International Journal of Innovative Technologies in Social Science

e-ISSN: 2544-9435

Scholarly Publisher
RS Global Sp. z O.O.
ISNI: 0000 0004 8495 2390

Dolna 17, Warsaw,
Poland 00-773
+48 226 0 227 03
editorial_office@rsglobal.pl

ARTICLE TITLE	MENTAL HEALTH, EMBODIED RESILIENCE, AND ATHLETIC LONGEVITY: A CASE STUDY OF A VETERAN COMBAT ATHLETE'S PSYCHOLOGICAL ADAPTATION UNDER STRESS, CHANGE, AND FORCED MIGRATION
ARTICLE INFO	Olha Cherepiekhina, Vladymyr Rudchenko. (2025) Mental Health, Embodied Resilience, and Athletic Longevity: A Case Study of A Veteran Combat Athlete's Psychological Adaptation Under Stress, Change, and Forced Migration. *International Journal of Innovative Technologies in Social Science*. 2(46). doi: 10.31435/ijitss.2(46).2025.3304
DOI	https://doi.org/10.31435/ijitss.2(46).2025.3304
RECEIVED	29 April 2025
ACCEPTED	18 June 2025
PUBLISHED	30 June 2025
LICENSE	The article is licensed under a **Creative Commons Attribution 4.0 International License.**

MENTAL HEALTH, EMBODIED RESILIENCE, AND ATHLETIC LONGEVITY: A CASE STUDY OF A VETERAN COMBAT ATHLETE'S PSYCHOLOGICAL ADAPTATION UNDER STRESS, CHANGE, AND FORCED MIGRATION

Olha Cherepiekhina *(Corresponding Author, Email: olga.cherry.2013@gmail.com)*
Candidate of Psychological Sciences, Associate Professor, Associate Professor of Department of Information Technologies, Private higher educational institution Dnipro Technological University STEP (Dnipro technological university Step), Ukraine
ORCID ID: 0000-0001-6970-1217

Vladymyr Rudchenko
Master of Physical Education and Sports, Coaching Stuff, Expert in Conditioning, Strength, Endurance, Flexibility, and Techniques, Club Dinamo, Los Angeles, California, USA
ORCID ID: 0009-0005-4695-8083

ABSTRACT

This article explores the role of sport as a system of psychological support and embodied resilience in the context of stress, change, and forced migration. Using a qualitative case study of Volodymyr Rudchenko, a veteran judo and sambo athlete, we examine how structured physical activity, social integration through sport, and modern health technologies contribute to mental health and athletic longevity among displaced individuals over 40 years of age. The study highlights the mechanisms by which sport serves as a critical tool for maintaining psychological stability, rebuilding personal identity, and fostering community belonging after major life disruptions. Findings suggest that the combination of cognitive-behavioral strategies, embodiment practices, and systematic health monitoring enables veteran athletes to successfully adapt to new environments and sustain competitive performance. The article proposes the "Embodied Resilience Model for Displaced Athletes" as a conceptual framework for developing targeted support programs in the fields of public health, social adaptation, and veteran athlete welfare.

KEYWORDS

Mental Health, Resilience, Sport Longevity, Forced Migration, Psychological Adaptation, Veteran Athletes, Embodied Resilience

CITATION

Olha Cherepiekhina, Vladymyr Rudchenko. (2025) Mental Health, Embodied Resilience, and Athletic Longevity: A Case Study of A Veteran Combat Athlete's Psychological Adaptation Under Stress, Change, and Forced Migration. *International Journal of Innovative Technologies in Social Science*. 2(46). doi: 10.31435/ijitss.2(46).2025.3304

Introduction.

Global migration processes, accompanied by the forced displacement of significant segments of the population due to armed conflicts, social disasters, or economic crises, present humanity with new challenges in the field of mental health preservation. According to the World Health Organization (WHO, 2021), there is a significant increase in the prevalence of anxiety disorders, depression, and adjustment disorders among forcibly displaced persons, complicating their integration into new social environments and diminishing their overall quality of life [17]. Middle-aged individuals and sports veterans are particularly vulnerable within this group, as the loss of established social status, disruption of habitual social ties, and age-related physiological changes create a complex psychological challenge.

In this context, sport is seen not merely as a form of physical activity but as a powerful tool for psychological stabilization, identity reconstruction, and the formation of a new social space. Physical activity, particularly in the field of martial arts, serves as a mechanism for preserving bodily memory, managing stress, and fostering a sense of belonging even in situations of profound social fragmentation. Mental health emerges as a critical factor determining the quality of adaptation of sports veterans to environmental changes and their ability to return professionally to elite sports after long interruptions. According to the International Olympic Committee (IOC, 2021), up to 40% of athletes returning to sport after the age of 35–40 experience elevated levels of psychological stress, and more than 27% face the risk of professional burnout due to intense physical and emotional demands [23]. Under conditions of forced migration, these challenges are further exacerbated by social isolation, cultural adaptation difficulties, and the disruption of familiar support structures.

Judo and sambo, as contact martial arts disciplines, demand not only physical endurance but also highly developed cognitive skills, strategic thinking, and effective emotional regulation. Thus, the psychological adaptation process of veteran athletes in these disciplines becomes particularly complex and, at the same time, uniquely valuable for the development of interdisciplinary models for mental health support. Given the growing importance of the topic of athletic longevity, the role of sport in sustaining psycho-emotional resilience amid life transitions is attracting increasing scientific attention (Henriksen et al., 2020; Reardon et al., 2019) [7; 12]. The integration of physical activity, cognitive-behavioral strategies, and social support constitutes a new approach to understanding adaptation processes under stress and change.

This study, based on the case study method, analyzes the unique experience of Volodymyr Rudchenko - a veteran athlete in judo and sambo, a multiple-time champion of Ukraine among veterans - who successfully returned to professional sports after a long hiatus and migration.

The purpose of this article is to explore how bodily activity, mental resilience, and social integration together form an effective strategy for stress management and mental health support among sports veterans.

Theoretical Framework and Literature Review

Mental health is defined as a state of psychological well-being that enables an individual to cope effectively with stress, realize their potential, and participate in societal life (WHO, 2021) [23]. In the context of veteran athletes, adaptive mechanisms for overcoming emotional exhaustion, anxiety, depressive symptoms, and post-traumatic conditions become particularly significant (Gouttebarge et al., 2019; 2021; Reardon et al., 2019) [5; 6; 24].

Engel's biopsychosocial model (1977) emphasizes that physiological state, psychological resilience, and social environment are interconnected in shaping health outcomes [25]. In sports, this approach is complemented by resilience models that highlight the importance of internal resources in overcoming adversity (Fletcher & Sarkar, 2012) [4].

According to the research by Stambulova and Wylleman (2019), the transition process from an active sports career to new life roles requires not only physical adjustment but also profound psychological restructuring, particularly in cases of cross-cultural migration. Veteran athletes often face additional challenges, such as diminished physical capabilities, altered social status, and inner conflicts regarding their identity [15].

Studies by Laferrier et al. (2015) and Walter et al. (2020) confirm that bodily activity acts as a powerful factor in regulating the psycho-emotional state among migrants, contributing to both integration and identity stabilization [26; 27].

In this context, the proposed model of **Embodied Resilience** extends classical approaches to mental health support by integrating physical activity, cognitive-behavioral techniques, and social integration into a unified psychological adaptation system.

Compared to traditional models of sports adaptation, the **Embodied Resilience** model emphasizes:

- the priority of bodily experience in forming psycho-emotional stability (Shilling, 2012) [19];
- the holistic interaction between physical, psychological, and social factors [16; 20];
- the use of sports as a metaphorical "anchor" in conditions of life transitions and changes [21; 22].

Thus, **Embodied Resilience** represents a novel perspective for interdisciplinary research at the intersection of health, sport, migration, and social integration.

Methodology:

Rationale for the Case Study Method

The case study method is one of the most effective approaches for an in-depth analysis of complex psychological adaptation processes in the context of bodily activity, mental health, and social changes. According to Yin (2014) and Hollweck (2015), the case study method allows the phenomenon to be explored within its real-world context, especially when the boundaries between phenomenon and context are blurred [28].

The selection of the case study method in this research was motivated by the aim to gain a deep understanding of the psychological adaptation mechanisms of a veteran martial artist returning to active sports life under the conditions of forced migration. The study focuses on a single, yet information-rich case - that of the veteran athlete Volodymyr Rudchenko - which meets the criteria of a representative analytical case (Stake, 1995) [29].

Data Collection and Analysis Methods

To ensure scientific rigor, a combination of qualitative methods was employed:

- In-depth semi-structured interviews with the athlete (four sessions, 60 minutes each) aimed at identifying personal strategies for stress management, emotional experiences, and bodily adaptation practices.
- Analysis of documentary sources, including competition results, medical reports, and training diaries, allowing for the objectification of the adaptation process.
- Survey of the athlete's social environment (coach, family members, training partners) aimed at identifying external support factors.

Data analysis was performed using thematic analysis procedures (Braun & Clarke, 2006), which enabled the identification of key themes, patterns, and categories of psychological adaptation [2].

Operationalization of Key Concepts

- **Mental health of veteran athletes** is defined as the level of cognitive, emotional, and behavioral stability that ensures effective adaptation in both sporting and social activities. Assessment was based on the General Health Questionnaire GHQ-12 (Goldberg, 1978) [11] and the Connor–Davidson Resilience Scale CD-RISC (Connor & Davidson, 2003) [9].
- **Embodied resilience** refers to the organism's ability to maintain functional capacity and adaptability in response to physical and psycho-emotional stress, assessed through biomedical indicators of physical endurance and self-reported recovery after training sessions [10].
- **Athletic longevity** is the capacity to sustain a high level of physical activity, competitiveness, and psychological resilience in the 35+ age group [14].

Ethical Considerations

All stages of the research were conducted in strict compliance with ethical standards. The participant provided written informed consent for participation and publication of the generalized results. There were no conflicts of interest.

Results:

Biographical Profile of the Athlete

Volodymyr Rudchenko, born in 1982 in Zaporizhzhia, Ukraine, is a Master of Sports of Ukraine in Judo and Sambo, and a multiple-time national veteran champion. After a 10-year break from competitive activities, prompted by professional and personal circumstances, he successfully returned to high-level sports at the age of 35. During his adaptation process, Rudchenko also underwent the experience of forced migration to the United States, which further complicated his physical and psychological readjustment.

Key Challenges of Psychological Adaptation

The case analysis of Volodymyr Rudchenko identified several critical challenges characteristic of veteran athletes undergoing life transitions (Table 1):

Table 1. Key Challenges in the Adaptation Process of a Veteran Athlete

Challenge	Description
Physiological Changes	Decreased reaction speed, endurance, and overall physical adaptability.
Psycho-emotional Stress	High levels of competitive anxiety before tournaments; fear of injury and failure.
Social Adaptation	Searching for a new sports environment after migration; integration into new teams.
Identity Reconstruction	Reevaluating self-perception as an athlete within a new age and social context.

Key Psychological Adaptation Strategies

The analysis of interview and documentary data identified three core adaptation strategies:

1. Cognitive-Behavioral Techniques

Visualization of success: Daily mental rehearsal of ideal competition scenarios.

Cognitive restructuring: Replacing self-destructive thoughts ("I am not fast enough due to my age") with constructive ones ("My experience is my advantage").

Pre-competition mental protocols: Breathing techniques, focus exercises, and rituals for positive mental tuning.

Direct quote from the interview:

"Every evening before a tournament, I visualized myself confidently securing a grip, executing a throw... It gave me a sense of control even in the face of uncertainty."

2. Embodied Resilience through Sports Practices

Intensive strengthening of leg muscles and shoulder girdle after injuries.

Use of additional recovery resources: sports massage, nutritional support, and supplementation.

Continuous physiological monitoring of body condition.

Direct quote from the interview:

"The body is like an avatar. If the avatar is ready, then the mind works sharply, and the heart does not fear."

3. Social Integration through Sport

Active participation in the activities of the Dynamo Sports Club in Los Angeles.

Building new social connections with veteran and young athletes.

Acting as a mentor for other athletes, enhancing the sense of purpose and belonging.

Direct quote from the interview:

"When I first stepped onto the tatami in a new club in the USA, I realized I was home. It was a different continent, a different country, but the tatami was my home."

Conceptual Model of Embodied Resilience: Integrating Mental Health, Bodily Resilience, and Social Support

Theoretical Foundations of the Model

The Embodied Resilience model is based on the integration of three key conceptual frameworks: The Biopsychosocial Model of Resilience (Engel, 1977; Fletcher & Sarkar, 2012) [3; 4], The Theory of Somatic-Emotional Self-Regulation (Shusterman, 2008; Mehling et al., 2011) [10; 16], Theories of Social Support and Identity in Sport (Rees et al., 2016; Schinke et al., 2019) [13; 15].

Core idea: An athlete's resilience in crisis situations (stress, trauma, migration, aging) is maintained not only by psychological resources but also through embodied integration of experiences via physical practices and sustained social support. The model consists of three interrelated levels (Table 2).

Table 2. Structure of the Embodied Resilience Model

Level	Description	Adaptive Function
Bodily (Embodied)	Regular physical activity, somatic awareness of strength, management of bodily stress	Restoration of physical confidence
Cognitive-Emotional (Mental)	Cognitive-behavioral strategies: visualization, reframing, emotional regulation	Stress management, maintenance of motivation
Social (Social)	Environmental support: sports clubs, teams, mentors, family	Sense of belonging and emotional security

Mechanisms of Action within the Model.

1. Physical activity activates embodied memory of success, enhances self-esteem, and improves neuroendocrine stress regulation (Mehling et al., 2011) [10].
2. Cognitive-behavioral interventions help restructure maladaptive thinking patterns, increase optimism, and foster realistic appraisals of challenges (Beck, 2011) [1].
3. Social support modulates stress responses and stabilizes psychological well-being through emotional validation mechanisms (Rees et al., 2016) [13].

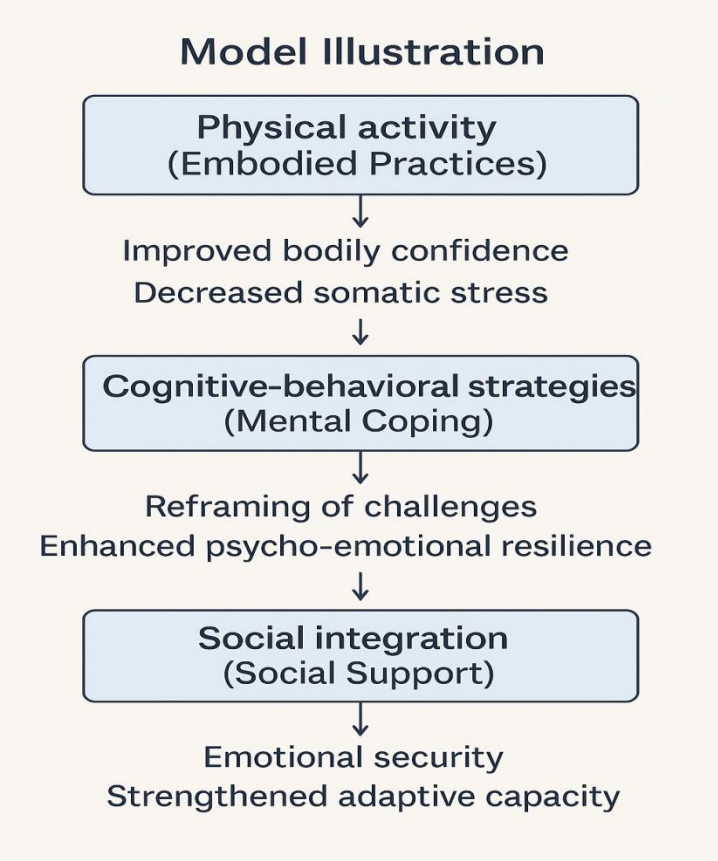

Fig. 1. *Model Illustration: Interaction of Physical Activity, Cognitive-Behavioral Strategies, and Social Integration in Enhancing Embodied Resilience among Veteran Athletes.*

All three levels interact, reinforcing each other, and create a holistic, resilient system of adaptation to change.

Scientific Significance of the Model. The Embodied Resilience model offers: A new approach to understanding the resilience of veteran athletes in a globalized world, An integration of bodily practices and mental training within mental health support systems, A conceptual framework for developing intervention programs in sports, healthcare, and migrant rehabilitation.

Integration of the Embodied Resilience Model. Based on the data analysis, the effectiveness of the proposed Embodied Resilience model was confirmed through:

1. Physical aspect: Regular training, rehabilitation, and enhanced bodily confidence.
2. Cognitive aspect: Use of mental training strategies.
3. Social aspect: Building a new support environment through sports participation.

The complex interaction of these factors allowed the veteran athlete to overcome the effects of prolonged stress, psychological instability, and physiological limitations.

Discussion:

The results confirm that the psychological adaptation process of veteran athletes after a long hiatus from competitive sports, and in conditions of forced migration, is multifactorial and requires a holistic approach integrating bodily, cognitive, and social components.

Comparison with Existing Models

The findings from the case study of Volodymyr Rudchenko align with the fundamental principles of Engel's biopsychosocial model (1977) and contemporary concepts of resilience in sports (Fletcher & Sarkar, 2012) [3; 4]. However, the proposed Embodied Resilience model extends these concepts by: Emphasizing bodily-cognitive integration as a foundation for mental stability, Using physical activity not only for physical recovery but also as a method of psychological self-regulation, Intentionally creating a new social network through sports environments as a resource for adaptation in a new culture.

This approach fundamentally differs from traditional models of sports veterans' adaptation, where the bodily component is often treated separately from the cognitive and social dimensions (Wylleman et al., 2013; Henriksen et al., 2020, 2023) [7; 8; 18].

Interaction of Cognitive, Bodily, and Social Strategies.

Data analysis revealed that no single strategy operates in isolation. It is the synergy of strategies that creates an environment for sustainable adaptation:

- **Physical training** strengthened bodily confidence and contributed to reduced anxiety,
- **Cognitive-behavioral techniques** supported adaptive reframing ("strategy over fear"),
- **Social integration** through the martial arts club provided a sense of belonging and emotional support, which is critical for mental health during migration (Schinke et al., 2019, 2020, 2023) [7; 8; 15].

Thus, the hypothesis is confirmed: **effective adaptation requires a holistic, integrative model** that embraces the bodily, cognitive, and social realities.

New Scientific Accents.

Based on the case study of Volodymyr Rudchenko, this research proposes an expansion of the traditional understanding of the role of sport in supporting the mental health of migrants:

- Sport as a tool for identity reconstruction in the context of cultural change.
- Physical practice as a metaphor for restoring psychological resilience and regaining control over life circumstances.
- Social integration through sport as a factor in preventing depressive and anxiety disorders.

These aspects open new avenues for interdisciplinary research at the intersection of sport psychology, social adaptation, and migration studies.

Study Limitations

1. This study is based on the analysis of a single case, which limits the generalizability of the findings to broader populations.
2. Physiological biomarkers (e.g., heart rate variability, biochemical analyses) were not incorporated, presenting an opportunity for future research directions.
3. The absence of a control group complicates comparisons with adaptation strategies among other veteran athletes without migration experience.

Acknowledgements.

The authors sincerely express their gratitude to Volodymyr Rudchenko's coaches for their significant contributions to his athletic and personal development. Special thanks are extended to Erih Alvinovich Barts - Master of Sport of the USSR in judo, sambo, and freestyle wrestling, President of the Judo Federation of Zaporizhzhia Oblast - for his profound influence on Volodymyr's technical mastery, mental resilience, and value system as an athlete. Gratitude is also expressed to Mykola Konstantynovych Danilov (Master of Sport of the USSR, sambo), Leonid Yefimovych Tsybulskyi (Master of Sport of the USSR, sambo and judo), and Andrii Volodymyrovych Bondarchuk (Master of Sport of Ukraine) for their important roles in Volodymyr Rudchenko's training journey. Their dedication, mentorship, and belief in the transformative power of sport greatly contributed to shaping the athlete's career and enduring resilience.

Special thanks are also extended to the Dynamo Sports Club of Beverly Hills and personally to Head Sensei Boris Brezhnev, Ph.D., for the longstanding support, provision of a favorable training environment, and high appreciation of Volodymyr Rudchenko's contribution as an athlete, coach, massage therapist, and volunteer. Collaboration with the club has been a crucial component of his professional integration and development within a new social and cultural context.

Conclusions

The case study of Volodymyr Rudchenko confirmed that a successful return to elite sports after a prolonged break and under conditions of forced migration is possible through the integration of physical activity, cognitive-behavioral strategies, and social support. Key findings:

Mental health and embodied resilience are interconnected and constitute the foundation for athletic longevity in veteran athletes.

Cognitive-behavioral strategies (visualization, reframing of experiences, emotional regulation) are critical for overcoming fear of failure, managing anxiety, and sustaining motivation.

Physical practice serves not only as a tool for restoring physical fitness but also as a powerful mechanism for psychological self-regulation.

Social integration through the sporting environment supports identity preservation, enhances emotional support, and strengthens resilience against migration-related stress.

The proposed *Embodied Resilience Model* expands the scientific understanding of veteran athletes' adaptation processes and holds significant potential for further interdisciplinary research.

Practical Recommendations

For Sports Psychologists:

- Implement cognitive-behavioral techniques for stress resistance training into veteran athletes' preparation programs.
- Facilitate the reconstruction of a positive athletic identity following extended career breaks.

For Coaches:

- Integrate mental training into physical sessions (e.g., visualization, situational reframing during practice).
- Emphasize embodied resilience by developing specialized recovery and muscle strengthening programs.

For Sports Clubs and Federations:

- Create social support and integration programs to engage veteran athletes within active sports teams.
- Promote veteran participation in competitions as a means of psychological rehabilitation and mental recovery.

For Researchers:

- Expand the application of the Embodied Resilience Model across different sports disciplines and veteran age groups.
- Incorporate biomedical data into future studies for objective measurement of the effectiveness of embodied-cognitive adaptation strategies.

REFERENCES

1. Beck, A. T. (2011). *Cognitive therapy of depression*. Guilford Press.
2. Braun, V., & Clarke, V. (2006). Using thematic analysis in psychology. *Qualitative Research in Psychology, 3*(2), 77–101. https://doi.org/10.1191/1478088706qp063oa
3. Engel, G. L. (1977). The need for a new medical model: A challenge for biomedicine. *Science, 196*(4286), 129–136. https://doi.org/10.1126/science.847460
4. Fletcher, D., & Sarkar, M. (2012). A grounded theory of psychological resilience in Olympic champions. *Psychology of Sport and Exercise, 13*(5), 669–678. https://doi.org/10.1016/j.psychsport.2012.04.007
5. Gouttebarge, V., Frings-Dresen, M. H. W., & Sluiter, J. K. (2019). Mental and psychosocial health among current and former professional footballers. *Occupational Medicine, 69*(5), 366–373. https://doi.org/10.1093/occmed/kqz052
6. Gouttebarge, V., & Kerkhoffs, G. M. (2021). A systematic review of psychological symptoms in professional football players. *BMJ Open Sport & Exercise Medicine, 7*(1), e000927. https://doi.org/10.1136/bmjsem-2020-000927
7. Henriksen, K., Schinke, R. J., Moesch, K., McCann, S., Parham, W. D., Larsen, C. H., & Terry, P. (2020). Consensus statement on improving the mental health of high-performance athletes. *International Journal of Sport and Exercise Psychology, 18*(5), 553–560. https://doi.org/10.1080/1612197X.2019.1570473
8. Henriksen, K., Schinke, R., & Moesch, K. (2023). Mental health challenges and resilience in athletes: Recent advances and practical implications. *Current Opinion in Psychology, 51*, 101626. https://doi.org/10.1016/j.copsyc.2023.101626
9. Hébert, M., Parent, N., Simard, C., & Laverdière, A. (2018). Validation of the French Canadian version of the brief Connor–Davidson Resilience Scale (CD-RISC 10). *Canadian Journal of Behavioural Science, 50*(1), 9.
10. Mehling, W. E., Gopisetty, V., Daubenmier, J., Price, C. J., Hecht, F. M., & Stewart, A. (2011). Body awareness: Construct and self-report measures. *PLoS ONE, 6*(5), e20287. https://doi.org/10.1371/journal.pone.0020287

11. Ovi, M. R., Siddique, M. A., Ahammed, T., Chowdhury, M. A., & Uddin, M. J. (2024). Assessment of mental wellbeing of university students in Bangladesh using Goldberg's GHQ-12: A cross-sectional study. *Health Science Reports, 7*(3), e1948.
12. Reardon, C. L., Hainline, B., Aron, C. M., Baron, D., Baum, A. L., Bindra, A., ... & Rice, S. M. (2019). Mental health in elite athletes: International Olympic Committee consensus statement. *British Journal of Sports Medicine, 53*(11), 667–699. https://doi.org/10.1136/bjsports-2019-100715
13. Rees, T., Haslam, S. A., Coffee, P., & Lavallee, D. (2016). A social identity approach to sport psychology: Principles, practice, and prospects. *Sports Medicine, 45*(8), 1083–1096. https://doi.org/10.1007/s40279-015-0345-4
14. Sarkar, M., & Fletcher, D. (2012). Resilience and mental toughness: A conceptual framework for understanding their commonalities and differences. *International Review of Sport and Exercise Psychology, 7*(1), 1–17. https://doi.org/10.1080/1750984X.2014.895724
15. Schinke, R. J., Stambulova, N. B., Si, G., & Moore, Z. (2019). International society of sport psychology position stand: Athletes' mental health, performance, and development. *International Journal of Sport and Exercise Psychology, 16*(6), 622–639. https://doi.org/10.1080/1612197X.2017.1295557
16. Shusterman, R. (2008). *Body consciousness: A philosophy of mindfulness and somaesthetics*. Cambridge University Press.
17. WHO. (2021). *Mental health and COVID-19: Early evidence of the pandemic's impact: Scientific brief, 2 March 2021*. World Health Organization. https://www.who.int/publications/i/item/WHO-2019-nCoV-Sci_Brief-Mental_health-2021.1
18. Wylleman, P., Alfermann, D., & Lavallee, D. (2013). Career transitions in sport: European perspectives. *Psychology of Sport and Exercise, 4*(1), 7–20. https://doi.org/10.1016/S1469-0292(02)00049-3
19. Shilling, C., & Mellor, P. A. (2014). Re-conceptualizing sport as a sacred phenomenon. *Sociology of Sport Journal, 31*(3), 349–376.
20. Tulle, E. (2015). Theorising embodiment and ageing. In J. Twigg & W. Martin (Eds.), *Routledge Handbook of Cultural Gerontology* (pp. 125–132). Routledge.
21. Champagne, A. M. (2023). Toward a strong cultural sociology of the body and embodiment. In *Interpreting the Body* (pp. 19–43). Bristol University Press.
22. Kristensen, S. (2012). Maurice Merleau-Ponty I–Körperschema und leibliche Subjektivität. *Leiblichkeit. Geschichte und Aktualität eines Konzepts*, 23–36.
23. Canton, H. (2021). International Olympic Committee-IOC. In *The Europa Directory of International Organizations 2021* (pp. 626–628). Routledge.
24. Reardon, C. L., Hainline, B., Aron, C. M., Baron, D., Baum, A. L., Bindra, A., ... & Engebretsen, L. (2019). Mental health in elite athletes: International Olympic Committee consensus statement (2019). *British Journal of Sports Medicine, 53*(11), 667–699.
25. Cherepiekhina, O. A. (2013). Modeling the Professional Activity of a Psychologist in High-Performance Sports. In V. Y. Bochelyuk (Ed.), *Modeling of socio-psychological systems: Theoretical and applied aspect* (pp. 170–223). Luhansk: Knowledge.
26. Laferrier, J. Z., Teodorski, E., & Cooper, R. A. (2015). Investigation of the impact of sports, exercise, and recreation participation on psychosocial outcomes in a population of veterans with disabilities: A cross-sectional study. *American Journal of Physical Medicine & Rehabilitation, 94*(12), 1026–1034.
27. Costa-Mattioli, M., & Walter, P. (2020). The integrated stress response: From mechanism to disease. *Science, 368*, eaat5314. https://doi.org/10.1126/science.aat5314
28. Hollweck, T. (2015). Robert K. Yin (2014). Case Study Research Design and Methods. *Canadian Journal of Program Evaluation, 30*(1), 108–110.
29. Stake, R. E. (1995). *The art of case study research*. Sage Publications.