

Показатели смешанной слюны у спортсменов до и после соревнований ($M \pm m$)

Пол (n = 97)	Возраст	рН слюны		Vsal мл/мин		α-амилаза МЕ/л	
		до	после	до	после	до	после
Женщины (n = 59)	19,0 ± 0,1	7,06 ± 0,02	7,78 ± 0,03*	0,57 ± 0,05	0,35 ± 0,02*	144 ± 10,3	314 ± 11,9*
Мужчины (n = 38)	19,1 ± 0,1	7,08 ± 0,01	7,77 ± 0,01*	0,53 ± 0,01	0,35 ± 0,02*	157 ± 7,68	370 ± 10,0*

что свидетельствует об изменении буферной способности слюны как у женщин, так и у мужчин (табл. 2).

Одновременно с подщелачиванием слюны было выявлено значительное ($p \leq 0,05$) снижение скорости секреции, которая не восстановилась даже через 30 мин. Активность фермента α-амилазы в слюне после кросса у спортсменов имела значительно ($p \leq 0,05$) высокие значения, и это увеличение было более значительным у спортсменов-мужчин.

Достоверность отличий от исходного уровня: тест Вилкоксона * $p \leq 0,05$

Заключение

По итогам исследования, было выявлено, что организм спортсменов-мужчин после интенсивных физических нагрузок восстанавливается медленнее, что подтверждается данными артериального давления

и смешанной слюны. Это следует учитывать при формировании плана отдыха спортсменов и разработке методик быстрого восстановления спортсменов.

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ФОРМИРОВАНИЕ ЖЕНСКОЙ ОЛИМПИЙСКОЙ ПРОГРАММЫ В 20-30 ХХ ВЕКА

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Аннотация. В данном материале представлен анализ участия женщин в Олимпийских играх в начале XX века. Изучение динамики Олимпийской программы, видов спорта, упражнений и дисциплин в которых принимали участие женщины позволяет сделать вывод о приоритетных направлениях. Ключевые слова: женщины, женский спорт, Олимпийские игры, спорт, гендер.

FORMATION OF THE WOMEN'S OLYMPIC PROGRAM IN THE 20-30S OF THE 20TH CENTURY

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Abstract. This material presents an analysis of women's participation in the Olympic Games at the beginning of the 20th century. The study of the dynamics of the Olympic program, sports, exercises and disciplines in which women took part will make it possible to determine the priority areas for development.

Keywords: Women, women's sport, Olympic Games, sport, gender.

Introduction

One of the actual problems of the International Olympic movement is the problem of women's participation in the Olympic games and the formation of the women's Olympic program. In the first half of the 20th century, the formation of the women's Olympic program as a whole

and the active involvement of women in the International Olympic movement took place.

In the age of ancient civilization, women were actively participating in various physical exercises, games, and even special competitions of "women's games" where women could take part in various exercises. In the Olympic Games

of Ancient Greece, which took place in the Olympia from 776 BC, in the scope of the competitions, women were not allowed to take part in them, but also were prohibited to enter the valley of sacred river Alfey. As the modern Olympic movement developed, the women's Olympic program gradually expanded, though not as rapidly as the men's. The path of women to equality in sports activities was very long and hard. Significant in this aspect was the belief that women are unable to play sports at all. At the International Athletic Congress held in 1894 in Paris, decisions were made to start the modern Olympic Games. The proposal was made by the French public figure Pierre de Coubertin and was supported by the congress participants. However, women were not admitted to the First Olympic Games, which took place in 1896 in Athens. This decision was made on the basis that the Congress participants decided to hold the Games in accordance with the regulations of the Ancient Olympic Games, and since women were not allowed to the Games in Olympia, this was one of the main arguments against their participation in the modern Olympic Games. Pierre de Coubertin himself defined the Olympic Games as "a solemn regular celebration of male athleticism, the basis of which is internationalism, the means is loyalty, the weapon is art, and the reward is the applause of women" [1]. And yet, at the next Games in 1900, women took part in golf and tennis competitions, while men could participate in 20 sports. In 1920, at the VII Olympic Games in the city of Antwerp, 2,597 male athletes and 78 women contended for the highest awards in 158 disciplines from 25 sports. Among those 25 sports, women could compete in swimming and diving, tennis and figure skating. An analysis of the participation of women in the Olympic program of the Games of the VII Olympic Games is presented in Figure 1.

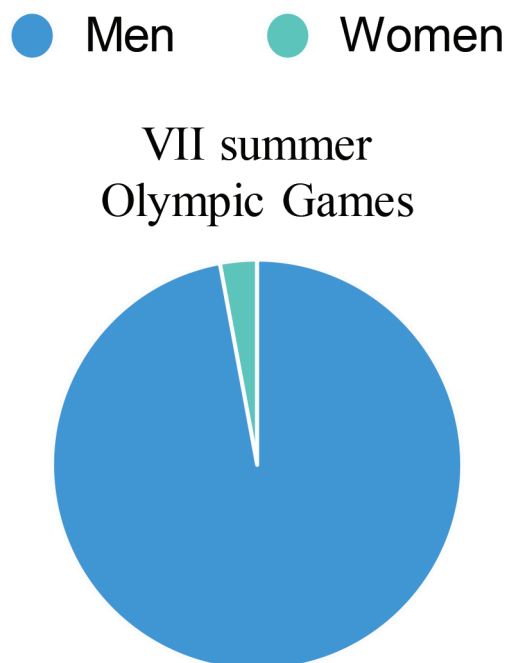


Fig. 1. Comparative analysis of the participation of women and men in the program of the VII Olympic Games

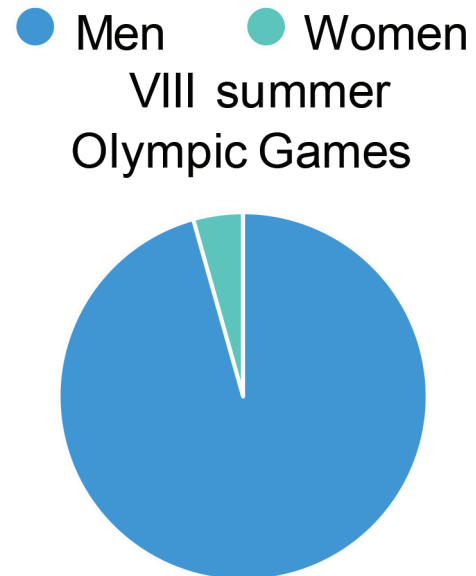


Fig. 2. The number of participants on the VIII Olympic Games in 1924 was 2954 men and 135 women.

Data in Figure-1 shows that 78 women took part in the VII Olympic Games compared to men, the number of which was 2,597. The Olympic women's program by 1924 expanded and a women's discipline in fencing appeared - an individual championship in foil fencing. It was the only female discipline in martial arts, while men competed in 1924 in 6 disciplines in fencing, in 8 weight categories in boxing, in 7 weight categories in freestyle wrestling and in 6 weight categories in Greco-Roman wrestling.

But the women decided not to stop there and made every effort to take their rightful place in the international sports arena. They organized their own sports societies and federations, participated in various competitions. In 1919, Alice Milliat created a committee that organized the first Women's World Games in Monte Carlo in 1921. Female Athletes from 5 countries took part in the games: Great Britain, Switzerland, Italy, Norway and France. After the first Women's World Games, Alice Milliat reorganized the committee into the Women's Sports Federation International (FSFI) on 21 March 1921 in Paris. Women's games were gaining popularity and in 1922 female athletes from 7 countries took part. The name of the Games, their program, organization, ceremonies and rituals were taken from the experience of holding the Olympic Games. The World Women's Games, as a regular celebration of women's sports, reflected the general trends in the physical culture and sports movement of the 20th century. After they were held, it was impossible to ignore women's sports further. The fact that women's track and field competitions gather crowds of spectators has also become obvious (especially track and field athletics, since this particular type was the "calling card" of the Olympic Games in the men's program and women's participation caused the most heated discussions).

The data in Table 1 shows positive dynamics in the development of women's sports in general, and the number

Showing of women's participation in Summer and Winter Olympic Games

Summer Olympic Games and Winter Olympic games	Year	Amount of participants	Men	Women
VII Olympic Games	1920	2626	2561	65
I Winter Olympic Games	1924	293	280	13
VIII Olympic Games	1924	3089	2954	135
II Winter Olympic Games	1928	464	438	26
IX Olympic Games	1928	2883	2606	277

of women participating in the Summer Olympics and the Olympic Winter Games in the period from 1920-1928.! During the existence of the World Women's Games, international congresses have also been regularly held. The agenda included data on the rules of the competition, registering new records, new sports disciplines were envisaged. A total of 9 women's sports congresses were held.» [3] The rise in popularity of women's sports has not gone unnoticed by stakeholders from the International Olympic Committee. By the 1930s, the International Women's Sports Federation was finally recognized by the IAAF and the IOC as a FSFI organization. However, this led to the fact that the World Women's Games, as a regular celebration of women's sports, was a reflection of the general trends in the physical culture and sports movement of the 20th century.

Conclusion

The dynamics of the development of women's sports in the study period has a stable, positive nature, but the participation of women in the Olympic Games is still not enough. Women actively defend their rights, and the result

of this was the creation of the International Sports Federation, the founder of which was Alisa Milliat. Thanks to the efforts of this organization, the women's movement in sports is expanding, the number of sports competitions held, as well as various congresses dedicated to the development of women's sports, has positively contributed to the further involvement of women in the Olympic movement, the growth of the women's Olympic program and the participation of women in the Olympic Games.

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ОСОБЕННОСТИ ГЕНДЕРНОГО СОСТАВА СИЛЬНЕЙШИХ НАЦИОНАЛЬНЫХ КОМАНД ПЛОВЦОВ НА ОЛИМПИЙСКИХ ИГРАХ

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Аннотация. Представлены гендерные составы сильнейших команд пловцов, участников Олимпийских Игр. Проведен анализ количества завоеванных медалей представителями мужских и женских составов этих команд. Сопоставлено количество мировых рекордов, установленных пловцами мужчинами и женщинами за 12 летний период.

Ключевые слова: гендерные особенности, спортивное плавание, гендерный состав команд пловцов.

FEATURES OF THE GENDER COMPOSITION OF THE STRONGEST NATIONAL SWIMMING TEAMS AT THE OLYMPIC GAMES

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Abstract. The gender lineup of the strongest swim teams, participants in the Olympic Games is presented. The number of medals won by both male and female teams has been analyzed. The number of world records set by male and female swimmers over a 12-year period is compared.

Keywords: gender characteristics, sports swimming, gender lineup of swim teams.