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TABLE OF CONTENTS

AGRICULTURAL SCIENCES		
1.	Druz K. THE FEEDING BEHAVIOR OF THE ADULT OF CHRYSOPA CARNEA (NEUROPTERA)	12
2.	Ахмедов А.С., Курманова К.Т., Есенгелдиева Л.Қ. ҚАЙНАРБҰЛАҚ ОҚУ – ҒЫЛЫМИ ӨНДІРІСТІК КЕШЕНІНІҢ ТӘЖІРИБЕ АЛҚАБЫНДА ҚАРБЫЗДЫҢ "САПАЛЫ" СҰРЫПЫНЫҢ ӨНІМДІЛІГІНЕ ТЫҢАЙТҚЫШТАРДЫҢ ӨСЕРІН АНЫҚТАУ	15
3.	Керімбай С.К., Курманова К.Т., Есенгелдиева Л.Қ. ОРДАБАСЫ АУДАНЫ ТӨРТКӨЛ АУЫЛЫ ЖСШ "МАРТ" ШАРУАШЫЛЫҒЫ ЖАҒДАЙЫНДА МАҚТАНЫҢ "МАҚТАРАЛ ПА 3034" СҰРЫПТАРЫН ӨСІРУДІҢ ТЕХНОЛОГИЯСЫН ЗЕРТТЕУ	20
4.	Үсен А.Қ., Курманова К.Т., Елибаева Г.И. ҚАЙНАРБҰЛАҚ ОҚУ – ҒЫЛЫМИ ӨНДІРІСТІК КЕШЕНІНІҢ ТӘЖІРИБЕ АЛҚАБЫНДА ЖОҢЫШҚА DAҚЫЛЫНЫҢ ЗИЯНКЕСТЕРІМЕН КҮРЕСУДІҢ ТИІМДІ ТӘСІЛДЕРІН АНЫҚТАУ	26
ARCHITECTURE, CONSTRUCTION		
5.	Кушнарѡва Г.О., Фролов О.С., Копейкіна Т.Г. ДІЯ ПОВТОРНО-ЗМІННИХ НАВАНТАЖЕНЬ НА БЕТОННІ СПОРУДИ	31
6.	Тараненко С.В. ПРОБЛЕМИ ФОРМУВАННЯ ПРОСТОРУ В ТВОРЧОСТІ АРХІТЕКТОРА ГАНСА ШАРУНА	34
ART HISTORY		
7.	Бурик Н. ДЕФІНІЦІЇ ПОНЯТТЯ ЕСТРАДНОГО ВОКАЛЬНОГО ВИКОНАВСТВА	39
8.	Малік Т.В., Ємець О.А. ПАРАМЕТРИЗМ ЯК НОВИЙ НАПРЯМ СУЧАСНОГО ДИЗАЙНУ В ГРОМАДСЬКОМУ СЕРЕДОВИЩІ	41

9.	Марченко В., Ярова В. ПРОСТОРОВО-ЗВУКОВИЙ ОБРАЗ АРТИСТА	46
10.	Марченко В., Петрийчук К. СТАНОВЛЕННЯ ЕСТРАДНОГО МИСТЕЦТВА КИЇВЩИНИ 80-90 РОКІВ XX СТОЛІТТЯ	48
BIOLOGY		
11.	Rozhkova T.O., Bilyavska L.O. PHYTOPATHOGENIC MYCOBIOTA OF THE PHYLOSHERE OF HERBACEOUS PLANTS	50
CHEMISTRY		
12.	Azizova G., Ismayilova P., Mamedov S. TECHNOLOGICAL ASPECTS OF NITRILE BUTADIENE RUBBER VULCANIZATION IN THE PRESENCE OF CHLORINE CONTAINING MALEIMIDE COMPOUNDS	54
ECOLOGY		
13.	Тихонова О., Феденко В., Пеліхов Є. АНАЛІЗ ВАЛОВОГО ВМІСТУ ДЕЯКИХ ВАЖКИХ МЕТАЛІВ В ПОВЕРХНЕВОМУ ШАРІ ОРНИХ ҐРУНТІВ ПП "ПАВЛІВСЬКЕ" ОХТИРСЬКОГО РАЙОНУ СУМСЬКОЇ ОБЛАСТІ	56
ECONOMY		
14.	Karavan N., Zarva K. ECONOMIC TRAINING OF APPLICANTS STUDYING IN ENGINEERING AND TECHNICAL SPECIALTIES	60
15.	Василиха Н.В., Кузьо М.А. ОСОБЛИВОСТІ МЕНЕДЖМЕНТУ УПРАВЛІННЯ ПРОДАЖАМИ ТОРГОВЕЛЬНОГО ПІДПРИЄМСТВА	62
16.	Голячук Н., Голячук С. АНАЛІТИЧНІ ПОКАЗНИКИ СТАНУ ОСНОВНИХ ЗАСОБІВ ЛІСОГОСПОДАРСЬКИХ ПІДПРИЄМСТВ	65
17.	Графська О.І., Гарасимчук Н.А. АНАЛІЗ НОРМАТИВНО-ПРАВОВОЇ БАЗИ ДЛЯ РЕГУЛЮВАННЯ ОБЛІКУ ТА КОНТРОЛЮ ВИРОБНИЧИХ ЗАПАСІВ ПРОМИСЛОВИХ ПІДПРИЄМСТВ	71

18.	Корнійко Я.Р., Савейко Р.С. ПОШТОВА ЛОГІСТИКА В СИСТЕМІ ДИСТАНЦІЙНОЇ ТОРГІВЛІ	74
19.	Косенко Я.А. ОСОБЛИВОСТІ ІНОЗЕМНОГО ІНВЕСТИВАННЯ В ОАЕ ЧЕРЕЗ ПРИЗМУ СУЧАСНИХ ІННОВАЦІЙНИХ ВПРОВАДЖЕНЬ В ДУБАЇ	77
20.	Оніщик А.В. ВАЛОВИЙ ВНУТРІШНІЙ ПРОДУКТ УКРАЇНИ В УМОВАХ ВОЄННОГО СТАНУ	80
21.	Роледерс В. ОСНОВНІ СТРАТЕГІЇ ВПРОВАДЖЕННЯ ЦИРКУЛЯРНОЇ ЕКОНОМІКИ	83
22.	Сакун А., Пристемський О. ОБґРУНТУВАННЯ НЕОБХІДНОСТІ ФОРМУВАННЮ ВНУТРІШНЬОГО КОНТРОЛЮ ПРИ ЗДІЙСНЕННІ ОПЕРАЦІЙ З КОНТРАГЕНТАМИ	89
GEOGRAPHY		
23.	Havrylenko O.P. GREEN SOLUTIONS FOR A COMPACT URBAN SPACE	93
24.	Вінтоняк А.М. СУСПІЛЬНО-ГЕОГРАФІЧНІ ПРАЦІ АКАДЕМІКА АРКАДІЯ ЖУКОВСЬКОГО: АНАЛІЗ ТА СИСТЕМАТИЗАЦІЯ	99
JURISPRUDENCE		
25.	Karpuntsov V., Veresha R. METHODOLOGY OF ANTI-CORRUPTION STRATEGIES	102
26.	Андренко С.О., Бубліков А.В., Курдес Е.П. ЩОДО АДМІНІСТРАТИВНО-ПРАВОВОГО РЕГУЛЮВАННЯ ВЗАЄМОДІЇ СУБ'ЄКТІВ СУДОВО-ЕКСПЕРТНОЇ ДІЯЛЬНОСТІ	107

27.	Гавриленко К.М. ДЕРЖАВНОУПРАВЛІНСЬКА ДІЯЛЬНІСТЬ ПРАВООХОРОННИХ ОРГАНІВ В СИСТЕМІ НАЦІОНАЛЬНОЇ БЕЗПЕКИ	111
28.	Греченко В.А., Ярмиш О.Н. ОРГАНІЗАЦІЯ ПРОМИСЛОВОЇ МІЛІЦІЇ В УКРАЇНІ У 1921-1928 РР.	113
29.	Лук'янчиков Є.Д., Лук'янчиков Б.Є., Микитенко О.Б. СПОСОБИ ФОРМУВАННЯ ДОКАЗІВ У ПРОВАДЖЕННЯХ ПРО КРИМІНАЛЬНІ ПРОСТУПКИ	118
30.	Рогознікова Д.І. ПРАВОТВОРЧА ДІЯЛЬНІСТЬ ПАРЛАМЕНТСЬКОЇ АСАМБЛЕЇ РАДИ ЄВРОПИ	124
31.	Рогознікова Д.І. ОСОБЛИВОСТІ ЗАСТОСУВАННЯ МЕТОДІВ ТЛУМАЧЕННЯ НОРМ ПРАВА СУДОМ ЄВРОПЕЙСЬКОГО СОЮЗУ	126
32.	Черниш В.І. ІНСТИТУЦІОНАЛЬНІ ТРАНСФОРМАЦІЇ В УМОВАХ ДЕЦЕНТРАЛІЗАЦІЇ ВЛАДИ	128
33.	Явтушенко О.В. ОКРЕМІ ПРОБЛЕМИ РЕГЛАМЕНТАЦІЇ ПРАВОВОГО СТАТУСУ БЕЗПІЛОТНИХ ТРАНСПОРТНИХ ЗАСОБІВ НА ВОДІ	130
MANAGEMENT, MARKETING		
34.	Місевич М., Баранчук А., Федорчук Т. СУЧАСНІ АСПЕКТИ ЗАЛУЧЕННЯ ТА ВИКОРИСТАННЯ ІНВЕСТИЦІЙ СІЛЬСЬКОГОСПОДАРСЬКИМИ ПІДПРИЄМСТВАМИ ЖИТОМИРСЬКОЇ ОБЛАСТІ	134
MEDICINE		
35.	Fischenko V., Karpinska O., Ayham Adli Mohammad Khasawneh ANALYSIS OF THE RESULTS OF VIBRATION THERAPY AFTER IMMOBILIZATION CONTRACTURES OF THE KNEE JOINT IN PATIENTS WITH EXTRA-ARTICULAR FRACTURES OF THE LOWER EXTREMITIES	138

36.	Hegazy Merna Saber Abdelkhalek Elsayed STRIDOR IN CHILDRE	140
37.	Kolesnyk Ya.V., Olkhovska O.M., Sorokina O.G. FEATURES OF THE STRUCTURAL AND FUNCTIONAL STATE OF BLOOD LYMPHOCYTES IN PATIENTS WITH INFECTIOUS MONONUCLEOSIS WITH DIFFERENT COURSE	142
38.	Литвиненко В.А. ФІЗИЧНА ТЕРАПІЯ ПОСТІНСУЛЬТНИХ ПАЦІЄНТІВ У РАННІЙ ВІДНОВЛЮВАЛЬНИЙ ПЕРІОД	145
39.	Остапенко А.О., Козачук О.С., Вороніна М.В. ОЦІНКА І КОРЕКЦІЯ ПОКАЗНИКІВ ГЕМОСТАЗУ ПРИ АТЕРОСКЛЕРОЗІ	149
40.	Стойкевич М.В., Гайдар Ю.А., Милостива Д.Ф. МОРФОЛОГІЧНІ ЗМІНИ СЛИЗОВОЇ ОБОЛОНКИ ТОВСТОГО КИШЕЧНИКУ ПРИ НВК РІЗНОГО СТУПЕНЯ ВАЖКОСТІ	151
PEDAGOGY		
41.	Aziukovskyi O.O., Pavlychenko A.V., Medvedovs'ka T.P. DIGITALIZATION OF THE EDUCATIONAL PROCESS: ROLE, SIGNIFICANCE, MODERN CHALLENGES	154
42.	Bachuk-Ponych N.V. FORMATION OF SOCIAL MATURITY OF MEDICAL STUDENTS	159
43.	Volovyk N.I., Pidvalna O.V. THE ESSENCE OF THE PILATES SYSTEM PRINCIPLES	163
44.	Єрко Г.І., Казмірчук О.А. ІНТЕРАКТИВНА ПЛАТФОРМА МОЗАІК: ОСОБЛИВОСТІ ВИКОРИСТАННЯ В ОСВІТНЬОМУ ПРОЦЕСІ ПІД ЧАС ВИВЧЕННЯ ІСТОРИЧНИХ ДИСЦИПЛІН	167
45.	Барбашова І.А. ОЗНАЙОМЛЕННЯ МАЙБУТНІХ УЧИТЕЛІВ ПОЧАТКОВИХ КЛАСІВ З ЕДУКОЛОГІЮ ЯК НАУКОЮ	171

THE ESSENCE OF THE PILATES SYSTEM PRINCIPLES

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Although most adults know that exercise is important for health and fitness and that regular physical activity is essential for them and their children, adults, children and adolescents are not sufficiently active [1]. According to the results of scientific research, about 81% of teenagers are not active enough [2]. For the formation of a healthy young generation, the interest of student youth in physical education and the motivation to lead a healthy lifestyle, it is necessary to introduce new fitness technologies into the educational process with the use of modern types of physical activity that are popular among students of higher education. The worldwide popular Pilates system meets these criteria. It is an effective means of use in institutions of higher education to improve the quality of teaching physical education and improving the health of students [3, 4].

The results of scientific studies prove that Pilates classes are effective in reducing obesity as a multifactorial disease, improving body composition and body mass index [5] and contributing to improving muscle strength and endurance in people with chronic low back pain [6]. Modern data indicate a positive effect of Pilates on balance, flexibility, quality of life, general physical performance, and cardiorespiratory fitness [7, 8].

Pilates is a system of exercises that integrates the mind and body into one and allows the body to move more efficiently. To achieve this powerful connection between mind and body, one must know and apply the principles of Pilates. They are the key to the positive effects of this system, not just the exercises themselves. That is why, in order to understand and get the maximum benefit from Pilates classes, it is first necessary to study its basic principles: breathing, concentration, center (centering), control, precision and fluidity. [9, 10, 11, 12]. These principles are the most important ingredients of high-quality training in the Pilates system, as well as its philosophical foundations. The six principles of this system's approach to exercise are part of what makes Pilates unique in the world of fitness [9, 10, 11, 13].

Breath. Breath is the first principle that has historically played an important role in most Mind Body systems. Breathing is the most important principle to perfect before attempting any exercise or movement. Most exercises in Pilates are coordinated with breathing. Purposeful, controlled breathing will help maintain correct body position and will allow you to shorten the muscles that need to be stressed and not strain those

that do not need to be used Breathing during Pilates exercises should be continuous and formed by diaphragmatic patterns of deep, conscious, and coordinated inhalation (through the nose) and exhalation (through the mouth) [9, 10, 11, 12, 13].

Concentration. Anyone who has practiced the Pilates system at least once knows that this type of movement requires maximum concentration of attention. Concentration refers to the important connection between mind and body. Paying attention to how the exercise is performed is crucial to moving correctly and easily. Concentration allows the mind to control and move the body efficiently and properly. Concentration provides a deep focus on training, which allows you to block unnecessary obstacles and perform each movement to the maximum of human capabilities and use the full potential of the Pilates system [9, 10, 11, 12, 13].

Compliance with this principle helps to improve the quality of exercises in the Pilates system. This element of body awareness is fundamental to this method of physical exercise, because when practicing it, one must constantly be aware of what the participant of the program is doing, otherwise the person stops learning and starts just doing the exercises. The inability to concentrate will lead to the loss of the correct position of the body and its stabilization or to the use of the wrong muscles [9, 10, 11, 12, 13].

Center (centering). The principle of centering refers to the concept that all movement in the human body emanates from the center or core or what in Pilates is called the power center, center of strength or "powerhouse". Centering is the foundation of the Pilates method. The foundation and main component of Pilates exercises is focusing on the center of the body. The center can be defined as the zone between the lower edge of the chest and the line of the hip joints in front and the lower edge of the buttocks behind [9, 10, 11, 12, 13].

Control. Since this system of exercises was originally called "Controlology", it is not surprising that one of its main principles is control. Control can be defined as the regulation of the execution of a certain action, that is, the conscious control of the process of execution of a movement. Improving control is integral to mastering a skill. Control is important because it uses the mind. To develop a mind-body connection, it is necessary to train control over the mind to create precise movements in the body. This principle is used to help people reconnect with their bodies. This is especially important for those people who may feel that their bodies are out of control due to injury, illness, pregnancy, or simply years of physical inactivity. By developing this level of control with the help of the Pilates system, people also learn new and more effective ways of performing movements [9, 10, 11, 12, 13].

Precision. Precision is the key element that distinguishes the Pilates system from many other exercise systems. Unlike other movement practices, the Pilates system requires you to make very precise movements. Precision is described as a certain way of performing a movement. It consists in learning to initiate movements from the appropriate anatomical area and to perform them in a way that requires an appropriate level of effort. Often the exercise itself in Pilates is not that different from other exercise regimes, but the method of doing it is different. When a person understands which muscles work or should work, then he adopts the correct body position and

understands the purpose of the exercise. The higher the accuracy, the greater the probability of achieving the goal and the more benefit you can get from the exercise. The Pilates system requires high precision in the activation of each muscle and in the execution of each movement [9, 10, 11, 12, 13].

Flow. The ultimate goal of the Pilates system is to encourage the body to move with ease and fluidity in even the most complex movements. Movements in the Pilates system are slow and smooth. Each movement is smoothly combined with the next. All the muscles of a person work together with precision from their center with concentration and control. This means efficient and flowing movement with just the right amount of effort. Flow can be described as a fluidity, a continuous sequence of movement. Flow requires a deep understanding of movement and involves precisely activating muscles at the right time. When the muscle engagement is not only correct, but also precisely timed, combined with the internal rhythm of unhindered breathing, the result is flow [9, 10, 11, 12, 13].

Understanding and using the principles of Pilates will help you get the most out of your practice.

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