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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.*