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PHYSICAL AND SPORTS EDUCATION OF UNIVERSITY STUDENTS

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Annotation

Unusual and interesting technique of exercise makes you want to work on yourself, and water resistance allows you to train almost all the muscles of the body at once.

At present, the development of the scientific foundations for the preparation of students is one of the key problems of higher educational institutions. The relevance of this problem is due to the following main factors: the quality of training of the sports reserve is declining and negatively affecting health and performance.

The structure of long-term sports training programs has so far been devoid of a personalized approach that takes into account the genetic psychophysical characteristics of students.

The organization of the educational and practical process system practically does not take into account the achievements of sports science and the latest information technologies; Search for non-traditional technologies and approaches to improve the structure and increase the effectiveness of sports training. The above factors that reduce the quality of sports reserve training and negatively affect the health and performance of students can be largely overcome through the use of modern computer technologies.

The development of innovative technologies for sports training is the rationale for such a strategy for the development of sports of the highest scientific achievements, which will allow for the coming years and the long term to ensure the leadership of our country in the world practice of students based on the implementation[1] of new approaches to the formation of a system of long-term sports training, which will help to ensure : normalization of pressure for students, improvement of health status, increase in student attendance.

Innovation, innovation (English innovation) is an implemented innovation that provides a qualitative increase in the efficiency of processes or products. Water aerobics is an excellent replacement for "land" aerobics and has a number of advantages over other well-known types of recreation. When exercising in water, the load on the musculoskeletal system is reduced, and this reduces the risk of injury and the development of varicose veins and other diseases [2].

Poda has a healing effect on the entire body - hardens, activates metabolism, enhances blood and lymph

circulation, stimulates proper breathing and has a positive effect on the mitral nervous system. Water aerobics is a complex of endurance exercises that last a relatively long time and are associated with achieving a balance between the body's needs for oxygen and its delivery. 866 universities are taking classes in swimming pools. Water aerobics classes can be carried out with students of the first, second, third and fourth courses.

An unusual and interesting exercise technique makes you want to work on yourself, and water resistance allows you to train almost all the muscles of the body at once. A water aerobics class traditionally lasts 45 minutes, for beginners 30 - 35. It begins with a light warm-up, followed by exercises for flexibility and stretching of muscles and ligaments, running and "marching" in the water, rotation around its axis, jumping and jumping in different directions , swing arms and legs, dance step. One of the most common movements is various variations of walking in the water. For competent conduct of classes, you need to know that the lesson consists of a complete chain of exercises.

For successful classes with students, trainers need to know the physical, psychological readiness of the student in order to correctly explain the technique and tactics of classes, and the necessary equipment will help increase interest in classes. You should not make too complex combinations, as well as too easy and primitive combinations. It is reasonable to alternate simple combinations and more complex ones, taking into account the age and preparedness of those involved.

There are basic methods of teaching and training in water aerobics: holistic and dissected. Relatively accessible movements are mastered by a holistic method by showing or telling. And the dismemberment method is used in the study of relatively complex exercises.

In the process of conducting classes, the instructions given by the teacher during the execution of the exercises are of great importance. This allows you to maintain the principle of accuracy in the execution of the movement and at the same time make a correction. When learning movements, the teacher should make explanations and comments in an intelligible tactful form, while maintaining exactingness and goodwill.

Theoretically, a wide variety of options for aqua aerobics are possible. They can differ in the selection of funds, the dosage of specific exercises, the pace of their implementation, the amplitude of movements, their alternation. Using a variety of aerobic programs, you can get a minimum of benefits in a minimum of time. To achieve the above results, 50 minutes of water aerobics per week is enough.

Stretching - as a means of enriching motor skills, improving the coordination of students' movements. The technique of stretching or stretching arose in the 50s of the XX century. But only in the early 80s this technique was used in sports thanks to the work of Swedish and American specialists. At the same time, its name “stretching” arose - stretching.

Stretching is a series of exercises aimed at developing mobility in the joints and improving flexibility. These exercises have found their application in morning exercises, warm-ups and as a means of special training in various sports. Due to its accessibility (the exercises are easy to perform and do not require any special equipment, enough floor, walls and mats or rugs), stretching can be included in physical education classes at universities.

Exercises contribute to the regulation of muscle tone, elasticity of aponeuroses, tendons and adjacent ligaments. The inclusion of stretching in the lesson will help prevent diseases of the ligaments and joints, especially for people who lead a sedentary lifestyle. They acquire greater mobility, after several sessions, the flexibility of the whole body increases. During stretching, concentrated and deep breathing has a beneficial effect on the brain, especially after a busy day at school.

There are three types of exercises that stretch or lengthen muscles: static, dynamic, and ballistic. Regardless of the type of exercises performed, before stretching, it is necessary to “warm up” with general developmental exercises and various jumps for 10-15 minutes. Static stretching - these are

movements performed slowly, with their help a certain position is taken, which the student holds for 10-30 seconds for poorly trained and 30-60 seconds for more prepared ones. After tension, the stages of complete relaxation (2-3 seconds) follow, and again full tension. It is static exercises with muscle stretching that are called stretching.

And in this technique, it is static stretching that is the most effective. Usually 20-30 seconds and 4-5 sets are recommended. Stretching should be done to moderate tension in the muscle. You can increase it by gradually increasing the time of holding the stretched position. Dynamic stretching is an exercise based on muscle tension that needs to be stretched, alternating between gradual tension and relaxation of the muscles. Movements are completed by holding the statistical position at the end point of the amplitude of movement. During the performance of the same exercise, one should strive to develop two main qualities of muscles - strength under tension and the ability to stretch. Thus, the emphasis is not only on increasing the mobility of the joints, which seems at first glance the most obvious, but also on learning to strain the muscle fibers inside the muscles, in particular, at the points of attachment of muscles to ligaments).

Exercises of this method protect the muscles from possible injuries, since after the stretching phase the muscles will become elastic. Ballistic stretching is swinging movements of the arms and legs, as well as extension and flexion of the body, which are performed at a significant speed and large amplitude. In this case, the lengthening of a certain group of muscles turns out to be relatively short-lived [2]. It lasts as long as a swing or flexion.

The speed of muscle stretch is usually proportional to the speed of swings and flexions. Previously, this method was considered to be effective. But recent evidence suggests otherwise, that the method is extremely dangerous. It leads to injuries - micro-tears of the ligaments, which develop into chronic inflammation. Allocate in addition to the above types of stretching and proprioceptive neuromuscular assistance.

The essence of this type is as follows: you need to stand in a static stretched position, then isometrically contract the muscle, then perform the next stretch, already of greater amplitude, thanks to the previous isometric muscle contraction and subsequent relaxation. Although research shows that proprioceptive neuromuscular assistance works great for many, it may not be very practical, as it requires a partner to provide resistance during the isometric contraction phase.[3]

In the event of his mistake and excessive stretching of the muscle after its contraction, this can activate muscle spindles, which will lead to shortening of the muscle and even, possibly, injury. Currently, trainers, physical education specialists prefer static stretching. What do they see as its advantage? Holds of a static position at the end point of the range of motion are more effective for the development of flexibility than spring or flywheels [4].

During this type of stretching, a natural and harmonious development and strengthening of the functions and systems of the body occurs. The physiological basis of such exercises is the activation of muscle fibers due to their contraction in response to stretching. When the articular ligaments, tendons, muscles are stretched, the corresponding mechanoreceptors are excited, this excitation in the form of impulses reaches the cerebral cortex and causes a response in the body. Thus, various methods of stretching reflexively cause a reaction from the nervous system, improve processes in the muscles, skin, tendon-ligamentous apparatus. When the muscles relax, their need for oxygen decreases and the flow of impulses coming from the receptors of the muscles, joints, ligaments, and the central nervous system decreases.[5]

That is, muscle relaxation helps to regulate nervous processes. Relaxation entails stopping unnecessary energy consumption by our body, relieves nervous tension, improves well-being, neutralizes fatigue, and contributes to the disappearance of negative emotions. Flexibility is one of the five basic physical qualities of a person. It is characterized by the degree of mobility of the links of the musculoskeletal

system and the ability to perform movements with a large amplitude. Flexibility is important when performing many motor actions in labor and daily activities.

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