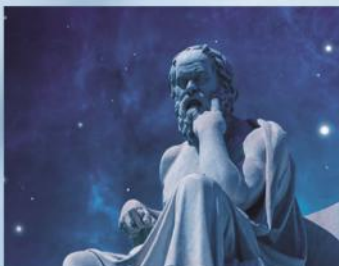




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ДЕРЖАВНИЙ ПЕДАГОГІЧНИЙ УНІВЕРСИТЕТ
ІМЕНІ ГРИГОРІЯ СКОВОРОДИ»

ГУМАНІТАРНИЙ ПРОСТІР НАУКИ: ДОСВІД І ПЕРСПЕКТИВИ

МАТЕРІАЛИ
МІЖНАРОДНОЇ НАУКОВО-ПРАКТИЧНОЇ
ІНТЕРНЕТ-КОНФЕРЕНЦІЇ



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Table tennis is one of the most complex sports, with a large number of different technical and tactical techniques. It requires the athlete of high speed, agility, endurance, sense of the ball, honed game thinking, good reaction, ability to make decisions quickly, stable nervous system and boundless perseverance and diligence. Some people do table tennis to achieve high sports results, others, and most of them, to have a good rest and health. Therefore, one should get acquainted with the results of studying the training and recreational effect from the practice of table tennis.

Key words: *table tennis, health, sports results, health effect, physical qualities, health physical culture.*

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