

“Sport Intelligence”. Pain and Sports. Multi-Intelligences (MI) Approach.

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Introduction

"Sport in 21st century is important part of a global realm and requires a wide range of Multi – Intelligences (MI). Which includes sensory motor and social cognition skills: integrating physical talent with spatial visualisation, motivation and perseverance; innovative reasoning; abstract and practical problem-solving; and the ability to assess and anticipate the behaviour of another person. Skills related to intellectual function – both the ability to delay gratification and to react instantly are essential to championship performance. Team play, without which individual talents may never yield championships, involves yet another set of complex skills involving social communication (verbal and non-verbal); the ability to subordinate personal needs to group goals; frustration tolerance; and the ability to inhibit prized skills while deliberately learning other, previously ignored or devalued, skills. As well use of Constructive Emotional, Spiritual and Artificial Intelligences. I am convinced that by close study of international participants in individual and team sports we can contribute mightily to a much more sophisticated understanding of Multi- Intelligences activities and capability.

“From verbal acumen of the ability to think rationally...reason...and adapt competently to the environment”, David Wechsler’s words.

Or I would say, “What (ether) you can *think* – you can *achieve-express* ”.

Does Intelligences (Sport Intelligence) help athletes or to any one wishes to stay in the better shape “mind-body-spirit” or to manage injuries or recover faster?

Indeed, until recently it was believed that one who actively develops himself physically loses in the intellect. Large, physically strong people caused a certain latent mistrust in terms of sharpness of mind in the average person. And science, apparently, was close to a similar point of view. But what about the fact that the genius Pythagoras was a powerful athlete, and the giants Mayakovsky and Gorky - great thinkers? People whose work was somehow connected with mental activity were often fenced off from the sport, for example, instrumental musicians were afraid of it. And not only out of fear of injury to hands, it was believed that the sport in any case acts badly on the hands. But it turned out once that the great American violinist Isaac Stern regularly practices barbell and precisely in order to better own the instrument. Based on this example, let's say something else. The skill of the musician, they say, is concentrated in the hands. Everyone, however, understands that this is only a figurative expression, in fact it is contained in his head. Sometimes musicians complain that they lack equipment, referring to the hands that are not sufficiently graceful by nature. But we can say with confidence: if these hands are replaced, for example, by Stern’s hands, then very soon he will play with them no worse than his own, for Stern’s advantage over other musicians is in his head.

All of this can almost be attributed to the athlete. At the heart of success is the same principle - the head plays a major role in its achievements. It is clear that in this case physical strength is more important, and in some forms - in the same weight lifting - the main one. An example

is the story of Valery Brumel. Once in a catastrophe, this remarkable athlete was injured, which led him to complete sports disrepair, he even moved with difficulty. Valery spent several years in hospitals, underwent many operations. And some time later, the athlete had already overcome the bar at a height of 208 cm. Of course, it was heroism, a manifestation of unheard-of will. We will not detract from Valery's achievement, but let's say all the same: after the catastrophe, the legs became unusable, but a very important thing remained - knowledge of the jump technique, technology of flying in the air, the sequence of its stages, and the feeling of muscle control.

We can say that the second time Brumel did not start from scratch - he started at least from the middle.

Someone will object: all of this refers to the parts of the brain that are responsible for human motor activity, and we should talk about Intelligences here, since we want to show the capabilities of a scientist in the sports field. But, as you know, motor talent has a very positive effect on the work of the brain as a whole, including mental abilities. There is even some kind of hypothetical opinion that well-developed fingertips (the development of fine motor skills) increase the ability for logical thinking. No wonder Sherlock Holmes in the book Conan Doyle played the violin. In addition, the example of Brumel can be seen in another. The extraordinary success of this outstanding athlete is largely due to the method of training. We are talking about such exercises that are only suitable at the moment, in this situation, for this athlete. A trainer will not help here, a sportsman's own intelligences is needed here. And the better they are, the higher the achievements. This conversation concerns not the motor properties of the psyche, but the most conscious, intellectual ones.

In a word, the opinion that a football player needs a head only to take balls on it is absurd. By the way, with regard to football, we recall that this sport, as well as other games, except for mastery of the ball, requires strategy and tactics from the player.

It can be concluded: sport requires a complex of various abilities from a person and in my opinion all intelligences are needed. I would emphasise

Five main intelligences

- Sports
- Visual-Spatial
- Naturalistic
- Artificial Intelligence
- Spiritual Intelligences most needed for the tasks

Biography

MS Olessia Gorkovenko, M. Ed (Psych), specialising in Multiple Intelligence (primary in SQ, EQ), Nutrition, Sports Training and Psychology, Various Psychology approaches, Sports Teaching, Coaching, and Education Specialist, based in Johannesburg, South Africa.

She has been coaching various sports in the Lycée Jules Verne school in Johannesburg in the period between 2008 to 2015. She runs a center "Pilatelicious" in Johannesburg. She has written a book "Spiritually Evolved", published papers in reputed journals and has been serving as an editorial board member of Journal (ispcptrcp.org/about.html). She has a passion for running and moderating conferences, teaching, and coaching. She is researching and

writing on Multiple Intelligences, principally on Spiritual and Emotional Intelligences. She is extremely meticulous in achieving the best results. She will work with her students and clients, then ensure that no mistakes are made and clients and students are staying motivated. She will carefully check with assessments and strategies, training routines, nutrition plans, and therapeutic advice. If she has a suggestion to make, she won't hesitate to do so if it's in her client's benefit and will help them to achieve better results. That's her main goal and purpose, to help clients become better and achieve better results. She operates on the fundamentals of positive psychology approaches that focus on performance improvements as a result of holistic development. Olessia is a firm believer of best practices.

She is always willing to share knowledge and collaboration between stakeholders in order to reach a common goal.

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