



НАУЧНАЯ АРТЕЛЬ

АКАДЕМИЧЕСКОЕ ИЗДАТЕЛЬСТВО

16+

ISSN (p) 2712-9489

ISSN (e) 2542-1026

№ 5/2026

**НАУЧНЫЙ ЖУРНАЛ
«COGNITIO RERUM»**

Москва
2026

СОДЕРЖАНИЕ

КУЛЬТУРОЛОГИЯ

- Гэн Цзинин, Хан Яцин, Сунь Сюань, Чжан Сяолин** 6
 ИССЛЕДОВАНИЕ ИННОВАЦИЙ В ИСПОЛНИТЕЛЬСКИХ КОМПОЗИЦИЯХ ХАОЛАЙБО И ПУТЕЙ
 МНОГОСРЕДОВОЙ ТРАНСЛЯЦИИ С ПОЗИЦИЙ МЕДИА-ОЦЕНКИ

ТЕХНИКА И ТЕХНОЛОГИЯ

- Джумабаева Дж., Союнова О., Ачылова О., Оразмырадова О.** 14
 ТЕХНОЛОГИЧЕСКИЕ ОСНОВЫ БЛОКЧЕЙНА И ИХ ВЛИЯНИЕ НА БЕЗОПАСНОСТЬ ЦИФРОВЫХ
 ТРАНЗАКЦИЙ

СЕЛЬСКОЕ ХОЗЯЙСТВО

- Muhammetseyidova O., Yakubova A., Nuryagdyeva O., Garryev A.** 18
 ADVANCED METHODOLOGIES IN THE SCIENTIFIC DEVELOPMENT OF PERFORMANCE HORSE
 BREEDING

ФИЛОСОФИЯ

- Карачунский В.А.** 21
 АПРИОРНЫЕ ФОРМЫ МЫШЛЕНИЯ

ПЕДАГОГИКА

- Babayev A., Geldiyeva Sh., Rejepova A., Esenova G.** 30
 THE PEDAGOGICAL ARCHITECTURE OF ECONOMIC SCIENCES: METHODOLOGIES FOR TRAINING
 PROFESSIONAL ECONOMISTS

- Durdyeva O., Meredova Sh., Myratberdiyeva M., Torayeva A.** 32
 THE FORTIFIED DATA REALM: STRATEGIC FRAMEWORKS AND METHODOLOGICAL FOUNDATIONS
 OF INFORMATION SECURITY

- Durdyeva O., Muhammetnazarov S., Ovegeldiyev J., Muhammetrustemova S.** 34
 THEORETICAL FOUNDATIONS AND PRACTICAL APPLICATIONS OF INFORMATION SCIENCE AND
 INFORMATICS

- Hudayberdiyev M.** 36
 PEDAGOGICAL STRATEGIES FOR TEACHING ENTREPRENEURSHIP AS A PROFESSIONAL DISCIPLINE

- La Ngoc Linh** 38
 CURRENT STATE OF EXTRA-CURRICULAR PHYSICAL EDUCATION AND SPORTS ACTIVITIES FOR K70
 STUDENTS AT HANOI UNIVERSITY OF MINING AND GEOLOGY

- La Ngoc Linh** 41
 PHYSICAL EDUCATION ACTIVITIES AT HANOI UNIVERSITY OF MINING AND GEOLOGY IN THE
 CONTEXT OF CURRENT EDUCATIONAL REFORMS

- Nguyen Thanh Binh, Le Tran Quang, Tran Duy Hoang** 44
 INTEGRATED AGILITY-PLYOMETRIC TRAINING ENHANCES PHYSICAL FITNESS AND NEUROMUSCULAR
 ADAPTATIONS IN NATIONAL-LEVEL BASKETBALL ATHLETES: A 12-WEEK RANDOMIZED CONTROLLED
 TRIAL

faculty members to keep pace with global trends in physical education and sports science.

III. Conclusion and recommendations

3.1. Conclusion

Physical Education innovation at the Hanoi University of Mining and Geology is a critical requirement in the current era of educational reform. The transition to a more flexible, student-oriented model is not only necessary to meet national standards but also to address the specific health challenges faced by Generation Z. The proposed solutions—ranging from psychological motivation to technological application—provide a comprehensive framework to enhance the quality of PE activities. Implementing these strategies will ensure that HUMG students are well-prepared with the physical endurance and mental discipline required for their future technical careers.

3.2. Recommendations

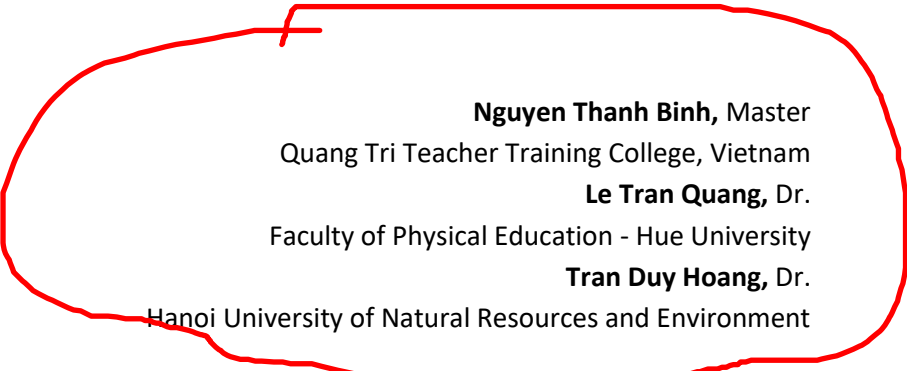
To ensure the feasibility of these innovations, the researchers propose the following to the University Board of Management:

- **Land Use Priority:** Allocate and optimize land funds for sports infrastructure development at both Campus A and Campus B.
- **Financial Support:** Increase annual budgets for sports equipment maintenance, club operations, and the organization of large-scale student tournaments.
- **Faculty Empowerment:** Create favorable conditions for lecturers to participate in advanced training programs and scientific research in the field of Sports Pedagogy.

References:

1. Ho Chi Minh (2006). Biographical Diary, Volume 3. National Political Publishing House, Hanoi (in Vietnamese).
2. Ho Chi Minh (1995). Complete Works, Volume 4. National Political Publishing House, Hanoi (in Vietnamese).
3. Ho Chi Minh (1995). Complete Works, Volume 5. National Political Publishing House, Hanoi (in Vietnamese).
4. Ministry of Education and Training (2000). Regulations on Physical Education and School Sports (4th Draft). Hanoi (in Vietnamese).
5. Bui, Q. H. (2007). Research on the physical development of students in several Northern provinces using the longitudinal observation method. Doctoral Thesis in Education, Hanoi (in Vietnamese).

© La Ngoc Linh, 2026



Nguyen Thanh Binh, Master
Quang Tri Teacher Training College, Vietnam
Le Tran Quang, Dr.
Faculty of Physical Education - Hue University
Tran Duy Hoang, Dr.
Hanoi University of Natural Resources and Environment

INTEGRATED AGILITY–PLYOMETRIC TRAINING ENHANCES PHYSICAL FITNESS AND NEUROMUSCULAR ADAPTATIONS IN NATIONAL-LEVEL BASKETBALL ATHLETES: A 12-WEEK RANDOMIZED CONTROLLED TRIAL

Abstract

This study investigated the effects of a 12-week integrated agility–plyometric training program on