried out by the Author himself.

4.5. The Publisher is not responsible for the content of the published articles.

4.6. In case of the Author's failure to comply with the payment obligations, the corresponding article is not returned to the Author by the Publisher, as well as it is not subject to use by the Publisher.

4.7. No fee is paid to the Author of the article.

#### **5. Other terms and conditions of the Agreement**

5.1. Responsibility for non-fulfillment or improper fulfillment of the terms and conditions of the Agreement shall be determined in accordance with the current legislation of the Russian Federation.

5.2. All disputes arising in the process of the Agreement execution shall be preliminarily considered by the Publisher, the Author in order to develop a mutually acceptable solution. The existence of a dispute between the Publisher and the Author is evidenced by sending a written complaint. The term for consideration of the claim and response to it shall be 30 (thirty) calendar days. The beginning of calculation of the term begins from the day following the day of actual receipt of the claim by the Publisher. The fact of receipt of the claim by the Publisher must be confirmed in writing. If, as a result of compliance with the claim procedure on the disputes arising will not be found understanding, the disputes and disagreements shall be resolved in court at the location of the Publisher in accordance with applicable law of the Russian Federation.

5.3. The place of conclusion of the Agreement is the location of the Publisher.

5.4. The parties to the Agreement shall be governed by the current legislation of the Russian Federation in all other respects, which is not stipulated in the Agreement.

5.5. By signing the Contract, the Author consents to the processing and storage of personal data in accordance with Federal Law No. 152-FZ of 27.07.2006 "On Personal Data" (Appendix 4).

5.6. The Publisher is obliged not to disclose to third parties and not to distribute the personal data of the Author, except for those data that are used for the purpose of individualization of the Author when publishing an Article, without the consent of the subject of personal data, unless otherwise provided by Federal Law No. 152-FZ of 27.07.2006 "On personal data".

#### **6. 6. Details and signatures of the Parties:**

##### **Publisher**

Federal State-Financed Educational Institution of  
Higher Education "Volgograd State Physical  
Education Academy"

Legal/postal address: 78, Lenin Ave., Volgograd,  
400005.

INN 3444048176 KPP 344401001

Volgograd region UFC

(FSBEI HE "VSPEA" 1/s 20296H61210)

p/o 40501810403492000005

in the Volgograd office

BIC 041806001

Rector

\_\_\_\_\_ V.S. Yakimovich

##### **Author**

\_\_\_\_\_

Passport: \_\_\_\_\_ № \_\_\_\_\_

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\_\_\_\_\_

Registration: \_\_\_\_\_

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Phone. \_\_\_\_\_

E-mail - \_\_\_\_\_

\_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Appendix 2  
to the Rules of publication in the journal  
"Physical Education and Sports Training",  
approved by the order of the Federal State-Financed Educational Institution "VSPEA"  
from \_\_\_\_\_ 20\_\_ . No . \_\_\_\_\_

## SCIENTIFIC PUBLICATION AGREEMENT (free of charge)

Volgograd

« \_\_\_\_\_ » \_\_\_\_\_ 20\_\_ .

Federal State-Financed Educational Institution of Higher Education "Volgograd State Physical Education Academy" in the person of Rector V.S. Yakimovich acting on the basis of the Charter, hereinafter referred to as the "Publisher", on the one hand; and \_\_\_\_\_ hereinafter referred to as "the Author" have entered into this Agreement as follows:

### 1. Subject of the Agreement

1.1. The Publisher provides the Author the service of publishing an article in the scientific and methodological journal "Physical Education and Sports Training", hereinafter referred to as "Edition", and the Author undertakes to accept and pay for the services in due time.

### 2.2. Rights and obligations of the parties

2.1. The author has the right:

2.1.1. Receive information on preparation process of the article for publication.

2.2. The author is obliged:

2.2.1. Submit the manuscript of the article in accordance with the Rules of publication in the journal "Physical Education and Sports Training", not later than 20 days before the publication of the next issue.

2.2.2. To provide the Publisher with the details for invoicing the Services.

2.2.3. After the decision of the Editorial Board to accept the article for publication, pay for the Services.

2.2.4. To independently monitor the information about the progress of the article preparation for publication.

The exchange of information between the Author and the Publisher is carried out by e-mail.

2.3. The Publisher has the right:

2.3.1. To conduct a review of the article.

2.3.2. Refuse, taking into account the received reviews in the publication of the article or make a decision to publish the article after revision.

2.3.3. To edit the article (to reduce and edit the accepted works) without changing its principal provisions.

2.3.4. Place articles published in the Publication in the Internet.

2.3.5. The Publisher has the right to unilaterally change the terms and conditions of the Agreement. In this case, the new terms and conditions of the Agreement do not apply to the relationship between the Publisher and the Author in respect of the Services, which are already paid for by the Author.

2.4. The Publisher is obliged:

2.4.1. Send to the Author by e-mail or give him/her a completed receipt or invoice for payment of the Services specified in clause 1.1.

2.4.2. Provide the Author with a reasoned refusal to publish the article or to accept the article for publication after its finalization. The refusal is sent to the Author in writing via e-mail.

### 3. Cost of services and settlement procedure

3.1. The Publisher provides the Author with the service specified in clause 1.1. of the Agreement free of charge.

### 4. Special terms of the Agreement

4.1 Articles to be published in the Edition should be submitted by the Author in electronic version to the following e-mail address: lalaeva@vgafk.ru (Lalaeva Elena Yurevna is the Responsible Editor).

4.2. Previously unpublished articles in the Russian or English language sections of the journal in the amount of 5 to 10 pages of printed text are accepted for consideration. The article submitted for publication should be relevant, new, contain the purpose, objectives, description of the main results of the research obtained by the author, and conclusions.

4.3. The Author guarantees to the Publisher that the publication of the article in the Publisher will not violate anyone's copyright or property rights transferred by the Author of the article under the copyright contract in respect of the published article; the article contains all references to the cited Authors and/or editions stipulated by the

Russian Federation regulations, as well as the results and facts used in the article, obtained by other authors and/or organizations.

4.4. The Author is warned by the Publisher that the Publisher under the Agreement in relation to the published article does not exercise any protection of the Author's rights in the field of intellectual activity. The protection of the Author's intellectual rights in respect of the published article is carried out by the Author himself.

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#### **5. Other terms and conditions of the Agreement**

5.1. Responsibility for non-fulfillment or improper fulfillment of the terms and conditions of the Agreement shall be determined in accordance with the current legislation of the Russian Federation.

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p/o 40501810403492000005

in the Volgograd office

BIC 041806001

Rector

\_\_\_\_\_ V.S. Yakimovich

##### **Author**

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Passport: \_\_\_\_\_ № \_\_\_\_\_

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Registration: \_\_\_\_\_

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Phone. \_\_\_\_\_

E-mail - \_\_\_\_\_

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Appendix 3  
to the Rules of publication in the journal  
"Physical Education and Sports Training",  
approved by the order of the Federal State-Financed Educational Institution "VSPEA"  
from \_\_\_\_\_ 20\_\_ . No . \_\_\_\_\_

To the Editorial office of the scientific journal  
"Physical Education and Sports Training"

### CONSENT TO THE PUBLICATION OF THE ARTICLE

I \_\_\_\_\_,

*(surname, first name, patronymic)*

I give my consent to the publication of the primary and (or) edited version of the article

*(name of the article)*

co-authored by me in the journal "Physical Education and Sports Training" - scientific and methodological periodical of the Volgograd State Physical Education Academy.

I agree that the co-author \_\_\_\_\_

*(full name of the co-author)*

acts, accepts responsibility and signs on behalf of all co-authors in the publication agreement concluded with the VSPEA.

contact email: \_\_\_\_\_,

phone number \_\_\_\_\_

Signature \_\_\_\_\_

"\_\_" \_\_\_\_\_ 20\_\_ .

Appendix 4  
to the Rules of publication in the journal  
"Physical Education and Sports Training",  
approved by the order of the Federal State-Financed Educational Institution "VSPEA"  
from \_\_\_\_\_ 20 \_\_\_\_ . No . \_\_\_\_\_

**CONSENT**  
**to the processing of personal data in a scientific and methodological publication**  
**Physical Education and Sports Training**

I, \_\_\_\_\_  
(*full name, surname, patronymic*)

(hereinafter referred to as the subject of personal data), registered at: \_\_\_\_\_

\_\_\_\_\_  
the main identity document passport

\_\_\_\_\_  
(*series, number, date and place of issue, information about the authority that issued the main identity document*)

I give my consent to the Editorial office of the periodical, (hereinafter referred to as the operator), located at the address 400005, Volgograd, Lenin Avenue, 78, to process my personal data in connection with granting the right to use the work of which I am the author. The work is an article

\_\_\_\_\_  
(*name of the work*)

(hereinafter referred to as the work) is subject to inclusion in the periodical "Physical Education and Sports Training".

I confirm the accuracy and completeness of personal data, and in cases of changes to any part of personal data, I undertake to inform the operator.

1. The purpose of personal data processing is:

1.1. reviewing the work;

1.2. conclusion of an agreement on the publication of a scientific article with the authors, implementation of the provisions of the agreement during the entire period of its validity;

1.3. preparation and placement of a work included in a periodical, including the UDC of the work, the name of the work, Information about the author (Full name, academic degree, academic title, position, place of work or study (name of the organization), e-mail, Abstract, Keywords, full the text of the work, the list of references;

1.4. preparation for placing electronic versions of articles and issues of the periodical in PDF format in open free access;

1.5. creation of archives of issues of the periodical and their placement in the public domain;

1.6. production and delivery to the authorized bodies of mandatory copies of each issue of the periodical;

1.7. formation of the operator's library collections, provision of periodical editions to national libraries providing access to scientific information;

1.8. provision of issues of the periodical to the national abstract database and citation systems, including the RSCI.

2. For the purposes provided for in paragraph 1 of this Consent, the following information and data are subject to processing: surname, first name, patronymic (if any); registration address; academic degree, academic title; place of work (or study), position; telephone, e-mail address; document data, identity document (series and number, issued by whom and when).

3. The processing of personal data by the operator is carried out by one or a combination of the following actions: collection, recording, clarification, storage on paper and electronic media, updating, use, transmission, distribution, provision, access, placement, archiving, deletion, destruction.

3.1. The actions provided for in clause 3 of this Consent are performed in various ways, including through non-automated, exclusive automated, mixed processing of personal data and may involve the use of the operator's official website on the Internet, other information resources, services, including those listed in Table No. 1 of clause 3.1 of this Agreement. Consent to the processing of personal data.

Information about information resources, services through which the operator will carry out mixed and automated processing of personal data:

Table No. 1 "List of information resources and services used for personal data processing"

№	Information resource/service	Actions with personal data
1.	<a href="https://www.elibrary.ru">https://www.elibrary.ru</a>	Collection, recording, clarification, storage on paper and electronic media, updating, use, transfer, distribution, provision, access, placement, archiving, deletion, destruction.
2.	<a href="https://www.vgafk.ru/info/sci/journal/">https://www.vgafk.ru/info/sci/journal/</a>	Collection, recording, clarification, storage on paper and electronic media, updating, use, transfer, distribution, provision, access, placement, archiving, deletion, destruction.
3.	<a href="https://e.lanbook.com/">https://e.lanbook.com/</a>	Collection, recording, clarification, storage on paper and electronic media, updating, use, transfer, distribution, provision, access, placement, archiving, deletion, destruction.
4.	Readera <a href="https://readera.org/journal-fvist">https://readera.org/journal-fvist</a>	Collection, recording, clarification, storage on paper and electronic media, updating, use, transfer, distribution, provision, access, placement, archiving, deletion, destruction.

4. The period during which the consent of the personal data subject is valid is determined by the period for the operator to exercise the right to use the work provided by the personal data subject. The author's work, after the publication of the next issue of the periodical, is included in the archive of the periodical "Physical Education and Sports Training".

The storage and processing of archival numbers is carried out in accordance with paragraph 2 of Part 1.1. of Article 1 of Federal Law No. 152-FZ of July 27, 2006 "On Personal Data" in accordance with the legislation on archival business. Data storage is carried out in accordance with the requirements provided for the organization of records management contained in the regulatory legal acts of authorized federal government bodies in the field of archival affairs and records management, as well as the federal government body performing the functions of the founder of the operator.

5. This Consent is valid from the moment of its signing until the moment of revocation in writing. If the personal data subject withdraws Consent to the processing of personal data, the operator has the right to: continue processing personal data without the consent of the personal data subject if there are grounds provided for by Federal Law No. 152-FZ of July 27, 2006 "On Personal Data" and regulatory legal acts adopted in accordance with it; or revoke the work if it is impossible to further process personal data in accordance with the procedure regulated by international and national rules applied by the Russian editorial, publishing, and copyright community.

Full name of the subject of personal

data

signature