



**Харківський національний медичний університет**

**Кафедра фізичного виховання та здоров'я**

**III Науково-практична заочна конференція  
з міжнародною участю  
«Фізична активність і якість життя  
ЛЮДИНИ»**

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## **«Фізична активність і якість життя ЛЮДИНИ»**

**Матеріали III Науково-практичної заочної конференції з  
міжнародною участю  
(06 травня 2022 року, Харків)**

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## **HOBBY HORISING**

Higher education seeker course 2, group 7 faculty 1

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**The purpose of the study:** to study a new sport, to learn its history, to analyze how this sport is spreading in society and world sports.

**Materials:** the study used articles from official sources, scientific literature and excerpts from sports magazines.

**Methods:** after conducting an analytical review of the literature and scientific articles describing the history of the origin and development of this sport, I identified the following data on this topic.

**Results of the research:** What is a sport: hobby horising is an imitation of the movements of a rider and a horse, but not just movements. They must be beautiful, clear, repeat the scheme of a real arena ride, and the competition takes into account the speed. That is, almost everything is real - except for the horse. He is replaced by a toy horse's head on a stick.

**Background:** Hobbyhorising officially appeared in Finland in 2012 and soon became popular in Europe and the United States. The true origin of this sport is still unknown, as the community of horse lovers has secretly flourished on the Internet for a very long time. In Finland alone, it is classified as a real sport and has more than 10,000 fans. In 2016, the hobby spread to Australia and has been thriving ever since.

Hobbyhorse sportsmen's departure program: a rider enters the arena and shows elements of dressage, holding his hobbyhorse between his legs when it comes to dressage, imitating the movements of a horse and a rider at the same time. He demonstrates different moves: step, lynx, gallop, piaffe, prinimanie, postupki. The maximum number of barriers is five.

Spread around the world: Hobbying is not currently recognized as a separate sport in the world, but more and more countries are establishing competitions and Olympiads at the local level.

**Conclusions:** The reasons for the growing popularity of hobby horing are quite clear. It's budget: it's easy to make a horse on a stick - enough head and neck patterns, material, tape and ribbons for the bridle, no need to buy or rent a horse for a child who dreams of equestrian sports, spend a lot of money on its maintenance and training.

It's safe - of course, with some sports training. It is a work that unites people. This is promising because more and more hobbyists are in different cities and countries. Like-minded people not only meet and communicate with each other, but also watch videos about famous athletes and their horses, teach schemes for performances, together create their hobbyhorses and come up with names, breeds, stories.