

Basketball as universal remedy of formation of the healthy lifestyle

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Summary: Results of research on definition of influence of occupations by basketball on physical development of the personality are presented in article.

Keywords: basketball, healthy lifestyle, physical culture of the personality.

Sports, and in particular basketball, it is possible to call with confidence a universal remedy of physical training of all categories of the population. With their help bases of physical and spiritual culture of the personality are formed, health resources as systems of values, actively and dolgosrochno realized in healthy lifestyle raise. The role of sports in the solution of problems of physical training in the wide age range is great:

- formation of conscious need for development of values of health, physical culture and sport;
- physical improvement and strengthening of health as conditions of providing and achievement of high level of professionalism in socially significant kinds of activity;
- development of the physical potential providing achievement of necessary and sufficient level of physical qualities, systems of motive skills;
- the sports general education directed on development of intellectual, technological, moral and esthetic values of physical culture [1].

Sports are widely applied in training of athletes practically of all sports as an effective remedy of the general physical preparation, development of physical qualities and enrichment of motive experience of athletes. For the purpose of studying of influence of game the theoretical analysis and generalization of scientific and methodical literature on a research problem was carried out to basketball in preservation and promotion of health of people of different age. Results of research showed that as means of physical training, basketball found broad application in various links of the sports movement. In system of national education basketball is included in programs of physical higher education [2].

Today there is enough the works consecrating occupations with sports, in particular basketball for the purpose of strengthening of health, increase of resistance of an organism to action of adverse factors, restoration of functions of an organism after excessive physical activities and psychological tension, restoration of an organism after diseases, injuries, the prevention of age changes, improvement of mood, health, a dream. It is important that game in basketball helps physical development of a young organism. Continuous fight for a ball and numerous jumps connected with it improve growth of a body; throws of a ball develop muscles of hands and a back that forms a correct posture. According to doctors, basketball should be referred to number of the most important, physical exercises for full

development of a young organism. The value of game is especially great in improvement of activity of cardiovascular and respiratory systems. Specific motor activity of the person during game in basketball is connected with anaerobic processes and big specific weight the glikoliticheskikh of reactions. Respectively, the complex of loadings, various on the contents, makes differential impact on activity of respiratory system. Frequency of commission of respiratory movements during game in basketball reaches 50-60 cycles in one minute, and the minute volume of breath changes within 120-140 liters, thereby promoting increase in vital capacity of lungs. Such intensive loading, undoubtedly, improves respiratory system at the engaged. Physical activity which is carried out by muscles of the person during game in basketball, is an important factor for strengthening and improvement of a physiological condition of cardiovascular system. External work of heart increases by 4 times, and an index of minute volume of heart - by 7 times. It is in addition established that basketball surpasses many other types of motive activity in extent of influence on development and functional activity of an organism [2]. So during occupations basketball at the training people develops abilities to make faster independent decisions, ability to alter the movements on speed, the direction and intensity is improved. Influence of occupations by sports on health of the person is expressed also in development of endurance, speed and dexterity, maintenance of a tone of muscular muscles, formation of the increased resistance to catarrhal diseases owing to immunity strengthening. Also it is not all advantages of sports. Particular importance of occupation by basketball is been in improvement of the motive device and improvement of visual, vestibular and motive analyzers. In game arises it is multiple quickly changing game situations in which players have to see, distinguish a situation, quickly estimate it and make the decision, in due time and precisely dispose of a ball - all this are promoted the increase in volume of a field of vision, reaction to moving object, improvement by the kinesteticheskikh and spatial feelings. One more important feature of game is the variety of the physical actions having comprehensive impact not only on bodies and physiological systems and also on all groups of muscles, but also on morally - strong-willed qualities. Need to submit to the established rules of the game makes big impact on mentality of the person. The games regulating activity playing special rules, bear in themselves the principle of consciousness. Competition not only to rivals, but also with itself allows the person to increase the level of physical capacities, moral and moral and strong-willed qualities, to improve the social nature [1].

In general, pedagogically competently constructed educational and training occupation by basketball, allows to reveal great opportunities for effective improving influence on a human body. Possibility of game in basketball all the year round opens access for the population to regular trainings sport. Appeal, availability and a versatility of sports at the organization of occupation of a game orientation allows to solve fully problems of movement skills, physical development and strengthening of health. Popularity of basketball and its broad application in system of physical training are caused by economic availability of game, high emotionality of game and big spectacular effect. The main thing that determines the specific weight of

basketball in system of physical training, consists in its value as complex means of physical development and education of all categories of the population.

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