

Tsos Anatolii

Publicații peste hotare - 4.

Publicații indexate în SCOPUS - 4.

2024 - 1

Adaptive changes in bodybuilders in conditions of different energy supply modes and intensity of training load regimes using machine and free weight exercises

Chernozub Andrei¹, Manolachi Veaceslav^{2,3}, Tsos Anatolii¹, Potop Vladimir^{3,4}, Korobeynikov Georgiy⁵, Manolachi Victor^{2,3}, Sherstiuk Liudmyla⁶, Zhao Jie⁵, Mihăilă Ion⁴

¹ Lesya Ukrainka Eastern European National University,

² "Dunarea de Jos" University of Galati,

³ State University of Physical Education and Sport,

⁴ University of Pitesti,

⁵ National University of Physical Education and Sport of Ukraine,

⁶ Petro Mohyla Black Sea National University

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Disponibil online 4 April, 2023. Descarcări-3. Vizualizări-325

2023 - 3

Integral method for improving precompetition training of athletes in Mixed Martial Arts

Manolachi Victor^{1,2}, Chernozub Andrei³, Tsos Anatolii³, Potop Vladimir^{2,4}, Kozina Zhanneta L.⁵, Zoriy Yaroslav B.⁶, Shtefiuk Ivan⁶

¹ "Dunarea de Jos" University of Galati,

² State University of Physical Education and Sport,

³ Lesya Ukrainka Eastern European National University,

⁴ University of Pitesti,

⁵ H.S. Skovoroda Kharkiv National Pedagogical University,

⁶ Yuriy Fedkovych National University of Chernivtsi

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Disponibil online 19 August, 2023. Descarcări-30. Vizualizări-417

Modeling the correction system of special kick training in Mixed Martial Arts during selection fights

Manolachi Victor^{1,2}, Chernozub Andrei³, Tsos Anatolii³, Syvokhop Eduard⁴, Marionda Ivan⁴, Fedorov Stanislav³, Shtefiuk Ivan⁵, Potop Vladimir^{2,6}

¹ "Dunarea de Jos" University of Galati,

² State University of Physical Education and Sport,

³ Lesya Ukrainka Eastern European National University,

⁴ Uzhhorod National University,

⁵ Yuriy Fedkovych National University of Chernivtsi,

⁶ University of Pitesti

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Developing a training strategy for teenage athletes in mixed martial arts for high-level competitions

Shtefiuk Ivan¹, Tsos Anatolii², Chernozub Andrei², Aloshyna Alla², Marionda Ivan³, Syvokhop Eduard³, Potop Vladimir^{4,5}

¹ Yuriy Fedkovych National University of Chernivtsi,

² Lesya Ukrainka Eastern European National University,

³ Uzhhorod National University,

⁴ University Politehnica of Bucharest,

⁵ State University of Physical Education and Sport

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