

Sports in the Russia's Far East

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The purpose of the present article is to provide college students and higher education professionals with information about sports in the Russia's Far East. Specifically, the history of sports in the Russia's Far East and information about the specialized higher school of Physical Culture there are presented. Also, information about sports of the disabled in the Russia's Far East is presented.

The History of Sports in the Russia's Far East

The first mass shooting competition in Russia was held in Khabarovsk in May 1898. 130 participants of the competition used the army rifle Berdan. Spiridon Ovchinnikov, a peasant from Vyatskoye, a small village not far from Khabarovsk, received the first prize – a gold watch with the chain. In 1924 the first Spartakiad of the Far Eastern Krai was held in Khabarovsk. Distant ski running, racing and hiking became very popular in 1930s. The second Far Eastern Spartakiad was held in August 1932. 450 participants took part in running, putting the shot, triple jumping. They set a lot of records of the Russia's Far East.

In 1940s-1960s hockey, track-and-field athletics, skiing, mountain climbing, weightlifting, volleyball, boxing, bandy, parachute jumping were developed in the Khabarovsk Krai. In 1972 a skier from Khabarovsk S. Saveliyev won the bronze in 15 km skiing race and the gold in the skiing relay at the World Students' Universiad in Lake Placid. In January 1976 the Third International tournament on bandy was held in Khabarovsk. The third decisive goal was scored by a halfback of the Khabarovsk and national teams A. Pershin. The Russian national team was the first. In March 1980 Yu. Burlakov, a skier from Khabarovsk, became the world champion. G. Kulikov, a swimmer, won the silver and bronze in the swimming relay.

National sports events are developed in the Khabarovsk Krai. Indigenous people take part in the national wrestling events, running, archery, omorochka races, pulling the cable.

Sport Facilities in the Russia's Far East

Many stadiums, Palaces of Sports were built in the Khabarovsk Krai in Khabarovsk, Komsomolsk-on-Amur, Sovetskaya Gavan, Birobidzhan, Amursk. Nowadays we have more than 30 stadiums, 400 sports halls, about 10 swimming-pools, 90 shooting galleries, 50 skiing bases.

In 1959 one of the biggest stadiums in Siberia and the Russia's Far East was built in Khabarovsk. It was named after V.I. Lenin. In 1964 the national Olympic team trained in Khabarovsk using the city's sports facilities. In 2003 a new Palace of Sports was built in Khabarovsk. It was called Platinum Arena.

During the Great Patriotic War more than 340,000 soldiers-skiers and 7,000 skiing instructors were taught in Khabarovsk. Many athletes were awarded the title of the Hero of the Soviet Union. Among them we can name A. Maresiyev (the athlete from the Komsomolsk-on-Amur aeroclub), K. Korotkov (the champion of the Russia's Far East, a boxer), Ye. Dikopoltsev (a skier), G. Gubkin (a track-and-field athlete, the champion of the Amursky Region).

The names of the prizewinners are well-known not only in this country but also abroad. V. Lysenko, I. Nikitina (weightlifting), A. Klimova, V. Prokhorova, G. Seleznyova, I. Stepanova (shooting), S. Lazarev, A. Pershin (bandy), A. Avdeev, V. Dolgikh, S. Vergun (wrestling), Ye. Savrova (swimming), Yu. Burlakov (skiing) are among them.

V. Golovanov, V. Kaplunov, V. Kurentsov (weightlifting), I. Tregubov, G. Tsygankov (hockey), G. Kulikov (swimming), S. Saveliyev, Yu. Chepalova, N. Puzanov (skiing), A. Baryshnikov, L. Dzhuruk (track-and-field athletics) are well-known Olympic, World and European champions.

The specialized higher school of Physical Culture

The Far-Eastern State Academy of Physical Culture (Khabarovsk) is the only leading and specialized higher school training highly qualified professionals of physical culture, sports and adaptive physical culture in the Russia's Far East. Since 1971 more than 6,000 specialists graduated from the FESAPC.

Today there are a lot of majors to choose from. The Academy offers full time day and correspondence programs. The course of studies lasts 5 years. Graduates interested in research can take post-graduate courses.

The Academy trains coaches in different kinds of sports, teachers of physical culture for secondary, professional technical and higher schools, rehabilitators, managers

of sports and tourism. The teachers and professors of the Academy give students fundamental knowledge and teach them to be highly qualified professionals of physical culture and sports. Most of the faculty have a '*Kandidat nauk*' or Doctorate degree. The Academy has earned an outstanding reputation of a research center of physical culture education in the Russia's Far East since the time of its foundation.

More than 1000 students of the Far-Eastern State Academy of Physical Culture (Khabarovsk) specialize in different kinds of sports. Young people of different nationalities study there. Students from China, Korea, Japan and Mongolia study at the Academy.

Graduates from Far-Eastern State Academy of Physical Culture (Khabarovsk) are teachers in secondary and higher schools, coaches at children sports schools, at schools of highest sports skills, they work in Sports and Physical Culture Committees. Many of them became merited coaches, heads of physical culture organizations, brilliant teachers and research workers.

Many graduates from the Academy are celebrated athletes, record holders and Olympic prize-winners. They are well-known not only in this country but also abroad: Olympic champions S. Savelyev, Y. Chepalova (skiing), World Champion Y. Burlakov (skiing), Master of Sports International Class T. Savchenko (volleyball), A. Strochkov (biathlon), A. Ananchenko (rowing), V. Stepanov (boxing), A. Skripnik (shooting), E. Birun (power-lifting) and others.

The Far-Eastern State Academy of Physical Culture was founded in Khabarovsk in 1967. It is a modern beautiful building, situated on the Amursky Avenue quite near the Lenin Stadium on the bank of the Amur River. According to the Constitution of the Russian Federation education is free of charge. Best students get scholarship from the state.

The Academy has a large campus. There are 3 classroom and laboratory buildings, dormitories, gyms for gymnastics, wrestling, weight-lifting and a skiing base with a skiroller route and a biathlon target range at Ilyinka (a small village not far from Khabarovsk). There is a library with more than 200,000 volumes. The students get all necessary medical treatment at the Academy. An out patient clinic and a cafeteria are at the student's disposal.

There are 2 Schools at the Academy: the School of Coaches and the Health-Improvement School. There are 11 chairs at the Academy. The students have three or four lectures every day and regular training. They study history of Russia, theory of physical culture, anatomy, physiology, a foreign language, sports medicine, history of physical culture and sports, philosophy, pedagogics, etc. Many of the students have first sports rate.

There are some Masters of Sports at the Academy. The students take an active part in the social life of Far-Eastern State Academy of Physical Culture (Khabarovsk).

Sports of the Disabled in Russia

Physical training and sport are considered the most significant methods of rehabilitation of the disabled and their integration into the society. To develop physical training and health-improvement movement of the disabled and their aggregation to physical training and sport a great number of sport events are held in Russia and complex programs are developed and aimed at rehabilitation of people with limited abilities. These programs include the measures as follows:

- reconstruction and repairing of sport buildings;
- construction of new specialized centers;
- creation of the data base;
- working of sport clubs, groups of health and exercise therapy;
- studying and upgrading of the staff working with the disabled;
- carrying out of sport mass events;
- participation in the Regional, All-Russia and International competitions;
- health-improvement of the disabled in sanatoriums, etc.

Sports and recreational clubs for the disabled formed the basis of the national Federations of Sports for the Disabled. The disabled people actively strove for the recognition of the social importance of disabled sport movement and for appropriate government support. The efforts of non-governmental organizations of the disabled assisted to speed up the progress of mass sports of the disabled in Russia, whereas the unique state system of recreation and sports for the disabled named "Invasport" was developed.

But nowadays only insignificant part of the disabled is involved in sports activity in Russia. Only 70 thousand people with limited abilities are engaged in various forms of physical training and sports: persons with cerebral palsy make 39.5 %, persons with mental retardation – 26.4 %, persons with a hearing disorder – 21.4 %, blind and partially sighted – 12.0 % and persons with the general diseases – 0.7 %.

Children with limited abilities cause a special concern. Only 7.8 % of the blind and partially sighted children are engaged in physical training. 13.5 % of the children with cerebral palsy take up different kinds of sports. Most children (90 %) are engaged in adaptive physical training and sports in the state educational and social establishments.

56 championships of Russian Federation among the disabled were held in 2000. They compete in 29 kinds of sports. 6313 participants took part in the competitions. 360 athletes with disabilities prepared to the Paralympic games in Sydney (Australia). The disabled athletes of Russia participated in 15 official international competitions, including the Paralympic games in Sydney (Australia). The State Sports Committee of Russia, the National Paralympic Committee of Russia, administrations of the subjects of the Russian Federation, the public sports organizations help the disabled athletes prepare and organize different kinds of competitions.

The successful performance of the Russian Paralympians demonstrated at 2004 Winter Paralympic Games in Athens, Greece, confirmed comprehensive development of sports for the disabled in this country.

Sport of the Disabled in the Russia's Far East

In the Far East the Sports Festival and also sports holidays, competitions on arm-wrestling, darts, chess, table tennis are held among people with limited abilities; there are some specialized clubs for the disabled. A lot of people attend sports clubs and exercise therapy studies.

2003 was declared by the United Nations the year of the disabled people. Nowadays sports of the disabled people is developed in the Khabarovsk Krai. The Regional Games of athletes with limited abilities have been carried out in Khabarovsk for more than 10 years. In October 2003 more than 100 athletes took part in the Regional Games of the disabled of the Russia's Far East. Traditionally these Games were carried out by the territorial sports committee and the government of the Khabarovsk Krai, the Ministry for social protection and the territorial sports club of people with limited abilities. Armwrestling, darts, powerlifting, swimming, shooting, table tennis and chess were in the program of the Games.

Teachers and students of the Far Eastern State Academy of Physical Culture (Khabarovsk) take an active part in the territorial Games of athletes with limited abilities. They organize solemn opening and closing ceremonies of the Games, show demonstration performances of athletes, participate in refereeing of competitions, give much information about the Academy, a healthy way of life for all layers of the population of the Russia's Far East.

The Far Eastern State Academy of Physical Culture (Khabarovsk) pays much attention to the preparation of professionals for work with the persons having weakened health, and also for physical adaptation of people with disabilities. The major 'Physical

training for people with deviations in the condition of physical health' was established in the Academy in 1997. The first professionals in adaptive physical training graduated from the Academy in 2002. Now 38 students with limited abilities study at the FESAPC, successfully master the program and get skills for their pedagogical work.

Among graduates from the FESAPC are Lebedinsky Andrei Anatolyevich, the World and European champion, the champion of the Paralympic Games in shooting. Willpower, desire to overcome the illness and theoretical knowledge allowed him to improve the sports skill. Kapura Alexey Anatoljevich is Chairman of the Khabarovsk territorial sports club of people with limited abilities. He is engaged in administrative work and sports. He is a double prize-winner of the Paralympic Games, the World and European champion in swimming. Burenkin Vladimir is a universal athlete, he takes up two kinds of sports. He is the bronze prize-winner of the Paralympic Games and the World champion in powerlifting, the triple winner of the international tournament in armwrestling 'the Gold bear'. Eugeny Lakiza is also a graduate from the FESAPC. He is 27. He is Master of Sports of the International Class in swimming, the bronze prize-winner of Europe, a double World champion. In 2000 he was the sixth at the Paralympic Games.

We are proud of women with limited abilities. Kalinichenko Marina is a doctor. She is fond of powerlifting, darts and shooting. She is a double champion of Russia in powerlifting, a champion of the Khabarovsk Krai in darts and shooting. Her friend Kartashova Tamara does not lag behind. She is also a champion of Russia in powerlifting.

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