VOLGA REGION STATE ACADEMY OF PHYSICAL CULTURE, SPORTS AND TOURISM

«MY IDOL PARALYMPIC CHAMPION NADEZHDA PYSHPASHEVA»

Performed by: Trunova N.I., Trunova J.I.

Verified: Trunova T.A., Martiusheva M.A.

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PLAN

- My idol
- Biography
- Coming into the sport
- Sporting achievement
- Modernity

MY IDOL

- My idol is a multiple winner and prize-winner of international ranking tournaments
- European champion 2009, 2015
- World champion 2010
- Participant of the Beijing 2008 Paraly
- mpics (5th place), London 2012 (4th place)

BIOGRAPHY

Nadezhda Viktorovna was born on December 29, 1956 in Votkinsk, Udmurt Republic. Nadezhda Viktorovna was a hyperactive child, at the age of 3 she was put on skis, she fell in love with physical culture

When Nadezhda was 12, she fell unsuccessfully at the city skating rink, initially she did not pay attention to back pain, and at the age of 20 her legs failed

COMING INTO THE SPORT

Started with athletics, the first coach Kuznetsov Valentin Georgievich, who instilled faith in her kind word, in 92 she became the champion of Russia in athletics for persons with a defeat of the musculoskeletal apparatus

it became difficult Kuznetsov advised swimming or table tennis, she began to address them in parallel, in ' 93, she became the champion of Russia in swimming in 96, the championship of Russia in table tennis and swimming were held in parallel and she chose tennis

MODERNITY

Also Nadezhda Viktorovna is the organizer of the children's Championships of the Udmurt Republic among children with ovz Now she goes to the world Cup in Slovenia which will be held from 15 to 21 October

WISHES FOR STUDENTS

Wishes for students The most important thing is patience to their students, to understand the child, to pay attention to the individual characteristics of the character

УДМУРТИЯ
СЕГОДНЯ

THE END
THANK YOU FOR LISTENING