

CLASSIFICATION AND METHODOLOGICAL FEATURES OF FITNESS AND WELLNESS FACILITIES

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Annotation. *Purpose:* health and fitness use a large arsenal of different sports and physical activity. Development of fitness industry promotes its expansion and requires classification and methodological features that lead to the use of appropriate fitness programs. *Material:* more than 60 literature and video of 42 prestigious international fitness - conventions lessons were analyzed. *Results:* the evolution of species fitness and wellness, as well as the character used in those funds. *Conclusions:* as a means of improving classification attribute fitness appropriate to use their orientation, according to which they are divided into aerobic, strength exercises that promote flexibility and psychomotor coordination. The main methodological features fitness facilities are highlighted: the variety and interchangeability, clear regulation, the ability to transform, to exercise a selective effect on the body, the ability to solve a wide range of tasks, innovation.

Keywords: fitness, tools, classification, orientation, methodical features.

Introduction

Fitness is a separate branch of society's functioning, which satisfies human strive for improvement of health and life quality at the cost of specially organized motion functioning [19]. This purpose is realized with participation of health related fitness's subject (person, who is involved in trainings) in process of health related fitness, organized with the help of available scientific and organizational- resource of fitness industry and oriented on satisfaction of his (subject's) strive for healthy life style, improvement of health level and quality of life.

Beginning of application of physical exercises for prophylaxis of morbidity is connected with policy of popularization of healthy life style, which had been started to be implemented in the USA in 60-s of the past century [17]. This policy was a response to quick spreading of cardio-vascular system's diseases and high risk of deaths among population. Effectiveness of aerobic exercises in prophylaxis of certain diseases became the basis for their application in fitness-programs [8, 9]. Further development of fitness-industry resulted in making content of fitness-programs more various. At present fitness-programs satisfy different demands-they facilitate correction of posture and constitution, remove excessive mass of body, recreate psycho-emotional state and so on. Trainings include techniques of different kinds of sports, which can be interesting for different strata of population. Alongside with it differences between tasks of sport and fitness trainings condition peculiarities of methods, used in them. Main requirement to fitness's means is, in opinion of specialists, their health related orientation [3, 6]. But not every motion functioning, which renders health related influence, can be regarded as fitness. In our opinion application of certain methods in health related fitness's programs is conditioned by presence of certain methodic peculiarities in them, which permit to effectively solve fitness-programs' tasks, adjusting them to functional and motion potentials of trainees. Demand in their determination conditioned scientific researches in this direction.

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Purpose, tasks of the work, material and methods

The purpose of the work was classification of health related means and specification of their methodic peculiarities, which condition their application in fitness programs.

The tasks of the work were classification of health related means on the base of analysis of scientific-methodic literature and video-materials of international fitness conventions and specification of their main methodic specificities.

Material of the researches. For fulfillment of the tasks we analyzed about 60 literature sources and video-records of 42 trainings, which were presented at most important international fitness conventions. RiminiWellness-2013 (Italy), MIOFF-2013 (Moscow), Go sport 2013 (Київ).

Results of the research

Analysis of literature and video-materials permits to state that at present in health related fitness programs there used means of different purpose. Popular in 7—s of 20th century idea of application of aerobic exercises in health related programs transformed in appearing of the whole number of programs of aerobic orientation. For example, practicing of general gymnastic and dancing exercises under music in "onstop" way resulted in creation of "aerobic gymnastic", "aerobic dances" [9]. Then exercises from other kinds of sports began to be fulfilled under music. For example in order to make more interesting trainings for men there appear trainings with using of different martial arts' exercises (boxing aerobic, ki-bo, thai-bo, body-combat and etc.) [11]. For attracting youth dancing programs are widely used [14, 21]. Dancing technologies develop and change very quickly that is conditioned by preference of music styles (Latin and oriental dances, jazz, raga, house and other), which surely are the basis for creation of such programs [6].

The work of Reebok company, which produced step platform and scientifically grounded system of step-aerobic made revolution in development of fitness. [16]. Cyclic rising and dropping on step-platform became safe

alternative to jump and run loads of other aerobic trainings. Possibility to adjust platform height permitted to additionally differentiate load at trainings of different by physical condition level trainees. Involving of leading companies-sport goods producers in process of fitness-technologies' development facilitated appearing of a number of fitness trainings with the help of additional equipment: slide aerobic [15], spinning (bicycle aerobic) [1], trainings in special shoes –exolopers” (kangaroo aerobic) [12] and so on.

In parallel with aerobic programs, programs based on body-building also began to develop. They are oriented on development of muscles and formation of handsome, proportional constitution [2, 5]. Power exercises with different weights, on special stimulators are integral component of modern fitness-centers to day.

Inter-influence of methodic aspects of athletic gymnastic and aerobic resulted in creation of aerobic-power programs. They envisage exercises with weights for different groups of muscles, without rest pauses. As weights dumbbells, rubber expanders, special pump weight, heavy balls (medical balls) and other are used [6].

Fitness technologies of new century have been enriched with programs, combined in foreign literature by term «mined body» [4, 10, 20, 23]. They include: yoga, pilates, thai-chi chuang. Oriental origin of most of them conditions presence of their common with oriental philosophies' features. These features imply that human organism is an integral unity. In this connection training is oriented not on improvement of different sides of physical fitness or groups of muscles, but on development of ability to integrate all available motion and mental potential for maximally effective fulfillment of exercise. Exercises, used in these trainings, facilitate improvement of coordination, –sense” of own body. Alongside with it they envisage fixing of static positions and fulfillment of static-dynamic movements, which facilitate development of flexibility. In specialists' opinion imbalance of muscular development and absence of flexibility of certain muscular groups can cause wrong posture [7, 13]. Stretching exercises with simultaneous strengthening of muscles correct such disorders.

Also we should be note psychological influence of static stretching, which is characteristic for yoga, pilates and other systems' exercises. Basing on oriental philosophy these programs are oriented on control over body and mind owing to own will [10, 20]

Combination of ancient technologies with modern achievements of health related fitness as well as with technologies, which are widely used in rehabilitation of patients with disorders of supporting motor system, facilitated appearing of exercises with fit balls (fit ball aerobic, resist and ball), special balancing platforms korr, bosu, balancing pillow airex, mini stimulator jymstik and other[23]. These programs are associated with –functional training”. The essence of functional training is mastering of motion stereotypes of some activity by trainees, facilitating of skill to rationally and effectively apply physical abilities for solution of certain motion tasks [22]. Main accent of functional training is on ability to fulfill movements with optimal amplitude, with required strength, keeping dynamic balance in constantly changing conditions under influence of external forces, acting on body with changing of its position. In conditions of rising hypo-kinesia, when restriction of motion abilities influences on fulfillment of professional duties and, sometimes, on ordinary domestic actions, such kind of trainings become especially urgent.

Systemizing methods of analyzed video-lessons we think it purposeful to classify them by orientation and mark out the following groups of methods:

- Aerobic means, oriented on development of cardio-respiratory potentials of organism, general endurance, stimulation of metabolism;
- Strength developing means, oriented on development of strength and strength endurance, correction of body constitution;
- Means, oriented on development of flexibility;
- Means, oriented on development of psychic-motor coordination.

In spite of difference between orientations of health related means, regimes of fulfillment, purposefulness of their application in health related fitness's programs is conditioned by intrinsic **methodic peculiarities**, which are the following:

1. *Variability and inter-changeability.* Means of health related fitness are variable by their bio-mechanical structure, orientation and content. They are motions of torso and its parts in different joints, which become more variable owing to dynamic (quick, slow, even, alternate, smooth, jerk, amplitude and so on), space (indifferent directions and planes) and time (simultaneous, alternate and so on) characteristics. Such variety of means permits to choose the most rational of them for solution of certain tasks of health related fitness. Different by content but similar by orientation kinds of exercises cause similar health related effect, which permits to vary content of training program at the cost of replacing one exercise by other.

2. *Possibility to exactly regulate loads.* All means of health related fitness are easy to be dozed owing to determination of quantity of repetitions, temp of fulfillment, movements' amplitude, change of initial position and other characteristics. That is why health related fitness's means can satisfy requirements of any health related program, no matter if this program is oriented on fresher with low level of physical condition or experienced trainee, who can use rather high loads, characteristic for sportsmen.

3. *Ability for transformation in order to differentiate loads.* Possibility to modify the character of exercises' fulfillment, their temp, amplitude, quickness, change of initial position permits to simplify or complicate their technique without substantial change of content, bio-mechanical characteristics or orientation. Possibility to adjust health related fitness's exercises for different trainees, independent on sex, age and level of physical condition, permits to easily differentiate loads in process of training.

4. *Ensuring of selective influence on organism.* In spite of general health related character of exercises, it should be noted that every of them has its own purpose, which is expressed in dominating influence on certain muscular group, development of certain organism's system or physical ability. This characteristic is important with solution of correction tasks, oriented either on correction of posture, improvement of body constitution's proportions or on removal of restrictions and development of organism's functional systems.

5. *Possibility of simultaneous solution of wide range of health related tasks.* As a rule, health related fitness's exercises involves in work great number of muscles; work is fulfilled in different planes and these exercises require certain physical skills that create conditions for comprehensive influence on organism and simultaneous solution of several tasks. For example, squatting with bar weight develop strength, flexibility and balance. Application of such exercises permits to shorten time of results' achievement and, thus, to optimize effectiveness of fitness program.

6. *High level of innovative character and emotionality.* Fitness industry is characterized by highly developed contest environment, in which producers of fitness services compete for consumer. It creates favorable conditions for searching of new means of urgent tasks' solution and of modernization already existing means. Competition with other kinds of leisure and entertainment requires application of such means, which would be effective not only for physiology but would also facilitate sense of satisfaction, joy and psychological comfort. Owing to this fact, in contrast to rehabilitation means or sport training with main distinctive feature is functional purposefulness of exercises, in fitness, alongside with the mentioned emotional and innovative attractiveness is very important for consumer.

Conclusions:

Modern stage of development of health related fitness is characterized by application of great arsenal of means, which is constantly expanded by borrowing of means from other kinds of sports or rehabilitation programs, by creation of new equipment for trainings, by transformation of existing means in new forms with the help of their inter-influence, combination and re-understanding. Systemizing of means by their orientation permits to classify them into group of aerobic exercises, power exercises and exercises for flexibility and development of psycho-motor coordination. In spite of different orientations all they have common methodic characteristics, which condition purposefulness of their application in health related fitness's programs.

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