

## **SPORT REHABILITATION**

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The popularity of physical activity in all its forms is constantly increasing. The commitment to rehabilitation after having practiced sport does not take into account the psychology of sport a little, and we need to deepen our understanding of this problem. Participation in sport has significant physical benefits and helps people lead a long and healthy life, improve welfare, increase longevity and reduce the probability of a number of non-communicable diseases such as heart disease, diabetes and certain types of cancer.

Rehabilitation achieves this objective by focusing on the impact of health, developmental difficulties or disability on a person's life, and not just on his diagnosis. This includes collaboration with the person and people who are important to him so that they can maximize their potential and independence and have the opportunity to choose and control their lives. Young people are the most vulnerable and strategically important for the state segments of the population. Therefore, the primary priority of modern medicine and rehabilitation is prevention, aimed at raising young people's awareness of the consequences of a wrong lifestyle, early diagnosis of these effects and a rapid and complete correction of defects revealed by non-medical methods. Sport also offers psychosocial benefits, such as promoting social inclusion and learning to overcome psychological difficulties and benefits, reducing depression and improving concentration.

Research into the establishment of rehabilitation after sporting accidents has been mainly aimed at identifying behaviors of behavior. However, many studies have used a deductive structure, which has identified researchers with variables studied a priori. Preparing a person for successful sporting activities requires, by its very nature, experience in different areas. The management of accidents involving sports participants also requires the participation of many experts. An athlete can always be surrounded by a team of professionals, including a coach, a club manager, physiotherapist, physiotherapist, a physiologist, a chiropractor, a sportsman, a sports psychologist and a sports doctor. Depending on the type of sport, the sports level of athletes and their position, all these experts cannot participate in training.

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