Preface

Dear colleagues,

We are happy to present you the proceedings of the 2nd International conference “SPORT AND HEALTHY LIFESTYLE CULTURE IN THE XXI CENTURY” (SPORT LIFE XXI).

For the second time, we brought together researchers, students and doctoral students, athletes, teachers, coaches to discuss current issues of sports and healthy lifestyles.

The key speakers at our conference were:

- Svetlana Eliseeva, Associate Professor at the Graduate School of Biotechnology and Food Production, Peter the Great St. Petersburg Polytechnic University
- Darya Mikhaylova, Associate Professor at the Theory and Methods of Physical Culture's Department and at the Law and Civil Security's Department, National State University of Physical Culture, Sport and Health named after P. F. Lesgaft
- Banayan Alexandra, Head of the laboratory of psychology and psychophysiology of sports, Specialist in National para-athletics Sports team, Vice-President at the Association of Sports Psychologists of Russia and CIS Countries, Saint-Petersburg scientific-research institute for physical culture
- Kalpana Sharma, Professor, Director of the National Center for Sports Coaching, NSNIS, India
- Elizaveta A. Vatskel, Associate professor at the Chair of Pedagogy and Psychology, Postgraduate Faculty, Pavlov First Saint-Petersburg State Medical University.

Within the framework of the SPORT LIFE XXI conference, 8 main sections were held: from biotechnologies and medical problems to physical culture and pedagogical aspects of a healthy lifestyle. Each participant had 20 minutes for a presentation and a short discussion.

We have selected the best articles that are presented in the proceedings. Enjoy reading!

All the best,
The SPORT LIFE XXI organizing committee.