



Харківський національний медичний університет

Кафедра фізичного виховання та здоров'я

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

*присвячена пам'яті Володимира Абрамовича Бляха,
засновника та першого завідувача кафедри фізичної
культури в Харківському медичному інституті
(1928-1936 рр.)*

06 травня 2022 року



2022 рік

**Харківський національний медичний університет
Харківський національний педагогічний університет
імені Г.С. Сковороди
Харківський національний економічний університет імені
Семена Кузнеця
Харківська державна академія культури
Національний аерокосмічний університет ім. М.Є.
Жуковського
«Харківський авіаційний інститут»
Харківська державна академія фізичної культури**

«Фізична активність і якість життя ЛЮДИНИ»

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

2022 рік

Shirinova AN	73
Sitting volleyball as a means of rehabilitation of people with musculoskeletal disorders or touch functions	
Pelin Özsoy	76
Swimming in the physical rehabilitation of children with posture disorders	
Saja Thiib	79
The influence of physical activity on the mental capacity of students of khnmu	
Чепя Є. Ю.	80
Бадмінтон, як аспект якості життя людини	
Скобенко М.	85
Вплив вегетаріанської дієти на витривалість в спорті.	
Молоток В.	90
Вплив комплексного лікування з використанням локальної кріотерапії серед студентів спортсменів з пошкодженням гомілковостопного суглоба	
Скобенко М.	93
Вплив кофеїну на витривалість спортсменів	
Журавльова К.С.	98
Вплив фізичної активності на організм людини	
Гуля А. О.	100
Вплив фізичної активності на психічне здоров'я	

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**

Higher education seeker Course 3,group 5 faculty dental

E-mail: pozsoy.20@gmail.com

Department of Physical Education and Health

Kharkiv National Medical University

Candidate of Sciences in Physical Education and Sports, docent

Supervisor - Galashko Maxim Nikolaevich

E-mail: mm.halashko@knmu.edu.ua

Objective: to consider the most effective means of rehabilitation of children with posture disorders Posture - the ability of a person to keep his body in the usual, typical for himposition. In recent years, the incidence of posture disorders in children has increased. Therefore, in our time of great social importance are therapeutic and rehabilitation and preventive measures to combat these pathologies. The most effective means of rehabilitation is therapeutic swimming.

This type of physical activity is an indispensable type of physical activity for people who have injuries and disorders of the musculoskeletal system. But, despite the high efficiency, this method of rehabilitation should be combined with others.

The benefits of this type of rehabilitation are based on the following water qualities:

- 1) tonic effect - change in the intensity of metabolic processes (increase in tone);
- 2) trophic action - improvement of regeneration processes;
- 3) normalization of functions - restoration of functions of an organ or organism as a whole.

Swimming lessons are prescribed by a doctor and depend on age, gender, diagnosis and level of physical fitness. It is important that in conditions of hydrostatic weightlessness and horizontal position of the body, the load on the spine is reduced, there is a redistribution of muscle tone. This promotes the formation of a muscular corset and correct posture. Below we offer exercises that can be used during therapeutic swimming lessons:

1. Starting position (VP) - standing on his shoulders in the water, feet shoulder-width apart, arms outstretched palms outward. 1-2 -

describe the circle with your hands back with maximum amplitude. On 2 - to describe a circle with hands forward in v.p. Repeat 5-6 times.

2. Б.п. - standing on his shoulder in the water with his back to the side and holding his arms apart behind the side. On 1 - a step forward with the right foot, without releasing hands. On 2 - straighten your shoulders and bend over. 3-4 - return to v.p. 5-8 - also with the left foot. Repeat 3-4 times.

3. Swimming rabbit on the chest with the help of movements of the legs in accordance with the breath (4-6 times 10-15 or 25 m - depending on training). At the end of the exercise - exhale into the water.

4. Swimming in a slow pace butterfly without taking your hands out of the water (with a flat back); breaststroke on the back with a paddle with both hands (with kyphotic posture) 100-200 m

5. Б.п. - lying on your chest or back. 1-2 - spread your arms and legs apart and linger 1-2 times. At 3-4 - v.p. Repeat 2-3 times.

Conclusion: Swimming - an indispensable tool in the comprehensive rehabilitation of posture disorders. When swimming, the spine is unloaded, the asymmetric work of the intervertebral muscles disappears, and optimal conditions are created for the growth of vertebral bodies. Stretching the spine during sliding complements the unloading of growth zones. At the same time, the muscles of the spine and the entire skeleton are strengthened, coordination of movements is improved, and a sense of correct posture is formed.