

FITNESS – PROGRAMS AS MEAN OF FORMING OF PERSONALITY PHYSICAL CULTURE OF STUDENTS

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Abstract. Basic directions of perfection of process of physical education of students of higher institutes are examined. Attention is accented on the necessity of search of new effective ways of making healthy of students, increases of level of their physical development and preparedness. A questionnaire inspection is conducted 150 students. It is set that 62% boys would prefer engaged in the power types of fitness (athletic gymnastics, power lifting) and 38% wished to be engaged in the traditional types of sport. 75% girls preferred a fitness (70% to the aerobic orientation, 5% - power), 25% girls were chosen by the traditional types of physical activity. It is shown classifications of fitness programs. It is suggested to adapt existent fitness is programs for employments in the institutes of higher. The possible ways of making healthy of students, increase of level of their physical development and preparedness, attaching to the active way of life are shown.

Keywords: fitness, program, student, aerobic, physical, education.

Introduction

Active reformations, which are conducted in Ukraine, higher school entering the international educational space and connected with this dynamics of educational system changes, set to higher school quite new problems in the field of physical training, especially in educational process. However, dissatisfaction of physical training content is observed at present among students and it negatively influences on their physical level and health. That is why, discovering of new, effective ways of the students' health improvement, rising of their physical level, imparting active way of life to them is an urgent task. One of the most acceptable ways to solve this task is an integration of different fitness aspects into physical training of students, which are now being realized at Motor-car-road institute of State higher institution "Donetskiy national technical university".

The analysis of academic and scientific literature [3, 6, 7, 9-13] on the subject of the research shows that fitness training results in increasing of students' capacity for work and in improvement of their resistibility to harmful factors. In spite of big scope of research works on fitness subject, to day a lot of problems still require additional researches due to changes of students' studies and life conditions, environment, due to appearing of new kinds of fitness.

The present work has been fulfilled as per the plan of scientific research works of Motor-car-road institute ГВУЗ «ДонНТУ», physical training department.

Purpose, subject, materials and methods of the work

The purpose of the work – analysis of Motor-car –road institute students' preferences in choosing of physical training kinds, means and methods.

Results of research

The study of Motor-car –road institute students' preferences in choosing of physical training kinds, means and methods was conducted in February 2011 during one month, in leisure time. 150 of I – III years students (100 girls and 50 boys) of four faculties: "Transport technologies", "Motor transport", "Motor roads", "Economics and management" were questioned.

The questioning resulted in compiling the list of physical training kinds, wanted by Motor-car –road institute students or in which they are trained now in leisure time, (see table 1). Boys (62%) preferred weightlifting fitness (athletic gymnastics, power lifting) and 38% chose traditional kinds of sports. Girls (75%) preferred fitness: 70% - fitness of aerobics type, 5% - weightlifting one and only 25% of girls chose traditional kinds of physical activity.

The complex of tasks, which are solved by fitness means include:

- Harmonious physical, intellectual, and spiritual development of students by motor function, respiratory and nerve system complex impact;
- Assistance to self-knowledge and self-realization by means of physical training;
- Free choice of kind and organization of training according to personal preferences;
- Improvement of essential motor skill and habits;
- Rising of students' interest to systematic physical training;
- Forming of knowledge about healthy life-style;;
- Development of aesthetic abilities and creativity by realization of interconnection of different fitness branches with such arts as music and dance.
- Forming of positive psychological and emotional mood with the help of musical accompaniment, which creates dance and play orientation of training [4.5].

Table 1.

Results of students' questioning

Kinds of physical activity	Girls	Boys
Traditional kinds		
Sports games	10	18
Outdoor games	10	10
Track and field sports	5	10
Fitness		
Step aerobics	20	-
Fitball	16	-
Shaping	34	-
Athletics gymnastics	5	42
Power lifting	-	20

The implementation of fitness in educational program is carried out on the base of fitness programs.

At present time there is no clear and definite definition of the term "fitness program" in normative, educational and scientific literature. In general, term "fitness programs" is used in the meaning of synthesis of different fitness kinds and a system of health improving physical training including healthy life-style (rational nutrition, absence of pernicious habits, psychological training and etc.).

The kinds of fitness programs are: aerobics, weight lifting fitness, mixed kinds, Body & Mind» (clever body), dancing, fitness, based on oriental martial arts.

Main orientations of fitness programs:

1. health improving – conditional (decrease of disease risk, achieving and maintaining of appropriate physical state.
2. development of the abilities to realize motor and sports tasks on rather high level.

In the first case fitness programs are oriented to the aims of health improving fitness, in the second – to the aims of sports or motor fitness [4, 10].

Classification of fitness programs [4, 5]:

1. Depending on the kind of motor activity:

1.1 one kind of motor activity (e.g. aerobics, health improving running, swimming, gymnastics);

1.2 combination of several motor activities (e.g. aerobics and body building, aerobics and stretching; health improving swimming and running);

1.3 combination of one or several motor activities and different factors of healthy life-style;

2. Depending on the contingent of fitness students:

2.1 individual training;

2.2 group training;

2.2 training of special groups;

Groups are arranged of the persons on the base of medical examinations which direct them to the main group or preparatory, medicinal group.

Such variety of fitness programs is conditioned by the tendency to satisfy different sports and health improving interests of students.

The variety of fitness programs does not mean arbitrariness of their creation; the using of different motor activity kinds shall correspond to basic principles of physical training. No matter how original any fitness program could be, it must include the following components:

- warming-up;

- aerobic part ;

- power part;

- stretching component;

- final (restorative) part [8, 10].

The above given generalized structure of the program can be changed depending on the aim of training, the physical state of the students and other factors. For example, the health improving fitness programs consists of 8 special-purpose components or blocks:

- preparatory (preparation of the student's organism to training);
- aerobic (development of cardiac vascular and respiratory systems);
- dancing- choreographic (realization of aesthetic settings, development of coordination abilities);
- corrective (correction of body, power exercises);
- prophylaxis (prevention of different diseases);
- additional (training of dexterity, flexibility, vestibular stability);
- arbitrary (training of musical –and-rhythmic abilities);
- relaxation (restoration after training, stress relieving, relaxing) [4, 5].

With composing of fitness programs it is important to consider the peculiarities of students' health state and the programs' adaptability to academic courses.

Summary

In the course of experiments, which were conducted with the students of Motor-Car-Road Institute ГВУЗ «ДОННТУ», it was stated that 62% of boys and 75% of girls would prefer different kinds of fitness. For this purpose, the existing fitness programs shall be adapted to higher educational institution academic courses. The efficiency of fitness programs' implementation in physical training of students requires their further study and further relevant researches.

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