

## PRACTICAL RECOMMENDATIONS FOR THE IMPLEMENTATION OF HEALTH TECHNOLOGIES TO ENHANCE PHYSICAL FITNESS OF STUDENTS IN EXTRACURRICULAR CLASSES DURING NON-TRADITIONAL GYMNASTICS

Fomenko E.V.

Kharkov Humanitarian Pedagogical Academy

**Annotation.** *Purpose:* to develop practical recommendations for extracurricular classes nontraditional kinds of gymnastics to improve the organization of physical education teachers in schools. *Material:* in the experiment involved 358 students. Analyzed the available literature data. *Results:* a comparative analysis of physical fitness of students and practical recommendations for the non-traditional occupations gymnastics. Been a significant interest in physical education classes. Found that the main ways of improving physical education students may be the formation of the need for strengthening health facilities fitness aerobics, shaping, pilates. *Conclusions:* highlights the need to structure the problems they need and develop appropriate solutions.

**Keywords:** health technologies, students, fitness aerobics, pilates, shaping, physical fitness, fitness mix.

### Introduction

On modern stage of our society's progress the problem of forming of cultural, spiritually rich, physically perfect personality is rather urgent. The basis of physical culture is rational application of motion functioning as a factor of physical preparation to life functioning, optimization of physical fitness. Min mean of physical culture is physical exercises. Under influence of them personality's culture of movements is formed [10, 13, 17-20].

One of main reliable educational means, facilitating personality's physical, mental and aesthetic progress is non-traditional gymnastics [1, 2, 5, 7, 8], which include a lot of kinds. Among them the most interesting are fitness-aerobics, shaping and pilates [9, 14, 15], which can be called fitness-mix.

Fitness mix trainings can not be related to means, providing aerobic loads as far as during fulfillment of its exercises metabolic processes go in mixed aerobic – anaerobic (oxygen – oxygenless) mode of muscles' operation and its influence on respiratory and cardio-vascular systems is rather significant. Fitness-mix trainings are characterized by rich content and clear orientation. The main tasks of fitness-mix are the following: development of motion skills – strength, endurance, quickness, flexibility, dexterity; increasing of workability; increasing of motion functioning, training of correct posture; improvement of mental state; development of sense of rhythm, music, plasticity, normalization of body weight owing to activation of metabolic processes [3, 4, 6, 16].

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### Purpose, tasks of the work, material and methods

*The purpose of the research* is improvement of methodic of modern health related technologies' application in extra-curriculum trainings of non-traditional gymnastics by girl students with different motivation and physical condition.

Contingent of the tested includes girl students of Municipal establishment “Kharkiv humanitarian-pedagogic academy” of Kharkiv regional council. 358 girl students took part in experiment.

### Results of the researches

In fitness-mix trainings we used complex of different fitness-aerobics, shaping and pilates means, which influence on girl-students' organism. They were formed, changed during several years of experimental training. On the base of experience of different gymnastic schools, achievements of modern dances the best specialists in these fields created exercises, which actively influence on muscles and joints of all body. They are different bents, lunges, legs' swings, jumps, running exercises, elements of modern dances, the simplest acrobatic elements (rolls over, stances on blades, half-splits etc.), choreographic elements (body positions, movements of legs, torso and so on), Yoga gymnastic (some asanas and positions of body) as well as other physical exercises. Thus, we decided to take these exercises as the basis for certain complexes for extra-curriculum trainings with girl students for positive influence on their physical condition, physical and mental fitness, progress in studying at HEE and health.

Exercises of fitness-aerobics, shaping and pilates are easily dozed; they are targeted by their influence, they are simple and accessible for fulfillment [11, 12].

Fitness-mix trainings include combined in series different kinds of run, jumps, elements of dances, fulfilled quickly. Such exercises increase load and facilitate training of endurance, flexibility, coordination. Continuous method of exercises' execution facilitates increasing of load and intensity of trainings. Trainings shall be conducted under musical accompaniment for creation of positive emotional atmosphere.

The author's program «Fitness-mix» is intended for girls students of pedagogic HEEs, who have certain experience of motion functioning and wish to acquire additional necessary knowledge in fitness aerobics, shaping and pilates that, in its turn, will ensure better progressing of physical and mental abilities and improve health.

Main content of the program consists of practical and independent trainings, forms of organization of control over girl students' trainings.

Practical trainings deal with problems, concerning analysis of different trainings' methodic, techniques of different movements and dancing elements, methodic of building of non traditional gymnastics' trainings, characteristic and determination of material-technical and organizational provisioning of this sphere of activity. The purpose of practical trainings is mastering of separate movements' and fitness aerobics', shaping and pilates's techniques, improvement of functional and motion skills, training of sense of "movements' culture", mastering of skills in conducting of differently oriented trainings as well as activation of creative cognitive functioning in sphere of physical culture.

Control training permits to find current, operative and total information about mastering of practical skills, mastering of self-control methods and methodic of building of non traditional gymnastics' exercises for group trainings.

Independent trainings include reviewing and analysis of video-material., working out of series of exercises or complexes on fitness-aerobics, pilates and shaping, combined trainings; self control on physical trainings of certain orientation.

The author's program is designed for four years of studying at HEE; on every year certain tasks are solved in sequence: 1<sup>st</sup> year – basic training. It is intended for making further trainings easier. 2<sup>nd</sup> year is the main stage of trainings. It includes targeted familiarization of girl students with innovations in non traditional gymnastics; 3<sup>rd</sup> year is a finalizing stage of trainings. It includes determination of creative potential, integration of modern knowledge and achievements in sport functioning, development of physical abilities by means of fitness aerobics, shaping and pilates. The author's program is divided in 4 levels of complexity. Complexity is determined by mastering by girl students of different movements and methodic techniques.

The purpose of the program is forming of required knowledge and skills in fitness-mix: cultivation of modern health related forms of mass physical culture and sport-dancing kinds of sports, correct idea about fitness-aerobics, shaping and pilates among girl students; giving to girl students knowledge about health related directions of choreography, skill, required for independent activity; mastering of practical material on methodic of organization and conducting of fitness-mix trainings; development of necessary physical condition and mastering of exercises of different orientation (see table 1).

Table

*Structure of experimental program "Fitness-mix"*

Module No	Description of modules	Practical	Independent	Total
1	2	3	4	5
1 <sup>st</sup> stage of training: I – II semesters (122 hrs.) Module I. Basic training				
1. Theoretical aspects of health related aerobics				
	History and progress of non traditional gymnastics. Fitness-aerobics, shaping and pilates – directions of fitness and wellness. Principles of health related training		8	8
2. Preliminary block of musical-motion and organizational training				
	Principles of music knowledge Motion functioning, modes of motion. General gymnastic terminology. Safety measures requirements at health related trainings. Control of students' group during training. Sanitary-hygienic standards for premises for health related trainings. Recommendations on cloth and shoes (1 <sup>st</sup> level of complexity of motion skills' training).		12	12
3. Biological aspects of aerobics				
	Influence of non traditional gymnastics on organism's functional systems. Dozing of loads at fitness aerobics, shaping and pilates. Development of physical fitness with means of these kinds.	12	4	16
4. Development of physical fitness with fitness aerobics, shaping and pilates.				
	Development of physical fitness (strength, endurance, flexibility, quickness, dexterity) with fitness aerobics, shaping and pilates. Development of coordination (sense of rhythm). Attending of other kinds of health related trainings (classic and power shaping, fitness-aerobics, pilates on fit-ball and without them).	36	32	68
5. Program of general functioning of different kinds of non traditional gymnastics				

Module №	Description of modules	Practical	Independent	Total
1	2	3	4	5
	Rules of refereeing. Organization of competitions. Participation in competitions. Fitness-aerobics, shaping, cheerleading.	8	8	16
6.	Testing block			
	Block of trainings for testing of skills after 1 <sup>st</sup> stage. Orientation of students on further professional training. Simplified theoretical and practical blocks of tests and tasks.	2		2
2 <sup>nd</sup> stage of trainings: III-IV semesters (132 hrs.) Module 2. Main stage of professional training				
7.	Musical accompaniment of aerobic trainings			
	General principles of music play. Combination of music and movements. Means of musical expressiveness, skills of expressive movement.	10	4	14
8.	Choreography or ABC of dances			
	Classic exercise with support and without it. Methodic of training of dancing elements and their application in aerobics. (II level of motion skills' complexity)	10	16	26
9.	Fitness- mix as a kind of physical culture and sport functioning			
	Classification and characteristic of non traditional gymnastics (sport aerobics, fitness-aerobic, pilates, fit ball, classic and power shaping); requirements to professional-pedagogic skillfulness of specialist. Characteristic and principles of motion modes' training.	30	30	60
10.	Classification and technique of fitness-aerobic, shaping and pilates exercises			
	Classification of legs' and arms' movements Techniques of movements. Requirements to body posture. Initial positions of body. Analysis of prohibited exercises and their practical replacement. Movements, which are used in other kinds of health related aerobics (step aerobic, slide aerobic, aqua aerobic, dancing, power trainings and trainings with partner) (3 <sup>rd</sup> level of complexity of movements' training)	10	2	12
11.	Methodic features of trainings of non traditional gymnastics)			
	Content of training and methodic of training's building Methods, oriented on mastering of movements' skills and abilities (methods, oriented on training of exercises; choreography; choreographic methods of combinations' construction). Methods, oriented on regulation and controlling of loads and improvement of motion actions.	4	4	8
12.	Types and structure of trainings			
	Types of trainings. Structure of trainings. Preparatory, main and finalizing parts of trainings. Building of aerobic, anaerobic and partner's blocks of trainings. Peculiarities of application of non traditional gymnastic means in separate parts and blocks of trainings.	6	4	
V-VI semesters (124 hrs.)				
13	Organization of training process			
	Planning, kinds of control and self-control of health related training process Control testing of students. Principles of rational eating. Peculiarities of communicative skills and abilities, which are required by specialist in practical functioning (culture of communication, requirements to instructor's etiquette, solution of different pedagogic situation in health related trainings).	2		2
14.	Methods, oriented on mastering of movements and skills			
	Methodic of exercises' trainings. General principles of choreography building. Construction of combinations and complexes of exercises. (IV level of complexity)	32	40	72
15.	Methodic of construction of training's program by different characteristics			
	By orientation; by dominated using of means of physical culture – sport functioning; by functional orientation; by intensity of load.	30	20	50

Module №	Description of modules	Practical	Independent	Total
1	2	3	4	5
3 <sup>rd</sup> stage of training: VII-VIII semesters (156 hrs.)				
	By age and sex; by place and environment of training; by quantitative content; by equipment base; Independently: by organizational-methodic form of trainings; by anatomy; by bio-mechanics.	86	38	124
Module 3. Finalizing stage of professional training				
16. Control and test trainings				
	Forming of students' professional-pedagogic skills and habits, required for independent work. Students fulfill tasks on planning (written plans) and conducting of extra-curriculum trainings of non traditional gymnastics. Theoretical and practical blocks of tests and tasks.	12	20	32
Total		290	242	532

Recommendations for girl-students – beginners in fitness-mix:

1. Practice fitness-mix not less than three times a week (30-60 minutes every training). Temp of training shall permit talking. It will ensure heart beats rate at level of 60-80% from maximum (i.e. quite sufficient for burning from 1500 to 2000 kcal every week).
2. Gradually increase duration and frequency of fitness-mix trainings up to 60 minutes, three times a week.
3. Determine fixed time of trainings. The best are morning trainings, which give excellent buoyancy. Evening trainings permit to relax, release overstrain of working day, help not to over-eat at dinner.
4. Do not miss trainings.
5. Start exercises slowly and do not end them sharply.
6. Test pulse directly after warming up and after peak loads.
7. Not to forget main rule: the best results are achieved by those, who doze loads in compliance with own potentials, but not those, who train most of all.

We determined principles of trainings with the help of health related technologies of non traditional gymnastics: systemic character; level of loads shall comply with sportsmen's fitness; gradual variation of loads; accessibility for majority of trainees; starting of new exercises only after full mastering of previous ones; individual approach to every girl-student; constant visual control; highly positive emotional atmosphere; observance of safety measures' regulations.

**Conclusions:**

1. The author's program permits to expand spectrum of practical skill and habits in fitness-aerobic, shaping and pilates as well as sense of musical rhythm and choreographic construction of dancing blocks and combinations, which can be used in complex (fitness-mix) trainings of higher educational establishments' girl-students; it also permits to raise level of professional education of physical culture instructors.
2. The data, received by us, can also be used in training process of higher educational establishments' students in different disciplines of gymnastic cycle.

The prospects of further researches are oriented on studying of comparative characteristics of 3<sup>rd</sup> – 4<sup>th</sup> year girl-students' physical fitness, who train other kinds of non traditional gymnastics.

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**Information about the author:**

**Fomenko E.V.:** ORCID: 0000-0003-0929-807X; lena.fomenko.78@mail.ru; Kharkov Humanitarian Pedagogical Academy; Sh.Rustaveli alley 7, Kharkov, 61000, Ukraine.

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