

S. I. Shynkarov, SE "Luhansk Taras Shevchenko National University"

THEORETICAL AND METHODOLOGICAL BASES OF RECREATIONAL PHYSICAL EDUCATION

S. I. Shynkarov

Theoretical and Methodological Bases of Recreational Physical Education

In the article the total characteristic of physical education as a way of improving of health state and capacity of human is given. The methods of using of different ways of sanatively orientated physical training are generalized. The content and methods of injection of sanatively orientated physical trainings for active relax are discovered.

Probably, that using of common methods and ways of sanative and recreative orientation may decrease the level of diseases among people of all the age categories, genders, and according to other signs.

Given research consists in opening of this problem may serve as extra information material for students, sportsmen, coaches, and may be used by any category of people, that are interested in learning this question.

All this complex of the effects increases reliability, firmness of an organism and provides the increase of life duration, presenilation prevention. Most of the specialists recommend workout with the pulse, when the energy, necessary for work appears at biochemical reactions with the help of oxygen (in aerobic regime). Such workouts practically includes safety of violation in the cardiovascular system processing. The constant increase of the lasting of training – is main trend, that has to define moving regime of the human to the old age. For people of middle and higher then middle level of physical state, three times a week workouts are rational. For young people with high level of physical state also is better to work out three times a week for further improving of physical capacity and readiness. In middle and senior age, reaching of high level of physical state for it's support two times a week trainings are necessary

Key words: sanative, physical education, physical exercises, working capacity, improvement.

It is proved by science, that health of a human depends on for 10 – 15 % depends on doctors, for 15 – 20 % on genetical factors, for 20 – 25 % on enviroment and for 50 – 55 % on circumstances and way of life [7, 9, 12].

Medics of all times all together been warning: low physical activity damages health, ages person, advances death. According to materials of experts of Latvian University of Physical Education, a half of female graduates and third of male graduates of high school have overweight. The quantity of women, that suffer from obesity in our country is over 70%, men – 40% [12, 19, 21, 24].

According to M. M. Yakovlev, up to sixty-year age live 90% of skinny people and only 60% of overweight, to seventy-year age – 50 and 30%, and to eighty-year age 30 and 10.

In modern conditions of society development, a sharp decrease of health and longevity is observed. According to data of different researches, only about 10% of youth has normal level of physical condition and health, life expectancy was reduced on 7 – 9 years, as a result, production potential is being reduced. Just optimal physical strain together with efficient alimentation and way of life is the most effectual prevent of many diseases and increase of lifetime.

Probably, using sanatively directed modern methods and ways may reduce the level of diseases among people of all age categories, sex and other features.

Goal of the research – opening of the content and methods of injection of physical exercises for sanation and active recreation. Definition of the importance of using of the modern system of sanative physical culture.

For physical culture to influence positively, it is necessary to keep to the rules: only that ways and methods of physical training should be used, which has scientific grounding of their sanative value; physical load should be planned according to pupil's ability; in process of using of all the forms of physical education, it is necessary to provide regularity and unity of medical, pedagogical and self-control [11, 15, 16, 23, 24].

Nowadays authorial complexes and programs of physical trainings of sanative polarity for common use were created. Their main advantages – accessibility, simplicity of completing and effectiveness. First of all they are: controlled jogging loading (Couper's system), one thousand moves regime (Amosov's system); ten

thousand steps every day (Mihao Thai's system); jogging for life (Leadyard's system); alphabet of sanative jogging (Milner's system).

Nowadays, new streams of physical education that have sanative effect appeared. We can join sanative aerobics and it's kinds to them: step, slide, jazz, aqua or hydraerobis, dancing aerobics (funk-aerobics, city-jam, hip hop), bicycle aerobics, aerobics with weight (little bar), aqua jogging, shaping, fitness, stretching.

Choice of one or another method of exercises with sanative orientation is parity with real circumstances, possibilities, needs, sometimes are the thing of personal tastes and interests [12].

Sanative effect of physical exercises is observed only in cases, when they are rationally balanced by orientation to individual possibilities of the ones, who are being trained.

Sanative, medical and training influence of physical exercises to the body becomes more effective if they are correctly combined with tempering as water treatment, sun and air bathes and also massage.

So, regular application of physical exercises and tempering factors improves a vitality of the body, general condition of immune system, functions of vegetative systems, working capacity and prevents presenilation.

Sanative training accurately differs from sport training. If sport training provides using physical loads to reach maximum results in chosen kind of sport, but sanative – to increase and support the level of working capacity and health.

But to reach some big sanative effect, physical exercises must be accompanied by big energy expenditure and give lasting even load to breathing and blood system, providing the supply of oxygen to tissue, must be the expressed aerobic orientation [1, 3, 5, 11].

For sanatively orientated physical training to be positive, it is necessary to keep to several of methodical rules: gradual increase in intensivity and duration of loadings [4, 6, 12].

At a low initial readiness, increases may be 3 – 5% a day according to the reached level and after reaching results – less.

Gradually increasing loading, without overloading the body, but vice versa, giving it time to adapt, manage bigger and more complicated tasks, is possible this way: increasing the quality of workouts, increasing the lasting of the workout, increasing frequency. At the first workouts, frequency is about 40 – 45% and as body adapts it can reach 70 – 75% of total lasting of the workout, increasing of the intensity of workout, speed, at which exercises are done, constant expansion of appliances, that are used at the training, to influence different groups of muscle, all the joints and internals; increasing of complexity and amplitude of moves, correct composition of trainings. Depending on well-doing, weather, the level of readiness of the engaged, its possible to increase or decrease the warm-up, main or final part of the training.

The variety of appliances. For qualitative variety of physical loadings, 7 – 12 exercises is enough, but for them to differ one from another.

Effective methods of all-around versatile training, that includes big quantity of muscle to the workout is jogging, skiing, swimming, rhymed gymnastics and others. In sanative training, exercises for endurance should be include (jogging, in low or middle speed), strength exercises for big groups of muscles (bobbing, lifting legs trailing on the crossbeam or wall bars, transition from laying to sitting position, etc), exercises for backbone joints, joints of hands and legs and also in changing of the body position (trunk inclinations forward, back, to the sides and others).

Systematicity of workout. Regular physical workouts have positive influence to almost all the bodies and organism systems.

Effective remedy, that promotes increase of functional possibilities of the organism systems is active moving regime. For sanative reasons, the next weekly moving regime is recommended for people of different ages: [5, 11, 12, 16, 23]: children of preschool age – 21–28 hours, children of school age – 14–21 hours, students of colleges – 10–14 hours, employees – 6–10 hours [2, 6, 9, 12].

In some researches are mentioned next symptoms and complaints, that appear to practically healthy people with low moving activeness: hard breathing at insignificant physical activity, decrease of work ability, fast exhaustion, pain in the

heart area, dizziness, cold hands and legs, pain in back, dream violation, decrease of attention concentration, increased neuroemotional alertness, very early senile weakness. The constant increase of the lasting of training – is main trend, that has to define moving regime of the human to the old age.

Moving activeness, physical loadings cause line of effects, that lead to training, to improving of adaptable – regulatory mechanisms: economizing effect (decrease of oxygen value of the work, more economical activity of the heart, etc.); antigiloks effect (better blood supply, big range of pulmanory ventilation), antistress effect (increase of stability of hypothalamus system), hyporegulation effect (activating of synthesis of many proteins, hypertrophy of cells); psychoenergetic effect (increase of intellectual working capacity, benefit of positive emotions) [7, 10].

All this complex of the effects increases reliability, firmness of an organism and provides the increase of life duration, presenilation prevention.

Most of the specialists recommend workout with the pulse, when the energy, necessary for work appears at biochemical reactions with the help of oxygen (in aerobic regime). Such workouts practically includes safety of violation in the cardiovascular system processing.

According to physiologists data, most effective workout with sanative orientation with loadings, that increase pulse from 100 to 170 – 180 beats per minute depending on age and state of health of a human. For controlling the intensity of the loading, each participant is necessary to know his lowest and highest pulse level, and also optimum for himself level pulse.

Changes in frequency of warm reductions are very individual, but we may count, that this frequency of 120–130 beats per minute is best for beginner's workout starting. For people of older age or people, that have problems with vascular system working, pulse during workout shouldn't be over 120 beats per minute. Training at pulse of 130–140 beats per minute provides development of total duration for beginners and its support for most of ready people. Best training effect for development of aerobic possibilities and total endurance is noticed at training with pulse between 144 and 150 beats per minute.

The main thought of providing the optimal sanative effect, using physical exercises is correspondence of the loading level to functional possibilities of the body. In sanative training, range of recommended strength values in very big segments, so it is 40–90%, most rational is intensivity 60–70% [7].

Regulation of loadings, considering the level of maximum using of oxygen or maximum work capacity is complicated in conditions of mass forms of physical education. So, in practice, loadings are more often dosed according to pulse. During sanatively orientated workouts, heart must work with certain, but not maximum loading, that provides the safe level for completing continuous exercises.

Setting physical loading according to pulse, it's possible to dose the size of physiological changings, to which the training should lead. It is well known, that the same loading may cause different increase of frequency of heart reductions for different people and if for one this loading may be not enough, for another one causes overloading.

Frequency of pulse shows not only intensivity of work of vascular system, but also tension of practically all the systems of the body, including of pulse and duration of time, spent on completing of physical exercises, it is possible to foresee the spending of energy.

Specialists think, that for reaching desirable results, minimal expense of energy during workout have to be 300 – 500 calories, Sanative programs, that propose less calorie charge is not effective, or almost not effective.

To stay healthy, each human every day have to spend (over main exchange) due to muscular effort not less then 1200 – 2000 calories. Quantity of repetition of the same exercise is between 6 and 20. Way of dosing of the exercises provides counting of the highest score of repeating during exact time. In sanative training closing of loading is between 20 and 50% of repeating.

In sanative training to increase of physical capacity in young age is better to choose exercises, that improve different kinds of endurance (total, speed, speer-strength). At the average and senior age the stimulation of all the moving qualities against restriction of speed exercises is important.

For people of middle and higher than middle level of physical state, three times a week workouts are rational. For young people with high level of physical state also is better to work out three times a week for further improving of physical capacity and readiness. In middle and senior age, reaching of high level of physical state for it's support two times a week trainings are necessary [1, 4, 6].

Therefore, physical education provides positive influence on people's health, if next rules are respected:

- a) Only that methods and ways of physical education should be used, that has scientific grounding of their sanative value;
- b) Physical loadings must be planned according to possibilities of pupils;
- c) In the process of using of all the forms of physical culture in necessary to provide regularity and integrity of medical, pedagogical control and self-control.

Knowing and following theoretic-methodic basics of sanative physical education (walking, jogging, swimming, wheeling, skiing, kinds of aerobics, breathing, gymnastics) provides positive influence to human's body.

For this, keeping to some methodical rules in necessary:

- a) Phased increase of intensivity and duration of loading;
- b) Using of different appliances;
- c) Keeping to system of workout;
- d) Conformity of physical loads to individual possibilities of the body;
- e) Keeping to demands of pedagogical control and self-control.

References

1. **Gilmor G.** Beg radi zhizni: Beg trustsoy s Arturom Lidyardom [Race for Life: Jogging with Arthur Lydiard]. Moscow, *Fizkultura i sport*, 1970. 94 p. (rus)
2. **Godik M. A.** Sportivnaya metrologiya [Sport Metrology]. Moscow. 1998. 348 p. (rus)
3. **Gutko I. P.** Sokolov V. A., Zabarovskiy K. K. Azbuka zdorovya [Alphabet of Health]. Minsk, *Polymya*. 1988. 125 p. (rus)

4. **Dushanin S. A.**, Pyrohova O. Ya, Ivashchenko L. Ya. Ozdorovchyy bih [Jogging]. Kyiv, *Zdorovia*. 1982. 76 p. (ukr)
5. **Kuper K.** Aerobika dlya horoshego samochuvstviya [Aerobics for Good Health]. Moscow, *Fizkultura i sport*. 1989. 112 p. (rus)
6. **Lynets M. M.** Osnovy metodyky rozvytku rukhovykh yakostey [Basic Methods of Motor Skills Development]. Lviv, "*Shtabr*". 1997. 236 p. (ukr)
7. **Lyakh V. I.** Vynoslivost: osnovy izmereniya i metodiki razvitiya [Endurance: Bases of Measurement and Development Methods]. *Fizicheskaya kultura v shkole*. 1998. No.1. P. 12-14. (rus)
8. **Maksimenko A. M.** Osnovy teorii i metodiki fizicheskoy kultury [Fundamentals of Theory and Methods of Physical Education]. Moscow. 1999. 425 p. (rus)
9. **Matveev L. P.** Teoriya i metodika fizicheskoy kultury [Theory and Methodology of Physical Education]. Moscow, "*FyS*". 1991. 378 p. (rus)
10. **Pirogova E. A.**, Ivashchenko L. Ya., Strapko N. P. Vliyanie fizicheskikh uprazhneniy na rabotosposobnost i zdorove cheloveka [Effect of Exercises on the Performance and Health]. Kiev, *Zdorovia*, 1986.146 p. (rus)
11. **Romanenko V. A.**, Maksimovich V. A. Krugovaya trenirovka pri massovykh zanyatiyakh fizicheskoy kulturoy [Circuit Training for Mass Physical Training]. Moscow, «*FyS*». 1986. 137 p. (rus)
12. **Krutsevich T. Yu.** Teoriya i metody fizicheskogo vospitaniya [Theory and Methods of Physical Education]. Kiev, *Olimpiyskaya literatura*. 2003. T.2. 432 p. (rus)

Шинкарьов С.І.

Теоретико-методичні основи оздоровчої фізичної культури

В статті подана загальна характеристика оздоровчої фізичної культури, як засобу покращення стану здоров'я та працездатності людини. Узагальнена методика і використання різноманітних засобів оздоровчої спрямованості. Розкриті зміст та методи впровадження фізичних вправ з метою оздоровлення та активного відпочинку.

Заняття фізичними вправами активізують і удосконалюють обмін речовин, покращують діяльність ЦНС, забезпечують адаптацію серцево-

судинної, дихальної і інших систем до умов м'язової діяльності, прискорюють процес входження в роботу і функціонування систем кровообігу і дихання, а також скорочують довжину функціонального відновлення після зрушень, які викликає фізичне навантаження. Крім оздоровчого ефекту, фізичні вправи діють тренувально на організм людини, дозволяють збільшити рівень фізичних якостей, впливають на формування і подальше удосконалення життєво важливих рухових умінь і навичок.

Ключові слова: оздоровча, фізична культура, фізичні вправи, працездатність людини, удосконалення, фізичне навантаження.

Шинкарев С. И.

Теоретико-методические основы оздоровительной физической культуры

В статье дана общая характеристика оздоровительной физической культуры, как средство улучшения состояния здоровья и работоспособности человека. Обобщена методика и использование разнообразных средств оздоровительной направленности. Раскрыты содержание и методы внедрения физических упражнений с целью оздоровления и активного отдыха.

Занятия физическими упражнениями активизируют и укоряют обмен веществ, улучшают деятельность ЦНС, обеспечивают адаптацию сердечно-сосудистой, дыхательной и других систем к условиям мышечной деятельности, укоряют процесс вхождения в работу и функционирования систем кровообращения и дыхания, а также сокращают время функционального восстановления после изменений, которые вызывает физическая нагрузка. Кроме оздоровительного эффекта, физические упражнения повышают тренированность, уровень физических качеств, влияют на усовершенствование жизненно важных двигательных умений и навыков.

Ключевые слова: оздоровительная, физическая культура, физические упражнения, работоспособность человека, усовершенствование, физическая нагрузка.

Information about the author

Serhii Ivanovych Shynkarov – Head of Department of Physical Education of SE “Luhansk Taras Shevchenko National University”. The scientific interests are focused on recreational physical education as a mean to improve health condition and human performance.

The article was received by the Editorial Office on 26.03.2015

The article was put into print on 24.04.2015

Peer review – V. P. Horashchuk, Doctor of Pedagogical Sciences, Professor