



**Харківський національний медичний університет**

**Кафедра фізичного виховання та здоров'я**

**III Науково-практична заочна конференція  
з міжнародною участю  
«Фізична активність і якість життя  
ЛЮДИНИ»**

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## **«Фізична активність і якість життя ЛЮДИНИ»**

**Матеріали III Науково-практичної заочної конференції з  
міжнародною участю  
(06 травня 2022 року, Харків)**

**2022 рік**

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Systematic jogging significantly improves the condition of the nervous system. Impulses from the body's systems involved in running stimulate the subcortical areas of the brain, resulting in a decrease in depression, improved sleep, reduced nervous tension, improved emotional state. In addition, under the action of running loads neutralizes the effect of increased secretion of adrenaline, which is one of the factors increasing the excitability of the nervous system.

**Conclusions.** Running is one of the effective means of stimulating the activity of functional systems of the body. Health-improving classes improve the condition of the nervous system, increase metabolism, improve immunity, prevent the development of atherosclerosis and tumors. Regular health-improving classes increase the functional capabilities of the cardiovascular and respiratory systems of the body and help to restore the physical capacity of various segments of the population.

Shirinova A.N.

**SITTING VOLLEYBALL AS A MEANS OF  
REHABILITATION OF PEOPLE WITH  
MUSCULOSKELETAL DISORDERS OR TOUCH  
FUNCTIONS**

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**Introduction:** The socio-political situation in Ukraine exposes the problems of people with disabilities, including

musculoskeletal disorders. Unfortunately, more and more people are appearing, especially young people who became disabled as a result of the anti-terrorist operation. And the main problem is their physical rehabilitation and socialization, return to normal, peaceful life, professional and labor activities, restoration of self-care functions.

At the moment, thanks to the wide coverage of this issue, the Paralympic movement is becoming increasingly popular. It is a sport for people with disabilities.

One type of Paralympic program is sitting volleyball. The purpose of the study: to involve people with disabilities, including those with disabilities musculoskeletal or sensory functions before sitting volleyball Presentation of the research material: sitting volleyball is gaining more and more popularity among people with musculoskeletal disorders, thanks to the achievements of the Paralympians. The men's and women's national teams of Ukraine, sitting in volleyball, are among the five strongest teams on the planet. They are winners of the Paralympic Games, multiple champions and winners of Europe and other international competitions. How is it different, what tasks does it solve?

First of all - physical rehabilitation. Sitting volleyball, like standing volleyball, is a difficult type of coordination and requires the work of various muscle groups. It also requires concentration, efficiency of thinking, speed of reaction.

Movements, in this game, are based on the arms (hands) and buttocks. This is a distinctive feature of standing volleyball. Therefore, when performing special and preparatory exercises, the work includes a variety of muscle groups. Performing exercises improves blood circulation, restores movement, improves

coordination, engages mental processes, more rapid operational thinking. It should be noted that this contributes to the physical recovery of man.

Sit-down volleyball lessons are led by experienced coaches who have been players in the past. They know and understand the specifics of the sport.

Therefore, when a newcomer comes to training, his training begins with general developmental and preparatory exercises. This allows the body to gradually adapt to exercise. The work includes muscle groups that have not previously been involved in an intensive process and begin to work in a new way.

A person with disabilities begins to feel his body differently, to control it. More experienced players always share their experience and knowledge. This helps to successfully improve the elements of the game.

And here the second moment comes into force - communication. Sitting volleyball is a team sport. Provides for close communication and interaction both on and off the field.

A person who, due to life circumstances, has been deprived of full communication for a certain period of time or has limited his communication as a result of trauma and disability, psychological stress, finds himself in an environment where there are people with the same problems. Communication in the team helps faster moral and psychological adaptation. When others have similar problems and have learned to deal with them - this is a motivating factor for the "beginner".

Veterans of anti-terrorist operation are especially in need of it. Most often, these are young people whose lives, before the injury, were active and full, but getting into an unusual situation,

going through physical and moral pain, they lose the meaning of this life. It is volleyball sitting, as a team sport, gives the opportunity to re-evaluate their condition.

Communicating with the team, with equals, provides invaluable experience for the formation of new values and adaptation to new lives.

The person begins to feel needed. In addition, the competitive spirit of sitting volleyball helps to increase a person's self-esteem. Every point, game, game won gives confidence and inspires to improve oneself as a player, restores the feeling of a full-fledged person.

**Conclusions:** sitting volleyball should be considered in a set of measures for physical rehabilitation and socialization of people with disabilities, including damage to the musculoskeletal system or sensory functions due to injury, trauma or disease. This Paralympic sport comprehensively contributes to the physical, moral, emotional recovery of the body, increase self-esteem. Accelerates socialization in society and returns to full life.

Pelin Ozsoy

**SWIMMING IN THE PHYSICAL REHABILITATION OF  
CHILDREN WITH POSTURE DISORDERS**

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