

Information Letter

DEAR COLLEAGUES!

**We invite you to take part in the
XIII International Scientific and Practical Conference
«MEDICO-BIOLOGICAL AND PEDAGOGICAL FOUNDATIONS OF
ADAPTATION, SPORTS ACTIVITIES AND A HEALTHY LIFESTYLE»**

which will be held on **18-19 April 2024** at State Academy of Sports Voronezh, Karl Marx st, 59.

Teachers, graduate students, undergraduates and students of sports and pedagogical universities, doctors, heads of sports clubs and federations, athletes, coaches **are invited to participate in the conference.**

MAIN TOPICS OF THE CONFERENCE

1. General and molecular issues of organism adaptation.
2. Psychological and pedagogical aspects of adaptation and formation of a healthy lifestyle.
3. Traditional and innovative technologies of health-improving physical culture, rehabilitation and recreation.
4. The role of physical culture and sports in the formation of professional and applied skills.
5. Information technologies in physical culture and sports.

Hosts of the conference: Voronezh State Academy of Sports (Voronezh, Russia), Uzbek State University of Physical Culture and Sports (Chirchik, Republic of Uzbekistan), Scientific Research Institute of the Uzbek State University of Physical Culture and Sports (Chirchik, Republic of Uzbekistan), Gomel State University named after F. Skariny (Gomel, Republic of Belarus), National Olympic Committee of Uzbekistan (Tashkent, Uzbekistan).

Conference partners: State Institute of Physical Culture and Sports of Armenia (Republic of Armenia), Kazakh Academy of Sports and Tourism (Republic of Kazakhstan), Kyrgyz National Agrarian University named after K.I. Scriabin (Republic of Kyrgyzstan), Belarusian State University of Physical Culture and Sports (Republic of Belarus), Republican Scientific and Practical Sports Center (Republic of Belarus).

Organizing committee

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As a result of the conference, the collections of scientific papers will be published:

- 1) In the database of the RSCI with index ISBN assigned (publishing is free)**
- 2) In the base Scopus/WoS (A publication fee 25 000 rubles)**

CONFERENCE HOLDING FORMS

Live and distance-based. Online-conference will be translated from Voronezh State Academy of Sports, Voronezh, Karl Marx st., 59

FORMS OF PARTICIPATION

- Report (oral or in online format)
- Publication in the collection of materials
- Participation without a report

Working languages: Russian, English.

Invitations to enter will be sent to the e-mail addresses specified in the registration form.

The conference starts at 10.00 Moscow time.

IMPORTANT DATES

19 February 2024 - beginning of the deadline for acceptance of the materials for the publication;

31 March 2024 - the deadline for acceptance of the materials for the publication;

07-12 April 2024 – decision on the inclusion in the programme of the conference;

18-19 April 2024 – work of the conference.

REQUIREMENTS FOR PARTICIPATION

To take part in the conference, the **Article** and **application** form in separate files should be sent to mbd_konf_2022@mail.ru. The Article and application form should be named after the name of the first author (Ivanov_Moscow). More details in Appendices 1, 2.:

- In the subject line indicate: "Article [Author's name]".
- The collection of the conference with publishing in the RSCI will be sent out in electronic form
- Published work must be carefully edited and contain original material. Articles are published in the author's edition.
- All articles are checked for plagiarism (the originality of the text is not less than 70%).

REQUIREMENTS TO ARTICLES FOR INDEXING IN DATABASES SCOPUS/WEB OF SCIENCE

- Maximal amount of authors for one article – not more than five
- Each participant can submit a maximum of two articles.
- The volume of the article: from 12 000 characters (including bibliography).
- Accepted for consideration manuscripts of articles that are written in English, as well as in Russian
- Article format: solely doc and docx.
- Presented text of the manuscript should strictly comply with the Conference issue and reflect the results of theoretical and experimental research.
- Graphic images should be translated into English (if the manuscript is presented in English) or be presented in an editable format (if the manuscript is presented in Russian).
- The article must have the following sections: "Introduction", "Methodology", "Results", "Discussion", "Conclusions", "Bibliography". Information considering financial support is indicated in the section "Credits" or "Conclusions".
- If original statistical data were used in the research, then the authors must provide replication data (questionnaires, research protocols, collected and raw statistical data in any form), which will be published along with the article.
- The in-text references to the literature and the list of references itself should be formatted according to APA standard. It is recommended to use high-quality foreign scientific literature published in reliable scientific journals (indexed in the databases "Scopus", "Web of Science"). The list of sources should contain no more than 10% of the sources, the author/co-author of which is the author of the submitted article.
- A sample of an article in Appendix 3.

ORIGINALITY AND PLAGIARISM

Articles should be completely original works that have not been published anywhere before. When using the work of others, it should be appropriately cited. The originality of the text should be at least 80%. The Organizing Committee reserves the right to refuse publication of the manuscript at any stage if the fact of plagiarism or re-publication of the already accepted text of the manuscript of a scientific article in other scientific publications is discovered. In this case, the paid registration fee will not be refunded.

Publication in the collection of materials of the conference is paid and amounts to **25,000 rubbles** if the manuscript of the scientific article is presented in English, which does not require professional proofreading. Additional services are also provided: translation of the text of the manuscript of a scientific article into English: **850 rubbles / 1800 characters with spaces** (translation into English is carried out by professional translators).

Materials for publication in the Scopus index collection are accepted by e-mail welcome@nicstatus.com

ARTICLES ARE ACCEPTED 31 MARCH 04, 2024

Participation in the conference and provision of the required information, in accordance with the requirements of Article 9 of the Federal Law dated July 27, 2006 'On Personal Data' No. 152-FZ, means consent to the processing of personal data (information), including: last name, first name, patronymic, information about the place of work (name of the educational institution), position, information about the academic degree, contact phone (work, mobile).

Contact details of the Organising Committee:

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E-mail: mbd_konf_2022@mail.ru

Contact person: Popova Irina Evgenievna, tel.: 8-950-755-10-72

Requirements for Articles for publishing in RSCI

1. Volume - from 3 to 6 pages;
2. Format - A4;
3. Line spacing - single;
4. Times New Roman, main text - size 14, tables, figure captions - size 12;
5. Right, left, top margins - 2.5 cm, bottom margin - 3 cm;
6. Paragraph indent in the text - 0.8 cm;
7. References to sources in the text in square brackets: [2, 5...].
8. Literature in alphabetical order in accordance with GOST 2018.

Application

for participation in the XIII International Scientific and Practical Conference
*Medico-Biological and Pedagogical Foundations of Adaptation, Sports Activities and
a Healthy Lifestyle*

1. Name of the author/co-authors (in full)
2. Scientific topic of the article
3. Title of the article
4. Form of participation (publication of an article, oral presentation)
5. Place of work
6. Position
7. Academic degree, title
8. Contact phone
9. **Email (required)**

Sample:

UDC

CAPITAL LETTERS BOLD WITHOUT DOT AT THE END

O.O. Orlov

Full name of the institution without abbreviation

I.I. Ivanova

Voronezh State Institute of Physical Culture

Keywords: no more than 5-7 words or phrases.

Abstract: no more than 500 characters with spaces

Text...

Table 1

| | | |
|--------------|-------|-------|
| <i>Title</i> | | |
| ***** | ***** | ***** |
| | | |

Text, Text



Fig.1. Title

.....

Literature

1.
2.
- 3.

A SAMPLE OF AN ARTICLE:

Web of Conferences – 170 x 250 mm paper size, one column format*Isaline V. Boulven*¹, *Isabelle B. Houlbert*², and *Agnès G. Henri*¹¹EDP Sciences, Editorial Department, 91944 Les Ulis Cedex A, France²EDP Sciences, Production Department, 91944 Les Ulis Cedex A, France

Abstract. You should leave 8 mm of space above the abstract and 10 mm after the abstract. The heading Abstract should be typed in bold 9-point Arial. The body of the abstract should be typed in normal 9-point Times in a single paragraph, immediately following the heading. The text should be set to 1 line spacing. The abstract should be centred across the page, indented 17 mm from the left and right page margins and justified. It should not normally exceed 200 words.

Keywords. 3-6 keywords

1 Page layout

Use 170 x 250 mm paper size (W x H mm) and adjust the margins to those shown in the Table 1. The final printed area will be 130 x 210 mm. Do not add any page numbers.

Table 1. Setting Word's margins.

| Margin | mm |
|--------|----|
| Top | 24 |
| Bottom | 16 |
| Left | 20 |
| Right | 20 |

1.1 Formatting the title, authors and affiliations

1.1.1 *Formatting the title*

The title is set in bold 16-point Arial, justified. The first letter of the title should be capitalised with the rest in lower case. You should leave 22 mm of space above the title and 6 mm after the title.

1.1.2 *Formatting author names and author affiliations*

The style for the names is First Names, typed in italic 10-point Times, then Last Name, typed in 10-point Times, with a comma after all except the last author, which is separated by comma + “and”. Do not use academic titles.

Affiliations of authors should be typed in 9-point Times. They should be preceded by a numerical superscript corresponding to the same superscript after the name of the author concerned. Please ensure that affiliations are as full and complete as possible and include the country.

1.2 Formatting the text

The text of your paper should be formatted as follows:

- 10-point Times, Times Roman or Times New Roman.
- The text should be set to single line spacing.
- Paragraphs should be justified.

¹ Corresponding author: author@email.org

- The first paragraph after a section or subsection should not be indented; subsequent paragraphs should be indented by 5 mm.

The use of sections to divide the text of the paper is optional and left as a decision for the author. Where the author wishes to divide the paper into sections the formatting shown in Table 2 should be used.

Table 2. Formatting sections, subsections and subsubsections.

| | Font | Spacing | numbering |
|-------------------|---------------------------------|------------------------|---------------------------|
| Section | 12-point Arial bold | 6 mm before 3 mm after | 1, 2, 3, etc. |
| subsection | 10-point Arial bold | 6 mm before 3 mm after | 1.1, 1.2, 1.3, etc. |
| subsubsecti on | 10-point <i>Arial Italic</i> | 6 mm before 3 mm after | 1.1.1, 1.1.2, 1.1.3, etc. |

2 Figures and tables

Figures and tables, as originals of good quality and well contrasted, are to be in their final form, ready for reproduction, pasted in the appropriate place in the text. Try to ensure that the size of the text in your figures is approximately the same size as the main text (10 point). Try to ensure that lines are no thinner than 0.25 point.

2.1 Captions/numbering

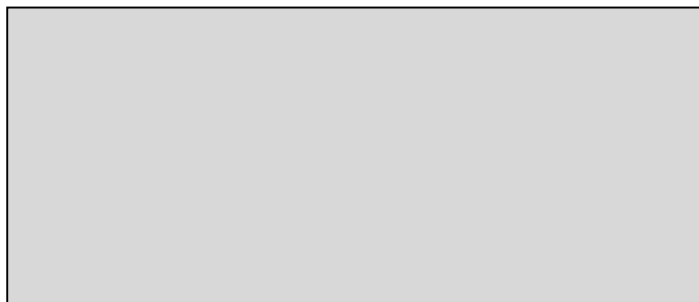
Captions should be typed in 9-point Times. They should be centred above the tables and flush left beneath the figures.

2.2 Positioning

Place the figure as close as possible after the point where it is first referenced in the text. If there is a large number of figures and tables, it might be necessary to place some before their text citation.

Fig. 1. Caption of the Figure 1. Below the figure.

2.3 Colour illustrations



You are free to use colour illustrations for the online version of the proceedings, but any print version will be printed in black and white unless special arrangements have been made with the conference organiser. Please check whether or not this is the case. If the print version will be black and white only, you should check your figure captions carefully and remove any reference to colour in the illustration and text. In addition, some colour figures will degrade or suffer loss of information when converted to black and white, and this should be considered when preparing them.

3 Equations and mathematics

Equations should be centred and should be numbered with the number on the right-hand side.

$$T_s(l,t) = T_g(l,t) \tag{1}$$

$$T_s(l,t) = T_g(l,t) T_b(x \rightarrow -\beta, t) = 0 \tag{2}$$

Use italics for variables (*u*) and bold (**u**) for vectors. The order for brackets should be $\{[()]\}$, except where brackets have special significance.

The acknowledgements should be typed in 9-point Times, without title.

References

Online references will be linked to their original source, only if possible. To enable this linking extra care should be taken when preparing reference lists.

References should be cited in the text by placing sequential numbers in brackets (for example, [1], [2, 5, 7], [8-10]). They should be numbered in the order in which they are cited. A complete reference should provide enough information to locate the article. References to printed journal articles should typically contain:

- The authors, in the form: initials of the first names followed by last name (only the first letter capitalized with full stops after the initials),
- The journal title (abbreviated),
- The volume number (bold type),
- The article number or the page numbers,
- The year of publication (in brackets).

Authors should use the forms shown in Table 3 in the final reference list.

Table 3. Font styles for a reference.

| Element | Style |
|-------------------------------|--|
| Authors | Reference Body (Initials followed by last name) |
| Journal title | Reference Body (Abbreviated) |
| Book title, Proceedings title | Reference Body – Book/Proceedings title |
| Volume number | Reference Volume Bold |
| Page number | Reference Body |
| Year | Reference Body (In brackets) |

Here are some examples:

1. A. Mecke, I. Lee, J.R. Baker jr., M.M. Banaszak Holl, B.G. Orr, Eur. Phys. J. E **14**, 7 (2004)
2. M. Ben Rabha, M.F. Boujmil, M. Saadoun, B. Bessaïs, Eur. Phys. J. Appl. Phys. (to be published)
3. F. De Lillo, F. Cecconi, G. Lacorata, A. Vulpiani, EPL, **84** (2008)
4. L. T. De Luca, Propulsion physics (EDP Sciences, Les Ulis, 2009)
5. G. Plancque, D. You, E. Blanchard, V. Mertens, C. Lamouroux, *Role of chemistry in the phenomena occurring in nuclear power plants circuits*, in Proceedings of the International Congress on Advances in Nuclear power Plants, ICAPP, 2-5 May 2011, Nice, France (2011)