

DOI 10.31392/NPU-nc.series 15.2021.4K(132).03
УДК 796. 411-053.9

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TECHNOLOGY OF ORGANIZATION OF HEALTH-ENHANCING AND RECREATIONAL MOTOR ACTIVITY OF THE ELDERLY IN THE CONDITIONS OF FITNESS CLUB

With regard to the ageing of Ukrainian population, events related to the involvement of the elderly in active aging and maintaining the health are becoming increasingly important. **The purpose of the study is** to theoretically and methodologically substantiate the technology of organization of health-enhancing and recreational motor activity of elderly people in the conditions of fitness club. **The material and research methods.** The achievement of the objectives rests upon the following research methods: theoretical analysis and generalization of data of scientific and methodical literature; pedagogical methods; sociological methods; methods of mathematical statistics. The research was conducted on the basis of the fitness club in Chernivtsi city. During this experiment, 132 elderly people aged 60-65 years were involved, including 84 women and 48 men. **Results:** Theoretical analysis of scientific works of foreign and domestic scientists has shown that fundamental and applied research on these topics are systematically conducted in many countries. However, the development and implementation of technology for the organization of health-enhancing and recreational physical activity for the elderly is insufficiently studied. We have determined that the purpose of the author's technology is to involve the elderly in regular health-enhancing and recreational motor activity in a fitness club, which is aimed at improving life position and quality of life, increasing overall performance. The components of technology are defined. They are: value-oriented, emotional-evaluative and cognitive-reflexive. Active and proactive levels of technology are analyzed. **Conclusions.** The obtained data reveal the possibilities and prospects of using health-enhancing and recreational motor activities for the elderly in a fitness club. The prospects for further researches are aimed at increasing the level of involvement of the elderly in health-enhancing and recreational physical activity and, as a consequence, improving the health of Ukrainians.

Key words: old age, health-enhancing and recreational motor activity.

Гакман Анна, Медвідь Анжела, Абаласей Біатріс, Вероніка Міндреску. Технологія організації оздоровчо-рекреаційної рухової активності осіб похилого віку в умовах фітнес-клубу. У зв'язку із постарінням населення України, все актуальнішими стають розробки, які стосуються залучення до активного старіння та збереження здоров'я осіб похилого віку. Мета роботи: теоретико-методологічне обґрунтування технологія організації оздоровчо-рекреаційної рухової активності осіб похилого віку в умовах фітнес-клубу. Матеріал та методи дослідження. Для вирішення поставлених в роботі завдань використовувалися такі методи дослідження: теоретичний аналіз і узагальнення даних науково-методичної літератури; педагогічні методи; соціологічні методи; методи математичної статистики. Дослідження проводилися на базі фітнес клубу м. Чернівці. Під час даного експерименту було задіяно у 132 осіб похилого віку віком 60-65 років, серед яких 84 жінки та 48 чоловіків. Результати: теоретичний аналіз наукових робіт зарубіжних та вітчизняних учених показав, що у багатьох країнах здійснюються систематичні фундаментальні та прикладні дослідження з питань вказаної тематики. Проте розробка та впровадження технології організації рекреаційно-оздоровчої рухової активності для осіб похилого віку є недостатньо вивченою. Нами визначено, що метою авторської технології є залучення до систематичних занять оздоровчо-рекреаційною руховою активністю осіб похилого віку в умовах фітнес-клубу, яка спрямована на покращення життєвої позиції та якості життя, підвищенні загальної працездатності. Означено компоненти технології – ціннісно-орієнтаційний, емоційно-оцінюючий та когнітивно-рефлексивний; виокремлено два рівні технології – активний та проактивний. Висновки. Отримані дані розкривають можливості та перспективи використання оздоровчо-рекреаційної рухової активності для осіб похилого віку в умовах фітнес-клубу. Перспективи подальших досліджень спрямовані на підвищення рівня залучення осіб похилого віку до оздоровчо-рекреаційної рухової активності і, як наслідок, до покращення рівня здоров'я українців.

Ключові слова: похилий вік, оздоровчо-рекреаційна рухова активність.

Гакман Анна, Медведь Анжела, Абаласей Биатрис, Вероника Миндреску. Технология организации оздоровительно-рекреационной двигательной активности пожилых людей в условиях фитнес-клуба. В связи с старением населения Украины, все более актуальными становятся разработки, касающиеся привлечения к

активному старению и сохранение здоровья пожилых людей. Цель работы: теоретико-методологическое обоснование технология организации оздоровительно-рекреационной двигательной активности пожилых людей в условиях фитнес-клуба. Материал и методы исследования. Для решения поставленных в работе задач использовались следующие методы исследования: теоретический анализ и обобщение данных научно-методической литературы; педагогические методы; социологические методы; методы математической статистики. Исследования проводились на базе фитнес клуба г. Черновцы. Во время данного эксперимента было задействовано в 132 пожилых людей в возрасте 60-65 лет, среди которых 84 женщины и 48 мужчин. Результаты: теоретический анализ научных работ зарубежных и отечественных ученых показал, что во многих странах осуществляются систематические фундаментальные и прикладные исследования по вопросам указанной тематики. Однако разработка и внедрение технологии организации рекреационно-оздоровительной двигательной активности для пожилых людей недостаточно изученной. Нами определено, что целью авторской технологии является привлечение к систематическим занятиям оздоровительно-рекреационной двигательной активностью пожилых людей в условиях фитнес-клуба, которая направлена на улучшение жизненной позиции и качества жизни, повышении общей работоспособности. Отмечено компоненты технологии - ценностно-ориентационной, эмоционально-оценивающей и когнитивно-рефлексивный; выделены два уровня технологии - активный и проактивный. Выводы. Полученные данные раскрывают возможности и перспективы использования оздоровительно-рекреационной двигательной активности для пожилых людей в условиях фитнес-клуба. Перспективы дальнейших исследований направлены на повышение уровня привлечения пожилых людей к оздоровительно-рекреационной двигательной активности и, как следствие, к улучшению уровня здоровья украинский.

Ключевые слова: преклонный возраст, оздоровительно-рекреационная двигательная активность.

Problem statement. Demographic increase in the quotient of the elderly is predicted by many scientists [1, 3, 6, 8, 11, 14, etc.]. Therefore, the problem of involving older people in regular physical activity, which will significantly affect the quality and life expectancy of elder people, is becoming increasingly important. Many works written by domestic and foreign authors have been devoted to this issue. Thus, the problem of organization of recreational and health-enhancing activities of elderly women in the conditions of sanatorium-resort complexes was covered by Duditska S.P. [2], Kryvchikova O.D. The problems of sports and health-enhancing classes as a factor in preserving the health maintaining and longevity of the elderly was studied by Fandikova L.O. [4], the author's team of Litvak R.A., Rezanovich I.V. [5] focused their scientific knowledge on the organization of leisure activities for the elderly in the fitness club. However, the study of technologies of health-enhancing and recreational motor activity in terms of fitness club for the elderly, we considered insufficiently studied. **The aim of the research:** to theoretically and methodologically substantiate

The technology of organization of health-enhancing and recreational motor activity of elderly people in the conditions of fitness club. **The material and research methods.** The achievement of the objectives rests upon the following research methods: theoretical analysis and generalization of data of scientific and methodical literature; pedagogical methods; sociological methods; methods of mathematical statistics. The research was conducted on the basis of the fitness club in Chernivtsi city. During this experiment, 132 elderly people aged 60-65 years were involved, including 84 women and 48 men.

Results. Based on the analysis of scientific and methodological literature and our own defense, we designed fitness technology for the elderly, which was implemented in fitness clubs of Chernivtsi city (Fig. 1). The purpose of the technology of organization of health-enhancing and recreational motor activity of elderly people in the conditions of fitness club lays in involvement of the elderly in systematic occupations of health-enhancing and recreational motor activity in fitness clubs.

Derived from the statements of the scientific-pedagogical literature and empirical data of the ascertaining stage of the experimental work, the indicators of the components of technology were distinguished - value-oriented, emotional-evaluative and cognitive-reflexive. The value-oriented component is aimed at studying and identifying the initial data of the personality of the elderly (motivation for health-enhancing and recreational physical activity, quality and satisfaction with life, socio-psychological adaptation of the individual, health conditions, etc.).

Understanding the value orientations of the elderly served as a basis for determining the forms, means and methods of health-enhancing and recreational physical activity for this contingent. Emotional-evaluative component - revealed the self-assessment of health conditions, psycho-emotional conditions and anxiety during fitness training. The cognitive-reflexive component of technology was detected in the manifestation of reflexes, knowledge and skills acquired during training sessions, activity-supporting (duration 4 months): execution of work to support and improve the existing knowledge, skills and abilities of the elderly;

– stabilizing (duration up to 30 days): consolidation of acquired knowledge, skills and abilities in health care and improving the quality of life.

We have identified the main directions of the propaedeutic stage: diagnostic, organizational and information-motivational. These areas of work are closely interrelated and could be implemented in parallel. The level of personal qualities was monitored in the diagnostic area.

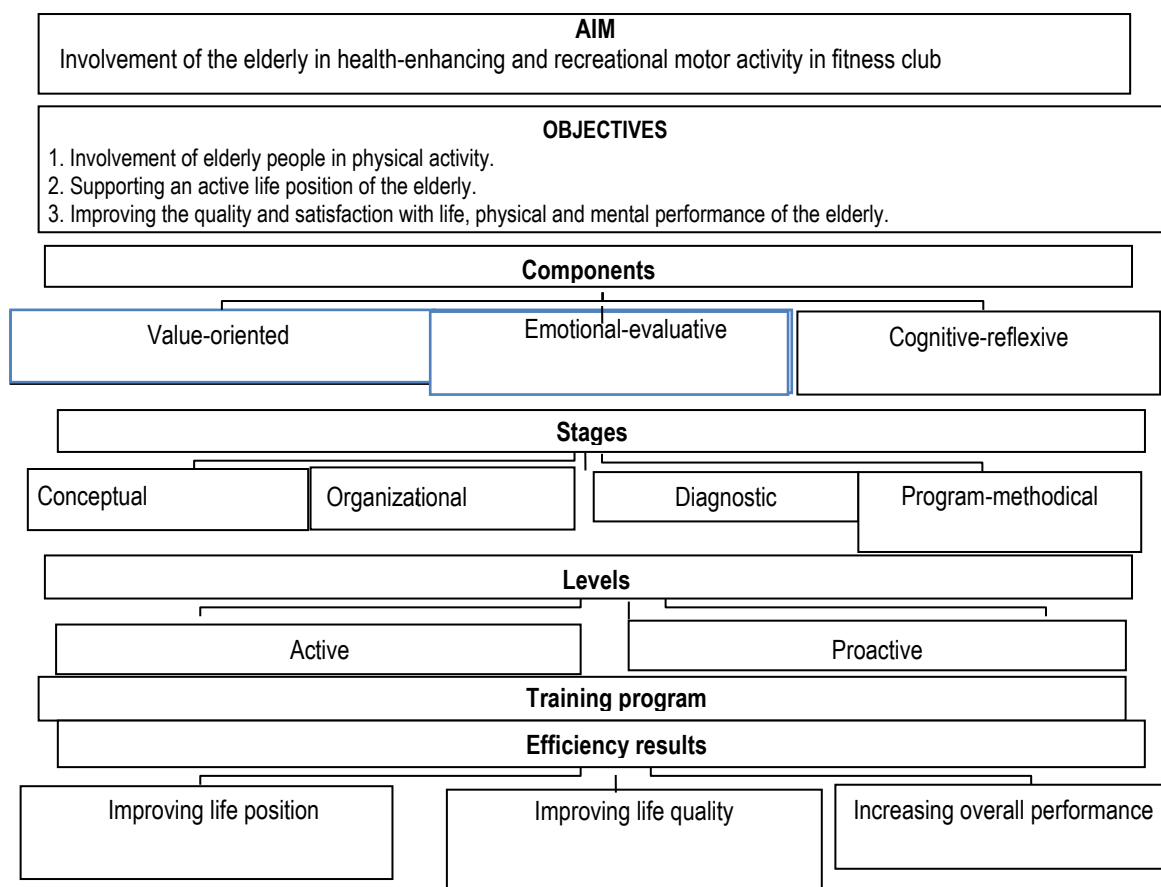


Figure. 1. Technology of organization of health-enhancing and recreational motor activity of elderly people in the conditions of fitness club

The organizational direction provided the introduction of new forms of leisure activities. Innovative and information technologies were used, social partnership was expanded. Specialists from various fields of activity were involved in conducting and organizing club training sessions: psychologist, medical worker, teacher, social pedagogue. In our work, one of the goals of the organizational direction was to provide fitness club employees with relevant scientific information in the field of health care and maintaining the quality of life of the elderly. As a result of the organizational stage, various training programs for the elderly were developed by the specialists, considering the wide-ranging social and educational support for the elderly in terms of fitness center (Fig. 2).

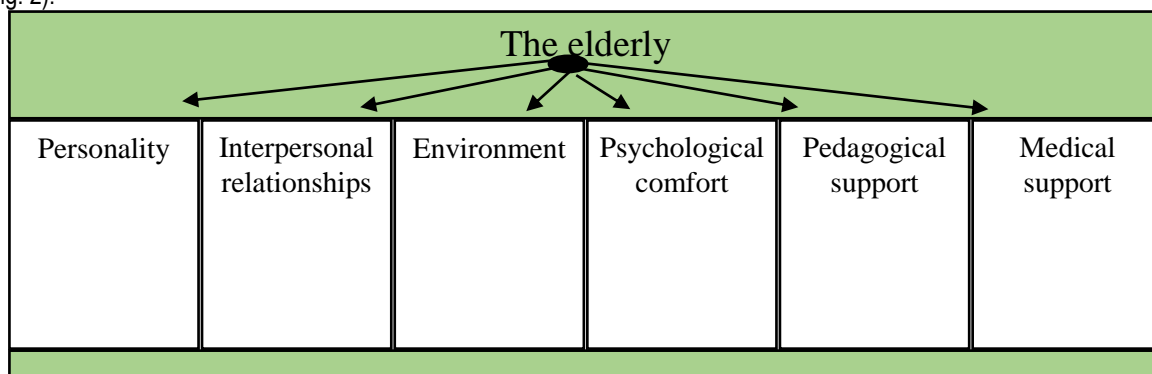


Figure. 2. The scheme of various social and pedagogical support of elderly people in the conditions of fitness club

The implementation of the third information-motivational direction was associated with the promotion of a healthy lifestyle aimed at improving the quality of life, increasing the level of physical and mental activity, slowing down the aging process and improving the psycho-emotional state of respondents.

The technology proposed in our investigation consists of two levels: active and proactive. The active level was to encourage individuals to engage in health-enhancing and recreational motor activity in a fitness club, focus on certain activities and consideration of tools and methods of activity in the selection. The proactive level was that a person realized their deep

values and goals and acted in accordance with own life principles, regardless of conditions and circumstances. That is, knowing the benefits of physical activity, exercising daily is their solution, and taking responsibility for their lives, rather than looking for reasons for events that occur with a person, or other circumstances that often occur in old age.

The fitness training program was developed separately for each stage with certain adjustments. During the propaedeutic stage, the respondents determined motivational priorities for fitness training, formed groups by areas of fitness. At this stage, mobile movement from group to group was allowed at will. At the end of the propaedeutic stage, the respondents were divided into fitness groups according to their preferences and abilities, where they had been participating during the activity-supporting stage (6 months). During the stabilizing stage (up to 30 days) the consolidation of acquired knowledge, skills and abilities was carried out.

Conclusions. Theoretical analysis of scientific works of foreign and domestic scientists has shown that fundamental and applied research on these topics are systematically conducted in many countries. However, the development and implementation of technology for the organization of health-enhancing and recreational physical activity for the elderly is insufficiently studied. We have determined that the purpose of the author's technology is to involve the elderly in regular health-enhancing and recreational physical activity in a fitness club, which is aimed at improving life position and quality of life, increasing overall performance. The components of the proposed technology are defined. They are: value-oriented, emotional-evaluative and cognitive-reflexive. Active and proactive levels of technology are analyzed. The obtained data reveal the possibilities and prospects of using health-enhancing and recreational physical activities for the elderly in a fitness club. The prospects for further researches are aimed at increasing the level of involvement of the elderly in health-enhancing and recreational motor activity and, as a consequence, improving the health of Ukrainians.

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