SPORTS IN UNIVERSITY - DOUBLE CAREER

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Now the XXX Olympic Games is over. And we have repeatedly heard commentators spoke: «This athlete works as the teacher at school, and this athlete is an officer …» and so on. The question is whether is it possible to a combine an employment by an admired view of sports and study at a university?

Employment by physical culture and sports in D. Mendeleyev University were encouraged at any time, but there have never been a goal to create at the institute any similarity of an incubator for sports stars.

Sports traditions are very strong in MUCTR both in memory of students and teachers, and in hard and soft copies. And what does it mean? It means that your surname with all sports achievements remains in archives of our university. Both teachers and students in many years will thumb through pages and to recollect their apprentices and to tell about them. Our chair has always been lucky with good students-athletes.

Let's result some examples.

So, the most beautiful and womanly kind of sports accessible to many and many students, to be exact to girl-students is an health-improving aerobics (fitness aerobics). The section of rhythmic gymnastics, and then and the aerobics has appeared in MUCTR in 1989 with an arrival of Golovina Vera Anatoljevna to the University (nowadays she is the head of physical training chair). Since that time the section has been promptly growing and developing. And already in 1990 and in 1991 our girls went to Italy with a goodwill visit to experience exchange with the Italian dancing team. The former MUCTR student and

Golovina's schoolgirl Oksana Nosik now is working as the senior lecturer of physical training chair, Simultaneously she is the senior coach of MUCTR fitness aerobics.

But now we will talk about students.



Let's get acquainted with Kartashova Natalia Aleksandrovna. Natasha entered to MUCTR in 2002 on Department of natural sciences - and in 2008 finished it getting the red diploma of an engineer.

Since first days Natasha felt in love with aerobics and its trainings, competitions, performances

She wanted to act as old students of MUCTR aerobic team and in 2004 she became a member of this team.

As a member of MUCTR aerobic team Natasha Kartashova has achieved the following results:

2005 - Russian Championship of - 4 place

2006 - Russian Cup - 4 place (rank КМС is appropriated)

2007 -Moscow Cup - 1 place (степ, classics)

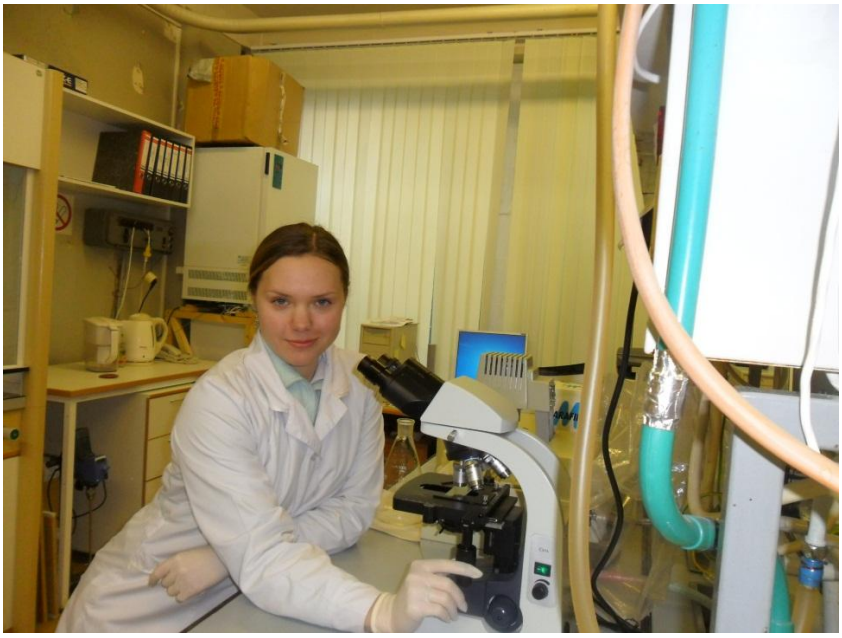
2008 - Russian Championship - 2 place (степ)

2010 - Moscow Championship - 1 place (classic)

2011 - Fitness All-Russia Games - 1 place (step)

Certainly, it is not a full list of competitions, but the most significant ones. Our girls took part in many sports actions with demonstration performances, among them The opening and closing ceremonies of Youthful games in Moscow, Moscow Days, The parades on the Red Square at the Independence Day, in various sports holidays. Every time the team got new emotions and impressions.

Still studying in MUCTR, Natasha began to work as the instructor of group programs. At first she helped to train, and then and to train students of younger courses; helped the senior coach of MUCTR team to develop programs and to fulfill them. Natasha has started to work as a specialist just after finishing MUCTR. In she worked as a technician in FGUZ branch of «The Center of hygiene and epidemiology of Moscow city» in the central administrative district (2008-2010), laboratory assistant at institute of New Carbon Materials and Technologies of Moscow State University by M. V. Lomonosova (2010), the senior researcher of R&D of "SibAgroChim" Ltd. Company in Moscow (nowadays).



You could tell she is a little girl. All of them or nearly all are diligent. And a kind of sports demands attention, patience, will-power. So we will pass from a will-power to force.

So - powerlifting.

Koshkin Alexey Gennadievich, has entered in MUCTR in 2003 at Inorganic Substances Department and finished in 2009. He has defended the diploma on a theme: «Production of CeO_2-ZrO_2 catalyst on CuO substrate by sole-gel technique». Since 2004 to 2006 he was engaged in MUCTR exercise room. After he finished the university he decided to work as an assistant at the chair of inorganic substances technology of MUCTR.

Photo shows Alexey is competing at student's competitions among universities of Moscow city.



Stepanov Andrew Aleksandrovich, has entered to MUCTR at Inorganic Substances Department in 2002 and finished in 2009. The diploma theme was: «The study of biocompatibility and adsorption properties of modified industrial coals activated by electrochemical process».

During the period from 2002 to 2006 he was engaged in MUCTR exercise room and in 2007 he executed pre-master specification on power triathlon. Since 2009 Andrew has taken a great interest in weightlifting. Now he is a researcher of Research Institute of emergency and ambulance by N. V. Sklifosovsky in the laboratory of cellular and physic- chemical medical technologies. In 2011 Andrew Stepanov defended Ph.D. thesis on a theme «Electrochemical polymerization of pyroll on carbon material surfaces for gemosorbent creation». Andrew has always being said, that sports help him in his life. Andrew is both an athlete and a scientist.



Alexey has entered in MUCTR a year later than Andrew. They met in an exercise room during qualification completions fro MUCTR team membership.

Till now they have been coming to our comfortable exercise room to "rock" in the evenings. And again from power to the beauty.



Yakushin Roman, the graduate of Natural Sciences Department, a speciality "Chemistry". Roman is keen on ball dances, “A” class.

Since the first term Roman has come on the ball dances specialization. To the moment he had already been engaged in the admired sport during a lot of years.

Starting from the six term he became teaching our students and always took part in demonstration performances and in various competitions.

Among them are The Burevestnik student's games, the professional competitions «Glory of Russia», the International tournament “Fires of Moscow”, etc. Now Roman is entering in postgraduate study in MUCTR at the chemical specialty.

Let's wish our students success in their work and future life. In the conclusion we would like to tell, that sports not only do not stir to the study process, but also help to rise on feet, discipline, train will-power, impart love to job. Sports do not stir - sports help!