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Key words: work practice, professional activity, athlete, psychological problems.

Abstract. In this work is consecrated a rather poorly researched today problem of the psychological-pedagogical sport support specialists training for the work practice, in particular – special personality specialists position for his professional activity and for the athlete, having some psychological problems in the sports process activity.

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Keywords: professional training, trainers, fitness aerobics, professional and applied skills.

Summary. In this work is present a study of professional and applied skills needed to improve, improve, and achieve the highest level of training of trainers on fitness aerobics.

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