

A. Yesipchuk (PSACEA, Dnipro)

Scientific supervisor: I. Merylova, Ph.D. in Architecture, Assoc. Prof.

Language consultant: S. Suvorova, Cand. Sc. (Phil), Assoc. Prof.

HISTORICAL STAGES OF OLYMPIC SPORT IN UKRAINE: THE BIRTH OF EXTREME SPORTS

Introduction. Since the beginning of human existence, movement has been the main factor of survival. Every day, people were subjected to trials and extremes, to survival. Over time, the share of extreme in human life has significantly decreased. However, modern man has begun to feel the need for extreme and new experiences again.

Nowadays, we hear more and more about the importance of sports and a healthy lifestyle, and there is a need for self-development among the population. Cultural, social, and technological progress not only increases the importance of sports, physical activity, and extreme sports, but also creates new opportunities for solving modern social problems. The level of development of a country and its image directly depends on physical education and sport and its role in society.

The **objective** of this research is to trace the historical stages of the establishment of Olympic sports in Ukraine and to highlight the significance of extreme sports, which have gained prominence in recent times.

The **analysis of the literature** shows that more and more new trends are emerging and gaining popularity in the sports arena, both at the professional and amateur levels. Some of them are mostly popular among extreme sports (rock climbing, BMX, etc.), for which there are currently no appropriate sports complexes, training locations and grounds. The beginning of the history of sports in Ukrainian science was in 1920, when the need for specialists in sports and physical education arose. More than a hundred years ago, the first Central Sports University of Ukraine was established in Kharkiv, the capital of the Ukrainian SSR at the time, which originated from the State University of Physical Culture of Ukraine. In 1944, it was reformed into the Kyiv State Institute of Physical Culture, which is now the National University of Physical Education and Sports of Ukraine [1].

Results and discussion. On the way to Olympic sport, there were many challenges, including the issue of political and ideological conflict between the International Olympic Committee and the Soviet sport. Most of the IOC members did not recognize the sport of the USSR, but interest in Olympic sports did not subside, and the rankings of research based on the results of the strongest athletes in foreign countries were growing every day. Through the public's interest, Soviet athletes were able to enter the arena of the international Olympic Games in the late 1940s and early 1950s [1]. Even then, Ukrainian athletes accounted for at least 25% of each USSR national team, and the first football tournaments were held in Kyiv with great success. Ukrainian athletes, Olympic champions and famous sports figures initiated the creation of the National Olympic Committee (NOC). On December 22, 1990, a resolution was adopted on the establishment of the NOC, where Valeriy Borzov, a Ukrainian athlete and two-time Olympic champion, was elected president [2].

Along with the popularization of sports and the multiplication of sports achievements, sports science was developing. Professor Volodymyr Abramovych Blyakh, who developed a system of views on the impact of physical exercises on the body of athletes, made a great contribution to sports medicine and preventive medicine. The scientific works consider the impact in three areas: functional, which affects the development and strengthening of important vital systems of organisms - musculoskeletal, nervous, respiratory, cardiovascular; aesthetic, reflected in posture; practical, manifested in the perfection of natural movements and skills - walking, running, jumping, throwing, swimming, lifting weights, etc. In Figure 1, you can see the main historical milestones of the development of Olympic sports in Ukraine: from its inception to the present day, sourced from official documents.



Fig. 1 Main historical milestones of Olympic sport in Ukraine. Author's vision.

In 1990, the Assembly of Founders adopted a resolution on the creation of the NOC, and in 1993, for the first time, Ukrainian teams took part in the Winter and Summer European Youth Olympic Days and the World Universiade. Sports reforms also affected official documents: In 1993, the President of Ukraine issued a decree "On the Development of the Olympic Movement in Ukraine"; in 1994, the Law "On Physical Culture and Sports" was adopted, in which Article 35 "National Olympic Committee" legally enshrined the rights of the NOC as an independent, non-governmental, public organization. In July 2004, Kyiv hosted a stage of the Olympic Torch Relay, where Serhiy Bubka, a prominent Ukrainian athlete (pole vault), Olympic, world and European champion (set 35 world records), and President of the National Olympic Committee of Ukraine from 2005 to 2022, brought the torch to Independence Square. In 2007, the Ukrainian Academy of Sports was established, headed by Nina Umanets, a Ukrainian athlete, silver medallist in the eight at the XXII Olympic Games, five-time world champion. The main goal of the organization, which includes legendary Ukrainian athletes, is to popularize sports and spread Olympic ideals. The Ukrainian Academy of Sports annually determines the winners of the ceremony honouring the best athletes, coaches, organizers, and participants of the Heroes of the Sports Year sports movement.

Also in 2011, the Olympic Stork project for young people was launched, the NOC's patronage of orphanages was innovated, and the Olympic Corner project was introduced. 2012 The Olympic House is opened in Kyiv. 2013 The NOC of Ukraine is recognized as one of the best in the world and is awarded the International Creative Sports Award for its success in promoting sport and Olympic values. In 2019, the NOC of Ukraine became the coordinator of the European Week of Sport events in Ukraine. However, in 2022, after the beginning of Russia's military aggression, in order to provide humanitarian assistance to members of the Ukrainian Olympic community, the IOC, the Olympic Solidarity organization and the EOC established the Solidarity Fund, with the NOC President Serhiy Bubka appointed as its coordinator. [2]

On the list of officially represented Olympic sports, there is also extreme sports, which is one of the most promising areas in the modern field of sports. Extreme sports can be considered as a natural model of extreme stress (O. Karpova). [4] Action sports, adventure sports or extreme sports are activities perceived as involving a high degree of risk. These activities often involve speed, height, a high level of physical exertion and highly specialized equipment. [5] Extreme sports on the Olympic list include: canoeing, kayaking, canoe slalom, BMX, mountain biking, road biking, cycling, biathlon, bobsleigh, skeleton, freestyle, snowboarding, and new sports (rock climbing, break or breakdancing, skateboarding, street and park, surfing) are being added in 2024. In order to attract more viewers, especially young people, the list of "new sports" increasingly includes those that were previously found only on the streets. For the first time in history, breakdancing, which has its roots in the United States (African American and Puerto Rican youth street dance), is now among the extreme sports. For fans of height, speed and tricks, skateboarding, street and park skating were added in 2024.

According to an interview with Dnipro citizens, there is a great demand for sections and clubs, including extreme sports. Among the sports mentioned, the majority are track and field, weightlifting, volleyball, basketball, football, boxing and wrestling, and rock climbing. The data collected revealed several major problems: half of the people surveyed said they did not have a specially equipped training space and/or equipment, and the premises needed to be repaired. The majority of respondents to the question about inclusion said that such conditions were completely absent.

Despite the lack of specialized places to meet extreme sport's needs, Dnipro has established an Extreme Sports Association headed by Maksym Semenov. Dnipro regularly hosts a bicycle race, and in 2019, a national record of Ukraine was registered - the largest bicycle convoy, about three kilometres long, with about five thousand cyclists from all over Ukraine.

Maxim Semenov believes that extreme activities, including extreme resistance, can help relieve stress. For children and teenagers, this is a great option for learning the world around them and their possibilities in it. For the head of the association, extreme sports is the main way to avoid getting involved in criminal stories and to survive it in a sporty way. For adults who already have daily mental and physical stress in the form of work and household activities, it is a way to relieve stress and get a sense of freedom.

Conclusions. Thus, the goal of the entire hierarchical structure of sports in the country is to attract the population to sports. The increased interest of the younger generation in sports, including extreme sports, increases overall immunity, and the sense of involvement and teamwork has a positive effect on psychological health. The topic of extreme sports and Olympic sports is especially relevant to consider through the prism of the post-rehabilitation component of the military and people who have experienced post-traumatic stress disorder. And Paralympic sports, including extreme Paralympic sports, are gaining momentum in the sports arena. However, the topic of extreme sports is not well understood. Research on this topic is ongoing.

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