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AEROBICS AS A KIND OF SPORT AMONG 17-19 YEARS OLD YOUNG PEOPLE

Ways to solve the problem of physical culture and sports among student youth is an urgent problem not only during a pandemic. Aerobics is a type of gymnastics popular with students. Planning classes on physical culture and debate requires compliance with the principles of nature-compliance: to develop individual physical capabilities of the student, to provide individual psychological and pedagogical assistance during classes, to create conditions for maximum free realization of acquired skills. Using a student-centered approach solves the problem of young people's interest in aerobics. Performing aerobic exercises helps the human body to consume as much oxygen as possible. It is necessary to strengthen the cardiovascular system and musculoskeletal system.

Studies of Bazilchuk V., Romanenko V., Kondratska G., Chepelyuk A. confirm the problem of formation of motor activity and culture of student health as separate aspects of universal culture, which contributes to the level of education of people for effective life.

To determine the effectiveness of aerobics programs for students aged 17-19, it is proposed to build them on the principle: warm-up, aerobic phase, delay, strength training. The multifunctional capabilities of the developed programs have a positive impact on the functional and physical development of students aged 17-19.

To define influence of engaging in an aerobics on physical preparedness of students 17-19.

Research was conducted on the base of the Drohobych state pedagogical university of the name of Ivan Franco in a period from September, 2020 for December in 2020.

In the process of research at the beginning of school year (I the stage) and after four months of employments (II the stage) testing of physical preparedness was conducted. In research 26 students took part 17-19. Students executed the next complex of exercises: limbering-up; dancing exercises, various jump and jumps; exercises for development of force of different groups of muscles, mainly general power preparation; the special exercises are for development of flexibility; hitch.

Analysis of primary test data indicates that in tests on running in place duration of 10 seconds and "scissor" legs in the supine position prevails in the minimum level of performance, in a test of mobility in the joints of the spine are dominated by the results of 5 and 6 points, static equilibrium, technique Bondarevskiy most perform with a minimum level.

Key words: physical education, students, physical fitness, aerobics, exercises.

Чепелюк А.В., Зварич Г.І., Маріонда Іван. Аеробіка як вид спорту серед молоді 17-19 років. *Способи розв'язання проблеми фізичної культури і спорту серед студентської молоді є актуальною проблемою не тільки під час пандемії. Аеробіка як вид спорту користується популярністю серед студентів. Планування занять з фізичної культури і спорту вимагає дотримання принципів природо відповідності: розвивати індивідуальні фізичні можливості студента, надавати індивідуальну психолого-педагогічну допомогу під час проведення занять, створити умови для максимальної вільної реалізації засвоєних навичок. У статті розроблено та запропоновано програму занять з фізичного виховання для студенток 17-19 років. Доведено що дана програма занять позитивно вплинула на рівень фізичної підготовленості та стан функціональних систем організму студенток.*

Ключові слова: фізичне виховання, студентки, фізична підготовленість, аеробіка, вправи.

Raising of problem. Intensive updating of socio-economic, scientific and technical spheres and spiritual life of society at the beginning XXI of century stipulates rigorisms of capability of personality. Specialists on higher education determine the future of our country, that is why they must have not only a high level of professional preparedness but also be physically enduring, capable of working and healthy. These internalss of personality of specialist on higher education are formed and improve in student years facilities of physical education.

Physical education in higher educational establishments is inalienable part of education. From quality of organization and realization of employments after students a level depends them physical preparedness and health, and also attitude toward a physical culture after completion higher educational establishments.

Analysis of researches and publications. The questions of physical education of student young people found the most full reflection in labours of such scientists in the field of physical education and sport as Andryushchenko L. [1], Drachuk A. [6], Romanenko V. [11], Shiyani B. [13] but other. At the same time, it is needed to mark that is constantly observed tendency of worsening of the state of health of students of higher educational establishments.

It is known that the use of different types of physical activity assists the prophylaxis of diseases, increase of capacity, increase of life-span.

Studies of Bazilchuk V. [3], Kondratska G. [8], Chepelyuk A. [4], are devoted to the formation of motor activity and culture of student health as separate aspects of human culture, which reflects the level of education of people in the sphere of their life. By distinguishing health competence as a basic, fundamental component of the education of the individual and society, it is necessary to update the forms and mechanisms of formation of socio-cultural personality. Therefore, the culture of student health can be seen as the unity of needs and abilities of the individual to maximum self-realization as a socially and individually significant entity based on the use of natural potential, transformed in accordance with the goals and principles of cultural conformity within its optimal functioning.

In present tense the active search of new forms, facilities and methods of upgrading of physical education of future specialists is conducted on higher education. Facts testify that today's organization of physical education in higher educational establishments is effective not enough for the increase of level of physical preparedness, health and interest of far of students to engaging in physical exercises [8].

Researchers mark that student young people indifferently behave to maintenance of obligatory athletic employments [5]. It testifies to the urgent requirements of development of new scientifically-reasonable ways of improvement of organization of physical education in higher educational establishments.

The most popular, mass and accessible type of motive activity among the students of higher educational establishments in recent year is engaging in the different kinds of aerobics [4]. An aerobics as method of bringing in of women shows the special value a soba to engaging in physical exercises. During implementation of exercises necessary skills and abilities are produced in the certain mode vitally, physical internalss are brought up. The dynamic of exercises and peak character of their implementation assist the improvement of functional possibilities of the different systems of organism [11].

Research target. To define influence of engaging in an aerobics on physical preparedness of students 17-19.

Materials and methods of researches. Research was conducted on the base of the Drohobych state pedagogical university of the name of Ivan Franco in a period from September, 2020 for December in 2020.

In the process of research at the beginning of school year (I the stage) and after four months of employments (II the stage) testing of physical preparedness was conducted.

In research 26 students took part 17-19.

Students executed the next complex of exercises:

Limbering-up; dancing exercises, various jump and jumps; exercises for development of force of different groups of muscles, mainly general power preparation; the special exercises are for development of flexibility; hitch.

Research scores. The level of physical preparedness was determined on scores next tests:

"Hurried in place" duration 10 sec.

This exercise was conducted for determination of speed, executed with the high raising of knees and splash hands under knees.

1. "Scissors" in position lying feet on a back.

This exercise conducted for determination of force of muscles of stomach. Feet must be heaved up on a 15-20 cm. from sex, a leg in knee-joints not to bend, executed maximal amount one time to the tiredness.

2. "Forerake of trunk" from initial position bar of leg together.

This exercise is used for determination of flexibility of rachis. Inclination is executed with direct feet in knee-joints with retaining 3 sec.

3. "Static equilibrium" is on methodology of Bondarevskogo.

This exercise is conducted for determination of co-ordination of motions. Student, closing eyes (hands are in parties), lifts to the right then the left leg arcuated in a knee-joint, touching a heel knees of leg that on support. How longer in all to stand in such position of seconds.

An aerobics is the most accessible type of physical exercises for students, that decided to promote the level of physical preparation. It is related to that exercises of aerobics are various enough, answer the morphological and functional features of students, positively influence on physical preparedness and state of the functional systems of organism.

For the receipt of scores of testing of physical preparedness used the next scale of evaluation in points:

1. "Hurried in place". Minimum - 12 times (1 point); satisfactory - 16 times (2 points); kind - 20 times (3 points); very kind - 25 times (4 points); high - 30 times (5 points); considerable - 35 times (6 points).

2. "Scissors". Minimum are 12 sec. (1 point); satisfactory are 30 sec. (2 points); kind - 1 min (3 points); very kind - 1,5 min (4 points); high - 2 min (5 points); considerable - 3 min (6 points).

3. "Torso forward". Palms touch the floor - 7 points; the first phalanges compressed in a fist, hits the floor - 6 points; middle phalanges of the fingers touch the floor - 5 points; the tips of the fingers touch the floor - 4 points; the tips of the fingers touch the tips of your toes - 3 points; the tips of the fingers touch any part of the foot - 2 points, fingers touch the calf - 1 point.

4. "Static equilibrium". Minimum - 5 sec. (1 point); satisfactory - 10 sec. (2 points); good to 15 sec. (3 points); very good - 25 sec. (4 points); high - 45 sec. (5 points); considerable 1 min. (6 points).

In running in place duration of 10 seconds the minimum level of exercise showed 50% at the first stage and 23,08 % - in the second stage ; satisfactory - 26,92 % in the first stage and 38,46 % in the second ; good - 23,08 % in the first stage and 38,46 % in the second phase (Fig. 1).

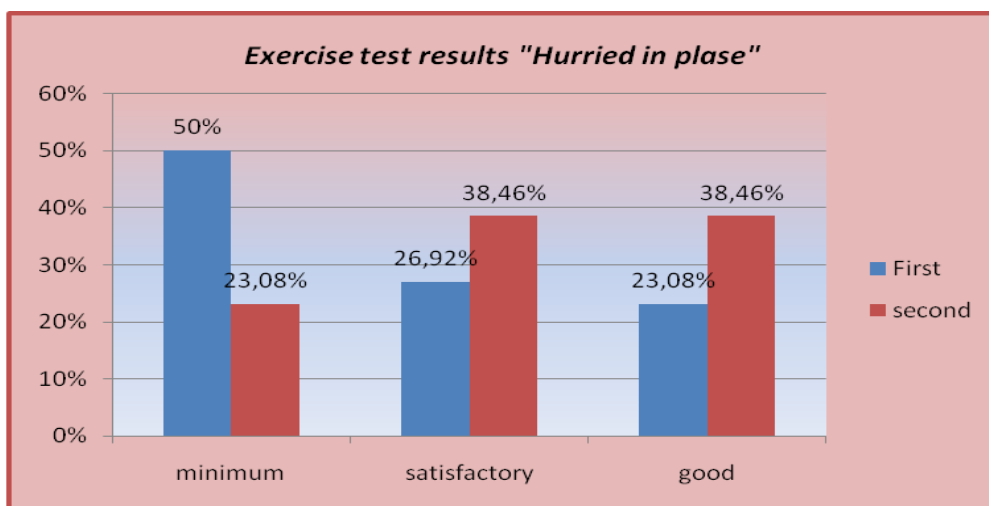


Fig. 1. Exercises "Hurried in place".

In the exercise, which determines the strength of the abdominal muscles minimal level of performance was seen in 57,69 % of the students at the first stage and 38,46 % in the second ; satisfactory – 30,77 % (first stage) and 34,62 % – in the second stage ; good – 11,5 % (first stage) and 26,92 % in the second stage (Fig. 2).

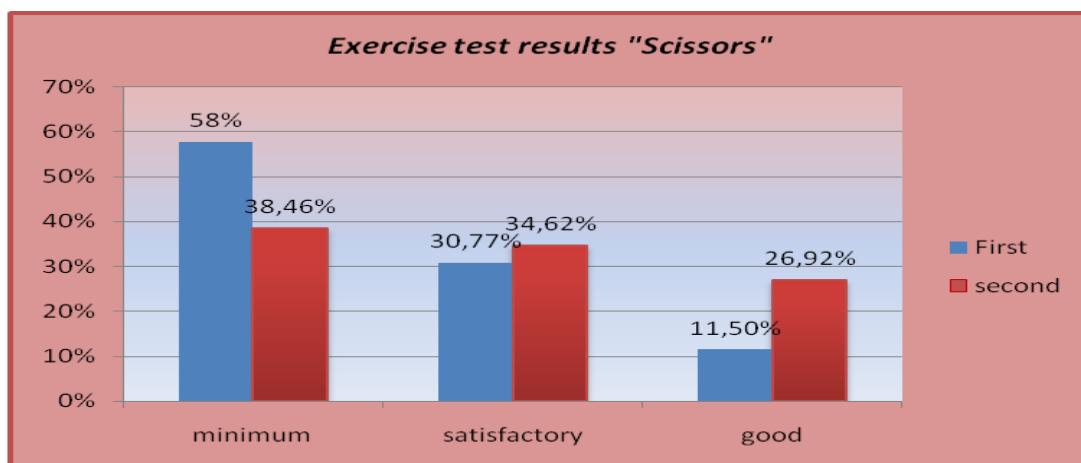


Fig. 2. Exercises "Scissors".

In the exercise the torso of the starting position stand with feet together at 23,08 % of students performed at 7 points in the first stage, and 7,96 % for the second stage. On 6 and 5 points for fulfilled 38,46 % on the first and second stages. 4 and 3 points in the first stage, none of the student has not fulfilled this exercise, but in the second stage 2 students received 4 and 3 points, which is 7,96% of (Fig. 3).

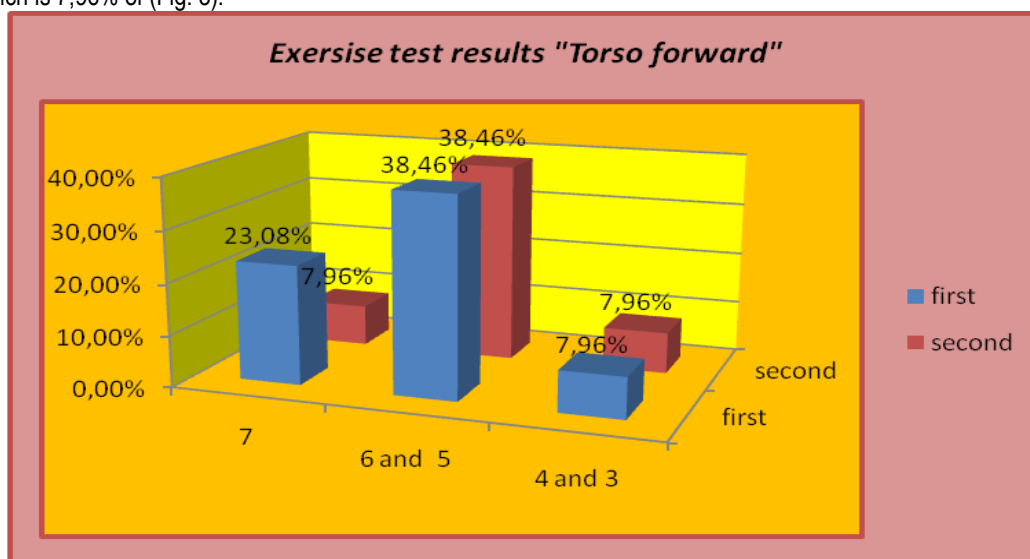


Fig. 3. Exercises "Torso forward".

Exercise on static equilibrium of the minimum level showed 46,15 % of students in the first stage and 30,77 % – in the

second stage; a satisfactory level of 23,07 % in the first stage and 34,61 % on the second ; a good level showed in the first phase of the student 4 (15,38 %), followed by stage 5 students of 19,23 %; very good level at the first and second stage showed 4 students that made up 15,38 % (Fig. 4).

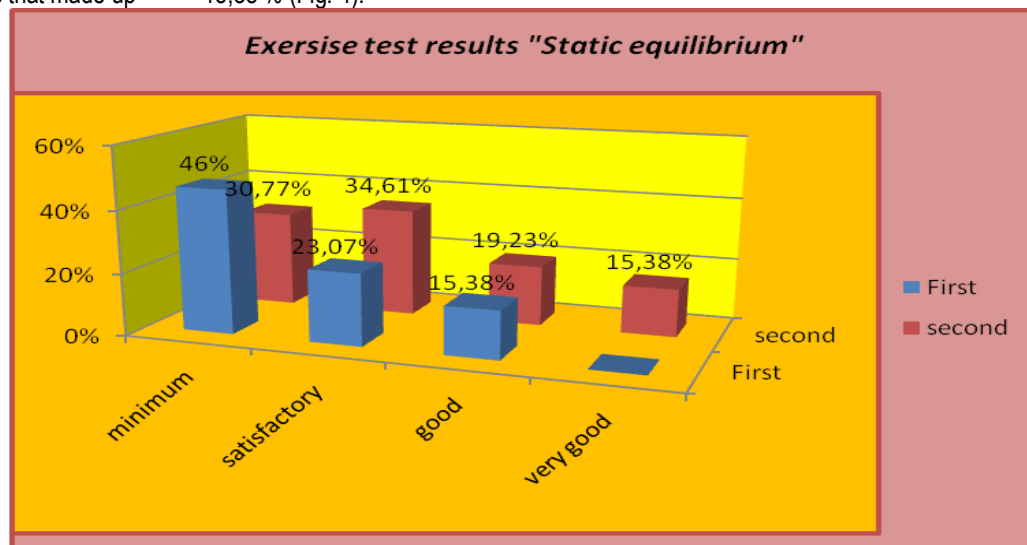


Fig. 4. Exercises "Static equilibrium".

Conclusions. Analysis of primary test data indicates that in tests on running in place duration of 10 seconds and "scissor" legs in the supine position prevails in the minimum level of performance, in a test of mobility in the joints of the spine are dominated by the results of 5 and 6 points, static equilibrium, technique Bondarevskiy most perform with a minimum level.

In the repeated test in the test of running in place duration of 10 seconds and "scissor" legs in the supine position is dominated by performance with a "satisfactory" rating, in a test of mobility in the joints of the spine are dominated by the results of 5 and 6 points, static equilibrium, technique Bondarevskiy most perform with a score of "satisfactory".

Thus, the proposed program of physical education classes for female students, had a positive impact on the level of physical preparedness and functional state of body systems. In our opinion, not enough significant values related to the fact that students who participated in the research are not engaged in regularly physical culture and sports.

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FEATURES OF METHODOICAL TRAINING ON PHYSICAL EDUCATION IN THE CONTEXT OF FORMATION OF HEALTH CULTURE OF STUDENTS OF A SPECIAL MEDICAL GROUP

У статті представлено авторське бачення навчальної програми з фізичного виховання в частині методичної підготовки студентів спеціальної медичної групи (СМГ) закладів вищої освіти (ЗВО) у контексті підвищення рівня їхньої культури здоров'я. Мета дослідження полягає у розкритті актуальності питання адаптування навчальної програми з фізичного виховання студентів СМГ та авторського бачення змісту й організації методичної підготовки з фізичного виховання у контексті формування культури здоров'я студентів з відхиленнями у стані здоров'я ЗВО України. Методи дослідження: аналіз та узагальнення даних науково-методичної літератури, контент-аналіз навчальної програми з фізичного виховання студентів СМГ, педагогічне спостереження, метод експертних оцінок, педагогічний експеримент (формувальний етап). В експериметі взяли участь 450 студентів спеціальних медичних груп: 231 особа експериментальної групи та 219 осіб контрольної групи. Основні результати дослідження: розкрито недоліки змісту методичної підготовки з фізичного виховання студентів, у яких наявні відхилення у стані здоров'я; запропоновано авторське бачення змісту теоретичної підготовки з фізичного виховання студентів СМГ; методичну підготовку з фізичного виховання студентів СМГ на кожному курсі навчання доповнено додатковими завданнями з певними особливостями організації, які цілком відповідають додатковим питанням теоретичної підготовки, включеним до експериментальної програми з фізичного виховання СМГ. Висновки: досвід впровадження експериментальної навчальної програми з фізичного виховання студентів СМГ із внесеними доповненнями до методичної підготовки у чинну програму сприятиме розвитку у них необхідних методичних умінь у контексті зміцнення, збереження і відновлення власного здоров'я в усіх аспектах.

Ключові слова: культура здоров'я, навчальна програма з фізичного виховання, методична підготовка, студенти спеціальної медичної групи.