

MODEL OF RECREATIONAL AND TRAINING SESSIONS BASED ON THE USE OF FUNDS AQUA PROFESSIONALLY APPLIED IN THE PREPARATION OF STUDENTS OF ECONOMICS

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Annotation. *Purpose:* study, develop and test a model of health-training exercises with the use of aqua. Material: in the experiment involved 69 students aged 17-18 years. *Results:* It was found that the developed model has a positive effect on physical performance of students promotes adaptive processes to the future professional activity and improve the learning process. Should consider the following: 1) the means and methods should be adequate aqua morphofunctional features and enhance the activity of the cardiovascular system, general endurance, power capabilities, flexibility, neurobehavioral performance, and 2) as a means of aqua aerobic exercise is advisable to use orientation and moderate intensity, and 3) use tools and techniques aqua should foster interest in a systematic and independent physical activities. *Conclusions:* the model promotes the development and improvement of the skills and abilities necessary to the future experts in economics.

Keywords: students, aqua fitness, model, health, training.

Introduction

Constant growth of contest on modern labor market put forward strong requirements to level of workability of future specialists of different kinds. High level of workability is conditioned by many components: sound health, good physical condition, high physical and psychic stability, ability to long-term and qualitative fulfillment of different works [2,10,12].

Modern system of high level specialists' training requires comprehensive improvement also in system of vocational training (Ye.I. Maliar, 2010; L.P. Pilipey, 2011). For achievement of the best result in training of highly qualified specialists, process of physical education in higher educational systems shall permanently develop. Condition of such productive innovative functioning of pedagogues is development and application of pedagogic innovations – "final result of implementation of innovations for perfection of object of control and receiving proper effect" [3,7,10].

Students' optimal physical development and fitness, sound health and high workability make the basis of creative attitude to mastering of professional skillfulness. Therefore, working out and implementation of innovative technologies and authors' programs in physical education of students, application of variable forms of trainings' conducting will facilitate purposeful preparation and adaptation to academic and professional functioning [1,8,9].

Such approach to this problem permits for us to regard fitness-technologies, videlicet aqua-fitness, as purposeful process of health related trainings and as one of ways of physical education and professional-applied preparation of students improvement, meaning students of economic specialties under credit-module system of education.

Purpose, tasks of the work, material and methods

The purpose of the research is to theoretically ground and experimentally test effectiveness of worked out by us model of health related trainings on the base of aqua-fitness means.

The tasks of the research: 1. On the base of analysis and generalization of scientific literature data to determine content of physical education content as well as content of professional-applied physical trainings of students of economic specialties on the base of innovative technologies.

2. Experimental testing of effectiveness of the worked out model of health related trainings with the help of aqua-fitness means.

The methods of the research: theoretical analysis and generalization of literature sources' data; pedagogic observation; testing pedagogic experiment; methods of mathematical statistics [5].

Organization of the research. In the research girl students of Ukrainian academy of bank business of National Bank of Ukraine (hereinafter called UABB NBU) and girl students of Sevastopol institute of bank business of UABB NBU (hereinafter called SIBB UABB NBU) The participants were divided into three groups: control group (CG, n=24) of UABB NBU were trained as per traditional program; experimental group 1 girl students (EG1, n=23) of SIBB UABB NBU and experimental group 2 (EG2, n=22) of UABB NBU were trained by worked out by us aqua-fitness program.

Results of the research

The existing programs on girl students' physical education are relatively of the same type. It results in reducing of students' motivation for practicing of physical exercises and sports, worsening of physical condition and workability [7,13]. That is why, with working out of model of health related trainings with aqua-fitness means we were guided by the following principles:

- Aqua-fitness methods shall be adequate to morphological-functional features and facilitate improvement of cardio vascular system's functioning, general endurance, flexibility, psycho-physiological qualities;
- As means of aqua-fitness it is purposeful to use exercises of aerobic orientation and moderate intensity;

- Application of means and methods of aqua-fitness shall facilitate formation of interest to systemic and independent physical trainings.

As the base of model of aqua-fitness trainings we took the following: health related training, complex trainings of applied orientation [4,6,11,14]. We used means of fitness, aqua-fitness, exercises of applied kinds of swimming, special exercises of applied orientation (see fig.1).

Depending on level of physical, mental, psycho-physical and functional abilities and set tasks, we simulated health related trainings, oriented on development and improvement of special physical qualities, manifestation of psychic abilities.

Academic process in health related – training model on aqua-fitness training was characterized by the following signs: minimum of means of training, accessibility and universality.

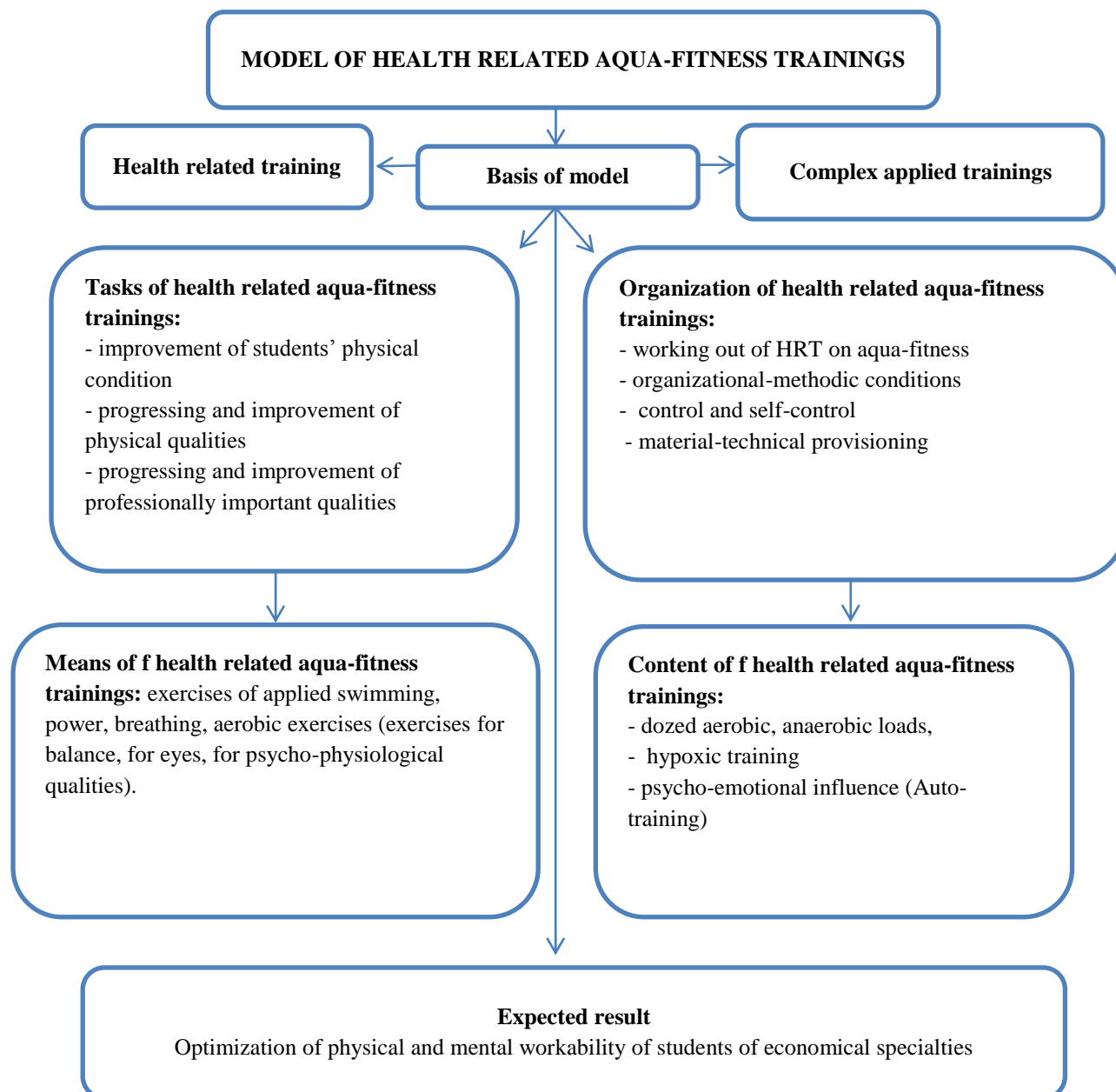


Fig.1. Structural-logic diagram of model of health related aqua-fitness trainings

When working out of model of health related aqua-fitness trainings we used complexes of special exercises for optimization of physical and mental workability of future economists (see fig.2). Planning of training process was carried out on the base of construction of training process in health related physical culture as well as on the base of health related trainings in water [4,6,8,15].

All these factors facilitated not only acceleration of training process but also solution of special training tasks.

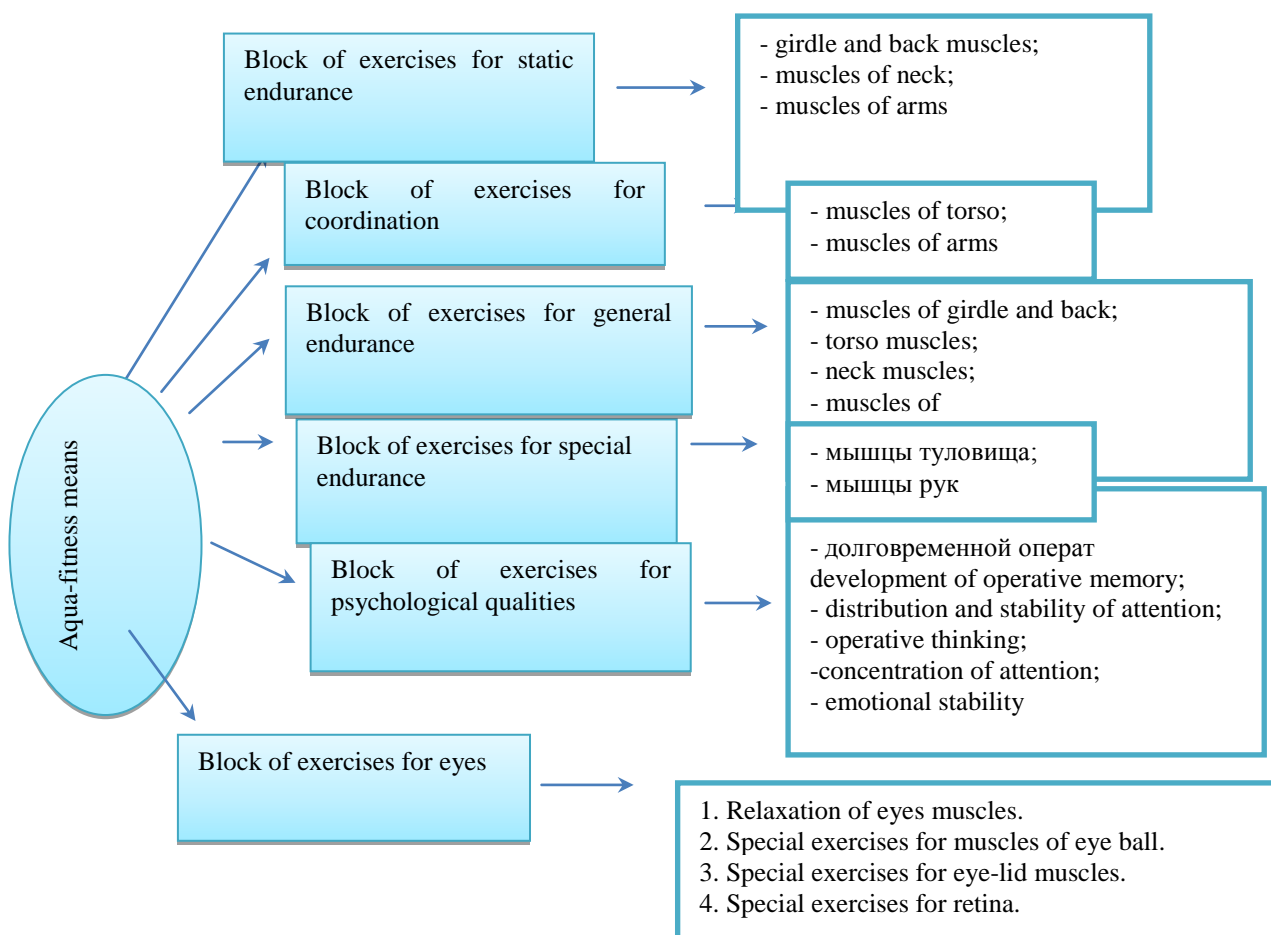


Fig.2 Means of aqua-fitness for optimization of physical and mental workability of students of economic specialties

The worked out by us model of health related aqua-fitness training showed its effectiveness in practice and it is witnessed by results of the researches. Experimental researches were carried out in two stages, during 2011-2012 and 2012-2013. At the beginning of the experiment there were no confident differences in data of EG1, EG2 and CG.

As it is seen from table 1, indicators of test PWC-170 in experimental group 1 and experimental group 2 increased. Results of control group also showed some positive increment but it was insignificant.

Table 1

Indicators of dynamic of girl students' physical workability

PWC-170	Groups	n	Data	Mx ± Smx	P
	EG1	23	Before	47.99 ± 1.12	<0.001
			After	54.85 ± 1.01	
	EG2	22	Before	48.75 ± 0.94	<0.001
			After	54.07 ± 1.01	
	CG	24	Before	46.63 ± 1.01	>0.01
			After	49.97 ± 0.86	

Conclusions:

Using of experimental model permitted to achieve significant increasing of experimental groups' girl students' physical workability. In experimental groups it was: EG1 – test PWC increased up to 11.4% (P <0.001), in EG2 – test PWC increased up to 11.3% (P <0.001), in CG – test PWC increased by 1.07% (P <0.01). Therefore offered by us experimental model, with aqua-fitness means as the base, positively influenced on physical workability of girl students-economists.

The conducted researches witness about purposefulness of this model's implementation in process of physical education of higher educational establishments' students – future economists, for improvement of their adaptation to future professional functioning.

Further researches imply seeking of new forms and methodic of physical education trainings of students-economists on the base of innovative technologies.

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Cite this article as: Petrenko N. V., Loza T. A. Model of recreational and training sessions based on the use of funds aqua professionally applied in the preparation of students of economics. *Physical education of students*, 2014, vol.4, pp. 32-36. doi:10.6084/m9.figshare.974481

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Received: 20.01.2014
Published: 27.02.2014