



# The scientific focus of adaptive physical culture in contemporary publication content

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## Abstract

**Objective of the study** is to identify the main areas of scientific research on adaptive physical culture (APC) in the context of publications in the journal *Teoriya i Praktika Fizicheskoy Kultury* (2020-2024) and to outline the scientific and practical prospects for the development of the industry.

**Methods and structure of the study.** Review and systematisation of publications addressing APC issues based on selected categories and analysis criteria, processing of the data obtained using mathematical and descriptive statistics.

**Results and conclusions.** A total of 232 articles on APC were identified, authored by 572 scientists (60.6% women, 24% doctors of science, 53.7% candidates of science). Researchers from Saint Petersburg, Moscow, Kazan, and Perm are the most active. Adaptive physical education (APE) (93 articles) dominates, especially for students with health disabilities (43 articles) and children with disabilities in special education (34 articles). Also significant are the issues of adaptive sports (65) and physical rehabilitation (45). Little attention is paid to creative and extreme practices (1) and adaptive motor recreation (2). Research on inclusion and the GTO physical fitness test for people with disabilities is relevant. Research on people with musculoskeletal disorders (44 articles) and somatic and intellectual disabilities (25 articles each) predominates. The results of pedagogical experiments are presented in 77.2% of the works. The most cited articles are on the professional training of specialists in adaptive physical culture and adaptive physical education in special medical groups. Over the past 5 years, 2 doctors and 16 candidates of pedagogical sciences in the field of physical culture have appeared. Recommendations have been made to update the editorial policy regarding physical culture and adaptive sports.

**Keywords:** *publication content, adaptive physical culture (APC), adaptive physical education (APE), scientific development.*

**Introduction.** At the turn of its 30-year development stage, the field of adaptive physical culture, steadily expanding the boundaries of its scientific and empirical field, has accumulated a substantial experimental and methodological background, the summarisation and interpretation of which allows not only to identify current achievements and problem areas, but also to form a methodological basis and a cohort of specialised researchers. In this regard, the main publication platform for disseminating scientific knowledge and best practices, supporting professional dialogue, and drawing attention to priority areas of research in the field of adaptive

physical culture is the journal *Teoriya i Praktika Fizicheskoy Kultury*.

**Objective of the study** is to identify the main areas of scientific research on adaptive physical culture (APC) in the context of publications in the journal *Teoriya i Praktika Fizicheskoy Kultury* (2020-2024) and to outline the scientific and practical prospects for the development of the industry.

**Methods and structure of the study.** To conduct an analytical review and systematisation of publications for 2020-2024 that address APC issues, categories and criteria for analysing publications in this area have been defined (Table 1).



Table 1. Categories and criteria for analysing publications in the field of 'APC' for 2020-2024.

GENERAL STATISTICS	RESEARCH TOPICS			Demand
	In the field of APC	By target nosological groups	By age group	
<ul style="list-style-type: none"> <li>■ <b>Total</b> publications for APC /<b>ratio</b> to total number of articles</li> <li>■ <b>Number</b> of publications on APC <b>by year (what is the trend)</b></li> <li>■ <b>Full-length articles/</b> from editor's papercase</li> </ul>	<b>Types of APC</b> <ul style="list-style-type: none"> <li>■ APE</li> <li>■ Adaptive sports</li> <li>■ Physical rehabilitation/habilitation</li> <li>■ Adaptive motor recreation</li> <li>■ Creative/ extreme types</li> </ul> <b>Current/promising areas (fields)</b> <ul style="list-style-type: none"> <li>■ VFSK GTO for persons with disabilities/ special needs</li> <li>■ Inclusion</li> <li>■ Regulatory support for APC</li> <li>■ Training personnel in APC</li> </ul>	<b>LHC</b> <ul style="list-style-type: none"> <li>■ Hearing disorders</li> <li>■ Visual disorders</li> <li>■ Musculoskeletal disorders</li> <li>■ Intellectual disorders</li> <li>■ Autism spectrum disorders</li> <li>■ Speech disorders</li> <li>■ Mental retardation</li> </ul> <b>Somatic forms and functional disorders</b>	<ul style="list-style-type: none"> <li>■ Preschoolers</li> <li>■ Schoolchildren</li> <li>■ Students</li> <li>■ Adult working population</li> <li>■ Elderly</li> </ul> <b>(contingent wording according to publication content)</b>	<b>Citation</b> <ul style="list-style-type: none"> <li>■ Citation of publications according to RSCI</li> <li>■ 0</li> <li>■ 1-5</li> <li>■ 6 and above</li> <li>■ Most cited publications</li> </ul>
AUTHOR TEAM				
<b>Total authors</b> Male/female ratio No academic degree/candidate/doctor  <b>Top 3 authors by number of publications on APC, geography of publications</b>				

Mathematical and descriptive statistical methods were used for further processing of the obtained data. A study of the content of 60 issues of the journal (2020-2024) revealed that articles on APC were published not only in a specialised section (adaptive physical culture), but also in 11 other sections, which indicates the interdisciplinary nature of the research and the integrative nature of this field.

Results of the study and discussion. A total of 232 relevant articles were identified (7.7% of the total number of publications). Figure 1 shows the numerical distribution of publications by year, their share in the total number, and the ratio of full-length articles to those from editor's papercase.

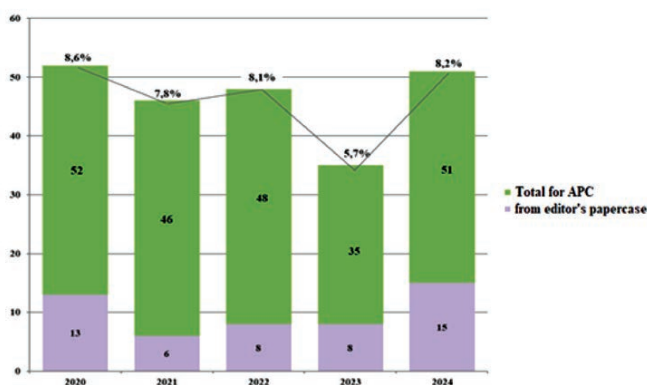


Figure 1. Distribution (share) of publications by year

The annual balance of articles is roughly the same over the 5-year period under review. We attribute the decline in publication interest in 2023 to the reboot of scientific speciality 13.00.04 and the establishment of a separate scientific field, 5.8.6 – Health and Adaptive Physical Culture.

The authorship of the researchers is represented by 572 scientists (347 women and 225 men). An assessment of the authors' scientific competence showed that 137 (24%) have a doctoral degree and 307 (53.7%) have a candidate of science degree. Authors who do not have a degree or academic title (128, 22.3%) are, in our opinion, promising scientists conducting research in the field of APC.

An analysis of publication activity allowed us to identify the top three authors in terms of the number of articles published on the subject of AFC over five years (A.S. Makhov – 25 articles, L.A. Parfenova – 14, A.A. Baryayev – 12). The group with sustained research interest (5-7 articles over 5 years) consists of 34 people (12.5%), who systematically present the results of their scientific activities. The geography of research is quite broad, with Saint Petersburg, Moscow, Kazan, and Perm being the most active.

The most interesting aspect in terms of the theoretical and methodological state and scientific and practical development of the APC industry is



the analysis of the content of published materials, which we conducted in terms of research topics in three categories (Table 1).

According to current thinking, there are 6 main types of adaptive physical education, the most common of which is adaptive physical education, which has confirmed this status based on the results (93 articles) of the authors' research. At the same time, 43 works in this field are devoted to students in special medical groups (SMG), with only a few publications on SMG schoolchildren, which clearly requires greater attention to the problems of physical education for children with somatic diseases. At the same time, it should be noted that a significant part of the articles on APE (34) are devoted to the organisation and content of physical activity for children with LHC in special (school and home) education settings, which indicates a certain interest among researchers in developing innovative adapted methods.

Second place in the scientific space of the APC is occupied by issues of adaptive sports (65 publications), which, together with the primacy of the APE and third place for physical rehabilitation (45 articles), logically corresponds to the target guidelines of Strategy-2030 for the development of mass sports, sports rehabilitation and the involvement of people with disabilities and special needs in regular activities. It has been established that scientists pay undeservedly little attention to creative and extreme practices (1 article) and adaptive motor recreation (2 articles), where new methodological approaches have emerged [4]. However, there are clearly relevant research topics (28 articles) that require scientific justification (inclusion, GTO physical fit-

ness testing for people with disabilities and special needs) and improvement (staff training, regulatory support for APC and AS).

An analysis of research topics by target nosological groups showed a tendency to expand their range (Figure 2) and deepen the understanding of the specifics of applying various forms and methods of APC for different diseases and conditions [2].

During the period under review, researchers showed the greatest interest in individuals with musculoskeletal disorders (44 articles). Somatic and intellectual disorders ranked second (25 publications each). At the same time, there are 53 articles in which the target audience is designated in general terms without specifying the diagnosis (LHC-28, SMG-25), which is not entirely correct and hinders the further replication and implementation of the authors' methods and technologies. In this regard, authors should pay attention to the specification of health deviations in the materials presented and the demand for research on poorly studied nosological categories.

A significant number of works (179 articles, 77.2% of the total) present the results of pedagogical experiments. Age identification of the participants in the experimental interventions showed a predominance of students (65 articles) and school-age children (44). The small number of works (12) involving children aged 3-7 indicates a scientific and practical contradiction with the conceptual principles of APC, which dictate an early start to corrective and developmental interventions. Only 12 publications (7 and 5, respectively) are devoted to the justification of rehabilitation and health-improving means and methods at later stages of ontogenesis (the working-age population and the elderly), which is not entirely consistent with the state's target requirements for increasing life expectancy and improving quality of life. In 42 publications, there is no indication of age at all.

An analysis of the popularity of publications based on the number of citations showed the diversity of current scientific research in the field of APC. Five articles on popular topics have more than 20 citations (as of 01.08.2025): professional training of APC specialists has been cited 29 times, articles on APC in SMG 27 times, and APC for children with special educational needs (intellectual disabilities) – 23 and 22 times [3, 5, 6, 7]. The attractiveness of research in the field of adaptive sports for people

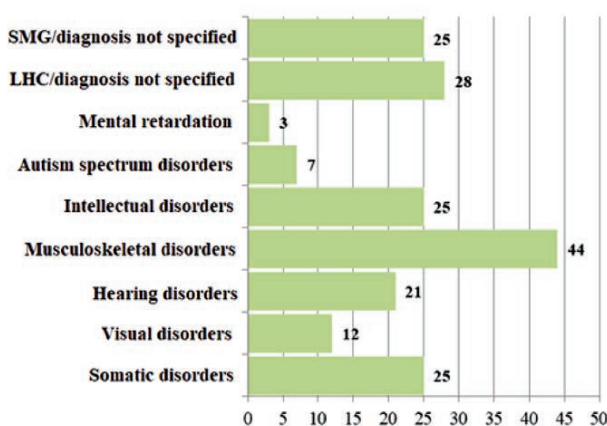


Figure 2. Distribution of publications by target nosological groups



with musculoskeletal disorders is confirmed not only by the number of articles, but also by the high level of citations (27 times), which is natural in the current conditions of the need for social and physical rehabilitation of veterans of the Armed Forces [1]. 11 articles have 10-20 citations, 14 articles have 6-9 citations, and 133 publications have 1-5 citations. 69 articles have zero citations, which, in our opinion, speaks more to the uniqueness of the methods presented in them.

A serious indicator of the journal's scientific prestige is the improvement in the scientific qualifications of its authors. Over the 5 years analysed, the cohort of researchers in the field of APC and adaptive sports has been joined by two Doctors of Pedagogical Sciences (A.A. Baryayev, 2021, N.I. Fedorova, 2021) and 16 Candidates of Pedagogical Sciences.

**Conclusions.** The study allows us to conclude that the APC industry is developing dynamically, expanding its scope of application, and accumulating and deepening scientific and empirical knowledge.

Among the promising and relevant vectors, it is necessary to highlight such pressing issues as interdepartmental coordination and interaction, clarification of terminology, development of new methodological approaches, and training of professional personnel. The digital transformation of the APC sphere deserves close attention.

The following recommendations can be made to improve editorial policy in this area: include a separate section on 'Physical Rehabilitation/Habilitation' and an information module with presentations of relevant scientific conferences; strengthen the information exchange between TiPFK and other relevant journals; systematically compile analytical statistics with recommendations for authors.

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