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F

on

Editorial

Submissions

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➤ [Current Issue](#)

➤ [Back Issue](#)

➤ [Most recent articles](#)

➤ [Index](#)

➤ [Advanced search](#)

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[article](#)



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[item](#)



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- ◊ [By Issue](#)
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The neurofeedback successfulness of sportsmen

Larisa Cherapkina

Abstract

The research is devoted to studying of interconnection between successfulness of train to skill of regulation cerebrum bioelectric activity in alpha-band and to revealing of factors (sex, sport skill, general kinematic characteristic of executed motions) providing the distinctive changes of EEG. In first part of the work it's showed that cerebrum bioelectric activity gender differences is decreasing and reaction on eyes closing is getting more stereotyped if skill of sportsmen (n=321) is growing. The sportsmen who practice acyclic substandard-variable types of sport have the least

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number of gender differences (by indexes of absolute and relative power in theta-, alpha- and beta-bands), and the greatest – sportsmen who practice cyclic types of sport. Less amounted reaction on the eyes closing is typical feature of sportswomen' s cerebrum bioelectric activity regardless of sport skill and characteristic of executed motions. In second part of the work it is revealed that neurofeedback successfulness of sportsmen (n=217) is being defined by totality of three factors ($F=2.805$; $P=0.027$).

Key words: SEX; SPORT SKILL; GENERAL KINEMATIC CHARACTERISTIC OF EXECUTED MOTIONS.

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