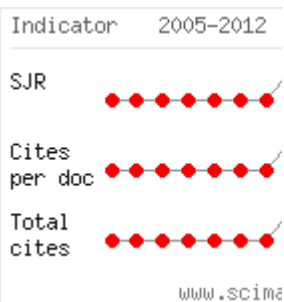


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Laws of neurofeedback influence on condition of highly skilled gymnasts-women

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Abstract

Carried out research showed that changes of complex-coordinated activity, self-estimation of functional condition and cardiointervalographic indexes of the highly skilled gymnasts-women after neurofeedback course depended on dynamics of cerebrum theta-, alpha-rhythm during the neurofeedback sessions and successfulness of the alpha-rhythm increasing technical skill mastery generally. The neurofeedback which was begun in follicular phase of ovarian-menstrual cycle (OMC)

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led to the most pronounced positive changes of functional condition self-estimation. This method conducted complex-coordinated activity improvement and vegetative parameters stabilization of sportswomen in ovulatory phase. The least neurofeedback efficiency was in luteal phase.

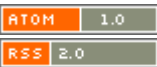
Key words: OVARIAN-MENSTRUAL CYCLE; FUNCTIONAL CONDITION.

doi: 10.4100/jhse.2012.7.Proc1.22

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