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Науково-практична конференція з міжнародною участю
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«Сучасні досягнення фізичного виховання»

*Матеріали науково-практичної конференції
з міжнародною участю*

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Conclusions. Physical rehabilitation is a complicated therapy that successfully combines drug therapy, numerous physiotherapy treatment methods, and promotion, prevention, intervention, and rehabilitation strategies to enhance an individual's physical, psychological, emotional, and social status. All of this helps to understand the needs of physical rehabilitation and the importance of rehabilitologists with higher physical culture education, because the subject of labour is a physical rehabilitation programme, its implementation, and determining efficiency at all stages of patients' rehabilitation, middle-aged and elderly, and those who engaged in physical culture in special medical groups.

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SAFE RUNNING DURING THE QUARANTINE PERIOD

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We do our best not to spread the virus, and this plays a role in planning our daily workouts, plans and goals. Gyms are closed, fitness classes are canceled. People are looking for more ways to stay active while respecting each other's health and not coming into contact with each other. Running is a simple and natural solution. The weather this month should get

better, and eventually it will, so a long running season has been announced.

Running is a cheap and affordable activity, and this is what we are allowed to do during quarantine. However, do not forget to stay two or three meters from your fellow citizens and try to stay in your area. Running is a great way to improve your cardiovascular endurance, breathe fresh air and explore the surroundings. Running, like all exercises, is an effective way to maintain the health of our muscles, bones, brain, heart and lungs. However, there are risks that can be associated with running with the wrong approach. Let's discuss a few important nuances that will help reduce the likelihood of injury if you are thinking about adding running to your fitness regimen.

I really like this type of physical activity and look forward to warming up to resume training. I have often worked with a coach, so I have some idea about training and developing a training plan for the week. Here are some tips that are also mentioned in many popular sources for running enthusiasts:

- Train three days a week
- Big walk from 20 to 30 minutes two days a week
- Take a longer run or big walk (40 minutes to an hour) on the weekend.
- Jumps are simple. Rotate the skipping rope at a moderate pace, while bouncing on your toes. When landing, spring your knees.
- Double jump. The technique is the same as for a simple jump. The difference is that in one jump you have to make two scrolls with a skipping rope.
- Jumps with a change of legs. During the jump, change legs alternately. The raised leg must be bent at the knee.

- Jumps back and forth. In one turn you have to jump up and a little forward. On the next rotation you should go back.
- Jumps to the side. When jumping, move to the sides. First to the left, then turn the skipping rope to the right.
- Jumping rope with a cross. Exercise for advanced, when every second jump goes with the crossing of arms.

Conclusions: Regular light exercises with a skipping rope will help in bringing a bit of sport to your quarantine routine. Such a simple inventory will help your body become better, and your spirit - stronger and happier.

Shauria Muscan

SOME DISTANCE LEARNING PECULIARITIES IN THE DISCIPLINE OF "PHYSICAL EDUCATION AND HEALTH" IN THE SYSTEM OF HIGHER MEDICAL EDUCATION

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Introduction. Currently, one of the main tools used for improving the quality of classes in the discipline of "Physical Education" during distance learning period is the application of interactive technologies which increases the importance of students' independent work and enhances the rate of the educational process.