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«Сучасні досягнення фізичного виховання»

*Матеріали науково-практичної конференції
з міжнародною участю*

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ENDURANCE TRAINING IN BADMINTON
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Endurance is a person's ability to perform some strenuous work over a long period of time. It shows the overall level of performance of the athlete. Modern scientific research confirms that the manifestations of endurance are mainly responsible for energy metabolism and autonomic systems, such as the cardiovascular and respiratory systems. In addition, endurance is influenced by the level of development of coordination of movements, strength of mental processes and volitional qualities. The main tasks of endurance development are purposeful action, with the help of physical training, on the whole set of factors that ensure the appropriate level of development of performance and have specific features in many sports.

An important role in this process is played by special and general physical training. Therefore, we can distinguish two types of endurance: special and general. Under the general endurance understand endurance at work of moderate intensity in cyclic exercises. Special endurance is endurance to a certain type of activity. When playing badminton, you need speed

endurance, which allows you to maintain high speed throughout the game.

The term speed endurance means the ability to maintain the intensity of movements for a long time without reducing the effectiveness of professional actions. To develop speed endurance requires an appropriate level of development of strength, speed and flexibility of working muscles, as well as the power of the energy supply system.

To achieve a high level of endurance, the athlete must not only have a high level of the above individual properties and abilities, but also be able to show them comprehensively.

One example of a training exercise is running short distances. Also, for the development of endurance, various training methods are used, which can be divided into several groups:

- a) maintaining the speed of movement (movement on the site, the force of impact) as the training or competitive load;
- b) maintaining and increasing the number of effective competitive actions.

When training endurance in badminton player uses the following exercises:

- special preparatory - exercises close in structure to the competitive (different kinds of movement on the ground with the imitation of different blows); moving from the game center on points with blows on the shuttlecock suspended at different heights; jumps, throws, turns, inclines, sets of game exercises that simulate competitive activities, etc .;
- competitive - exercises that make extreme demands on all systems of the athlete.

Conclusion: endurance is a complex quality, most of its components are common to all manifestations not only in

badminton, but also in various sports. An indicator of endurance that must be taken into account is the time within which the activity is performed, as well as the ability to overcome fatigue.

AlBani AbdulRahman
**PHYSICAL REHABILITATION: MODERN
PERSPECTIVE, THEORETICAL AND
METHODOLOGICAL ASPECTS**

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Problem Definition and its Connection with Important Scientific and Practical Tasks. One of the primary elements of human rights is to take care of one's health. A sick, traumatized, or damaged individual who is temporarily unable to work or disabled must have all the support from the civilized state and society he or she needs to regain his or her health, alleviate the condition, and return to an active life. Physical rehabilitation, which uses physical culture for the treatment, regression of the disease, prevention of complications and exacerbations, and recovery of labour and living skills, plays a prominent position in the system of general rehabilitation. It should be mentioned that physical rehabilitation as a whole, the complete system of academic and practical knowledge and abilities, is not sufficiently clarified and researched in Ukraine today.