

Міністерство освіти і науки України Комітет з фізичного виховання і спорту
МОН України Сумська обласна державна адміністрація Управління молоді та спорту
Сумської обласної державної адміністрації Національний університет фізичного виховання і спорту України
Тартуський університет (Естонія)

Сумський державний університет



ІННОВАЦІЙНІ ТЕХНОЛОГІЇ В СИСТЕМІ ПІДВИЩЕННЯ КВАЛІФІКАЦІЇ ФАХІВЦІВ ФІЗИЧНОГО ВИХОВАННЯ І СПОРТУ

ТЕЗИ ДОПОВІДЕЙ
V МІЖНАРОДНОЇ НАУКОВО-МЕТОДИЧНОЇ КОНФЕРЕНЦІЇ
(Україна, Суми, 12–13 квітня 2018 року)

Суми
Сумський державний університет
2018

*Рекомендовано до видання
вченою радою Медичного інституту
Сумського державного університету
(протокол № 8 від 2 квітня 2018 року)*

I-66 Інноваційні технології в системі підвищення
кваліфікації фахівців фізичного виховання і спорту :
тези доповідей V Міжнародної науково-методичної
конференції, м. Суми, 12–13 квітня 2018 р. – Суми :
Сумський державний університет, 2018. – 298 с.

У збірнику розглядаються результати теоретичних досліджень і експериментальної роботи, які розкривають широке коло запровадження інноваційних технологій навчання та виховання для фахівців галузі фізичного виховання і спорту.

Для вчителів фізичної культури, викладачів фізичного виховання, тренерів і спортсменів, аспірантів, магістрантів, студентів закладів вищої освіти.

УДК 37.091.214.18:796:005.591.6(063)

© Сумський державний університет, 2018

JOGGING AS A WAY FOR HEALTH IMPROVEMENT

Rudenko V., stud., Polishchuk T. V., a senior
teacher *Kharkiv National Medical University*
valeria0604.rud@ukr.net

Introduction. Jogging is one of the ways of people's movement. The majority of people do not know that this is one of the best ways not only to save physical health, but also to improve mental productivity. But one of the problems which we face is that students lead sedentary life, going along with many illnesses and health problems.

The aim of the research. To stimulate students to go in for jogging.

The presentation of the research material. The peculiarity of our modern life is insufficient student's daily activity. The transport development, the work mechanization are the reasons for students not to make enough movements. At leads to organism weakening, the work destruction of such systems as the circulatory, the nervous, the humorous, the digestive, the musculoskeletal and so on. As a result of hypodynamy, the illnesses concerning heart, vessels, stomach, intestines (problem with peristalsis and the haemorrhoidal vessels) develop and also metabolism problems happen. To add, moving activity also influence the work of psychological activity of a person: sleepiness, insomnia, flabbiness, irritability as a result of which, the mental activity decreases. The best and the most widely spread way to keeping the normal conditions of the organism is jogging. Jogging is one of the way of sanitation, done by the quick (or not so quick) movements of a person on legs. Firstly, at is a good way to keep fit; secondly, you become more self-balanced (or cool-headed) and tranquil. Thirdly, jogging helps to improve the work of heart-vessels, respiratory, digestive, nervous and others not less important systems of our organism. All above mentioned points provide the improvement of students' health.

As for the influence of running on the person's organism, it was conducted many surveys. For example, Ottawa's scientists

conducted a survey, showing the beneficial influence of running on brain-work. Also scientists from Milan University of orthopedics proved that physical exercises positively change the bones health owing to the secretion of ferments that improve health. During the jogging, relaxation is felt all over the body. This effect is due to certain chemical connections that are produced by the organism. These connections affect the parts of cerebrum responsible for emotions. All proofs above cannot but be taken into consideration while inspiring students to run. Before the start of the run, you should undergo a medical examination, and during the training you also need systematic medical supervision. Compulsory and important is self-control, you should know that the intensity of running can be determined by the frequency of heartbeats. It should not exceed 65–85% of the max frequency of your age, and the max-heart rate is calculated as 220 minus the age of the person. In the presence of severe chronic diseases such as cardiac and pulmonary insufficiency, diseases of the kidneys, musculoskeletal system, hypertensive patients, as well as in any acute and chronic diseases, athletic running is contraindicated. The approach to running must be individual, the intensity and duration of the run is determined depending on the age and level of training of the person.

Except these, jogging stimulates intestines for shortening owing to quicken of metabolism. Running prevents the risk of haemorrhoidal vessels inflammation that often occurs with the sedentary way of life. Also, it leads the work of cerebrum for normal work, changes our psychological state that leads to depression decrease. Students, who run at least one hour a day sleep tight and feel themselves happy. As we can see, jogging is an inseparable part of sanitation.

Conclusions. After jogging, one can feel euphoria and relaxation all over the body. Thanks to that, jogging keeps organism not only physically but mentally healthy. This fact is very important for students with sedentary way of life, because mental work must exchange with physical relaxation. Also jogging stimulates all organs of systems to be in tone and diminishes the risk of illnesses.

