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«Сучасні досягнення фізичного виховання»

*Матеріали науково-практичної конференції
з міжнародною участю*

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статичні і динамічні навантаження, тренування стійкості і рівноваги. Комплексна оцінка стану пацієнта визначає індивідуальний комплекс вправ та їх тривалість. Для безпечності та ефективності заходів необхідним є нагляд лікаря та повільне зростання інтенсивності навантажень.

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**THE EFFECT OF EXERCISE ON THE
CARDIOVASCULAR SYSTEM**

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The human body is a very complex mechanism consisting of many organs and tissues. To supply all the cells of the body with food and oxygen, get rid of metabolic products, the implementation of immune protection, the body needs a single transport network. Such a network is the cardiovascular system.

Its most important organ is the heart, which acts as a pump to move blood through the vessels. The heart muscle works throughout a person's life, because the maintenance of normal functioning of the body can be provided only by constant blood flow. The mismatch of the amount of blood

emitted by the heart to the needs of the body leads to profound disorders of the organ systems, up to cell death due to lack of essential substances and the accumulation of large amounts of metabolites.

The main thing in the heart is the muscular part, and most muscles, taking into account smooth muscles, can be trained. Properly selected training significantly improves the contractility of the myocardium, increases blood circulation, reduces heart rate not only at rest, but also at any load, increases systolic (or stroke) volume (SV). The effect of regular exercise on the heart is not overestimated: the heart of a trained person is really able to pump large volumes of blood with fewer contractions. Heart rate is the most reliable indicator of exercise intensity, and the organization of the training process based on information about heart rate (HR) is the best method to achieve maximum results.

According to a study by American and British scientists conducted in the fifties of last century, it was found that a very important role in combating diseases of the circulatory system is the nature of the exercises performed. Prolonged performance of strength exercises, the energy supply of which is carried out due to anaerobic (oxygen-free) mechanisms, leads to disruption of blood supply to certain organs (including the heart muscle) and an increase in blood cholesterol. Therefore, the health effect has recently been associated not with any physical activity, but only with the aim of increasing overall endurance and efficiency. Such loads are called aerobic - these are exercises that perform energy consumed by the body through aerobic glycolysis, ie the breakdown of carbohydrates and fats in the presence of oxygen.

The most common means of educating general endurance in mass practice are long running, walking, skiing, cycling, swimming, health aerobics, step aerobics and other cyclic types of exercise of moderate and variable intensity.

Proper organization of physical activity involves a variety of tools, methods that can have a comprehensive beneficial effect on the body, subject to basic principles (regularity, gradual increase in load, individualization, etc.) and taking into account the physiological characteristics of age and physical fitness. Thus, each level of physical health is characterized by a certain reserve of adaptive reactions of the cardiovascular system, which is improved in the process of exercise.

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A BRIEF REPORT ON EUPHORIA

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Relevance: "Runner's euphoria" manifests itself as a sudden feeling of happiness, joy and lightness. Mood rises, dulls pain, fatigue, and hunger. There is a feeling of "enlightenment and firm confidence in their own strength."

Objective: To determine of "runner euphoria", what hormones affect it, and how it improves health.