WELLNESS GYMNASTICS AND THEIR VALUES IN THE MODERN WORLD

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Gymnastics is a system of specially selected physical exercises, methodological techniques used to strengthen health, harmonious physical education and improve a person’s motor abilities, his strength, dexterity, speed, endurance, flexibility.

In physical education, a special place belongs to gymnastics, which provides general physical development and improvement of the basic human motor abilities.

Classes in various types of gymnastics help to solve one of the most important tasks – to ensure the preparation of a physically strong young generation with the harmonious development of physical and spiritual strength [3].

Recreational types of gymnastics provide for the performance of exercises in the form of morning hygienic exercises and introductory gymnastics, physical culture breaks, physical culture minutes in educational institutions, at work. This group also includes remedial gymnastics [2].

Their main purpose is to strengthen a person’s health, to maintain a high level of his physical and mental performance in study, work, to increase activity in labor and social activities. Hygienic gymnastics solves the problem of strengthening and maintaining human health, increasing the vital activity of the body as a whole. From the point of view of physiological effects, hygienic gymnastics tones up the entire body of those involved and relieves general fatigue after labor and socially useful human activities. Hygienic gymnastics is widely used in the everyday life of a person. It contributes to the upbringing of useful habits in a person: compliance with hygienic rules, introduction to systematic physical exercises [3].

Hygienic gymnastics can be performed in the morning, afternoon and evening. In the morning, gymnastics is used to quickly achieve optimal performance of the body; during the day, exercises are performed to prevent or relieve fatigue, counteracting the negative effects of household hypokinesia; evening classes help relieve daytime stress, have a beneficial effect on subsequent sleep [1].

In all cases, physical exercise should be combined with hardening procedures. Introductory gymnastics is aimed at the rapid entry of those involved in the forthcoming educational or work activity. According to the form of organization, these are «gymnastics before classes» at school and «gymnastics before work». Exercises are used here, in terms of the structure of movements, energy and sensory support, close to professional motor actions [3].
During the exercise, a physiological and psychological disposition is achieved for active and highly productive educational and industrial activities. The duration of the exercise is 5 – 10 minutes. Physical education, or physical training pause, is used to maintain physical and mental performance at a high level throughout the school or working day, to prevent postural disorders, local physical fatigue. It is carried out when signs of fatigue appear (distraction, disturbance of posture, feeling of fatigue, etc.) during study or work. The complex can consist of 5 – 10 exercises and be performed for 2 – 5 minutes [2].

Remedial gymnastics – the basis of medical physical culture. It helps to restore temporarily lost individual functions of the body after trauma, injury, illness, surgery and others. It is used in combination with other therapeutic agents for a wide variety of diseases, but it is especially effective in the treatment of the musculoskeletal system. The main form of the lesson is a lesson or procedure lasting 30 – 60 minutes. A variety of medical physical culture are non-traditional types of health-improving gymnastics: corrective, relaxation, restorative, respiratory, joint and others [1].

Considering the above, the author of the article came to the conclusion that health-improving types of gymnastics are an important part of the life of a modern person, since they contribute not only to maintaining his physical and mental performance at a high level throughout the school or working day, but also to prevent postural disorders local physical fatigue, restoration of temporarily lost individual functions of the body after trauma, injury, illness, surgery and others.

References:
2. Shvetsov, V. (2012). Improving the physical performance of women 20 – 35 years old under the influence of health-improving types of gymnastics. Retrieved from http://repository.ldufk.edu.ua:8080/bitstream/34606048/19921/1/%D0%A8%