

# Dissertation Abstract



Advising of athletes is a major stage of medical provision of the physical culture. The athletic counseling contributes to the application of the means of physical training in the most efficient way to improve the physical development and training, as well as to achieve the high sports results.

The dissertation describes the conceptual analysis and results of dynamic investigations of counseling methods. The studies are based on the innovative research of Elite Athletic, UNC, CarrSports, GALE, ROG, AASP companies, as well as Clover (2015), France (2014), Prentice (2015), Miller (2014), O 'Connor (2014), Wong (2015). The dissertation reveals the solutions to many problems of athletic counseling such as the selection of the best means and methods of medical control of domestic violence, substance abuse, and illegal offenses. Moreover, the dissertation clarifies the most rational methods of diagnosis, treatment and prevention of injuries and psychological problems among the athletes.

The methodological basis of the study lies in the basis of the conceptual analysis of a sports counseling. A necessary component of the research is the method of formalization, simulation, induction, deduction, empirical and theoretical. The dissertation describes a theoretical analysis of the optimization of the medical survey, based on the methodological foundations of modern sports medicine. The results of the research are the systematization and analysis of the stages of athletic counseling and rational search the optimal methods for solving the problems of domestic

violence, substance abuse, illegal offenses, and disparity. The complex investigations, based on the experience of advising of athletes, revealed an effective ways and methods of diagnosing and solving the sports problems. The dissertation describes the innovative discoveries and research to improve the procedures of consultation with the aim to achieve maximum results.

According to the conducted studies, sports counseling has a leading role in the process of preparation for training and managing of the training process. Professional advice is the basis of the effectiveness of the training process, namely the monitoring of health, prevention and detection of diseases and injuries, diagnosis and control of the dynamics of training, and other aspects.

**Keywords:** sports medicine, substance abuse, illegal offenses, injuries, diagnostics