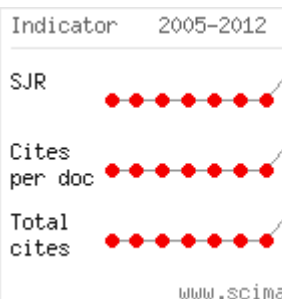


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Neurofeedback course applying of high skilled gymnasts in competitive period

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Abstract

Carried out researches with 28 high skilled gymnasts (15 – main group, 13 – control group) allowed to define the neurofeedback influence on functional condition of the sportswomen in competitive period. Neurofeedback course promotes improvement of rapidity of complex coordinating movements' memorization, vestibular stability and self-estimation of functional condition. Also it conducts to alpha-rhythm power increasing at left hemisphere. Neurofeedback course efficiency

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is defined by index of change of course average alpha-rhythm power with 100% prognostic accuracy. Attention switching, attention stability and self-estimation of sleep and memory are predictors of neurofeedback course successfulness.



Key words: EFFICIENCY; SUCCESSFULNESS; CEREBRUM BIOELECTRIC ACTIVITY; PREDICTORS.

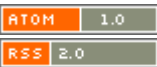
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