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ХАРКІВСЬКИЙ НАЦІОНАЛЬНИЙ МЕДИЧНИЙ УНІВЕРСИТЕТ



**IV Науково-практична конференція з
міжнародною участю**

**«Фізична активність і якість життя
людини»**

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**ШАНОВНІ КОЛЕГИ, ВИКЛАДАЧІ,
СТУДЕНТИ!**

**24 ЛЮТОГО 2022 РОКУ РФ ЦИНІЧНО ТА
ЖОРСТОКО НАПАЛА НА УКРАЇНУ.
СЬОГОДНІ В НАШІЙ КРАЇНІ ТРИВАЄ
НЕВПИННА БОРОТЬБА ЗА СВОБОДУ ТА
ЖИТТЯ ВСІХ УКРАЇНЦІВ. МИ
ВКЛОНЯЄМОСЬ ЗСУ, МИ ВКЛОНЯЄМОСЬ
ПЕРЕД КОЖНИМ, ХТО
БОРОНИТЬ НАС!**

**НЕ ДОЗВОЛИМО ВІЙНІ ЗАБРАТИ НАШЕ
ПРАВО НАВЧАТИСЯ ТА РОЗВИВАТИСЯ!**

Разом, ми - сила!

І разом ми переможемо!

Слава Україні! Героям Слава!

Джерелій В.В.

ПИТАННЯ ОРГАНІЗАЦІЇ ДИСТАНЦІЙНОГО
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INFLUENCE OF CALLANETIC SYSTEM EXERCISES ON IMPROVING PHYSICAL DEVELOPMENT AND MOVEMENT QUALITIES OF STUDENTS

Formulation of the problem. As a result of the growth of scientific and technical progress at the current stage, hypodynamia continues to progress, which negatively affects health young people Today, the problem of finding new forms of physical education classes, which, firstly, have a health-improving nature, and secondly, have an effective effect on the body and at the same time are suitable for students with different levels of physical development and physical fitness, comes to the fore.

An important factor in increasing the effectiveness of classes is the interest of students. It is necessary to find such types of physical exercises that form students' motivation to engage in physical culture both in classes and independently. This is

especially true for girls. Young men are more actively engaged in physical education and sports. You can do them more often to see in the athletic gymnastics hall, on football, volleyball or basketball courts. Girls are more passive, especially if they are overweight. In this case, it is especially important to involve female students in physical education and sports. A paradoxical situation arises when a person avoids doing physical exercises, although they are the only safe source of solving his problems.

Analysis of research and publications. As noted by a number of researchers, it is an important indicator of improvement the effectiveness of classes is the interest of students. The analysis of modern scientific and methodological literature and the practice of physical education shows that the use of new types of physical culture and sports, physical exercises significantly activates the motor activity of those who are engaged in, increases their interest in physical culture, in particular, the use of callanetics in physical education classes, increases the effectiveness of classes and affects the formation of positive motivation to engage in physical education [1, 2].

As you know, callanetics is a slow, calm form of gymnastics with static load. It is highly effective and helps to reduce weight, body volumes and strengthening muscles.

Callanetics training is especially effective in developing flexibility. The combination of different spring inclines with static fixed inclines, as well as the sequence of exercises, which requires gradual stretching of a certain muscle group and increasing the amplitude of performance with each new exercise - all this provides an opportunity to more actively develop flexibility.

All exercises offered by callanetics for developing strength are based on using your own body weight. Power develops not only due to increased load, but also due to the number of repetitions of exercises.

In the arsenal of callanetics, there is a certain group of exercises that act on deep muscles that are almost not involved in normal daily human movements. Systematic exercise of these muscles significantly improves the appearance of female students, makes their figure slimmer, which in turn is a strong motive for classes [3].

The purpose of the study was to study the influence of exercises of the calanetics system on indicators of physical development and motor qualities of female students, the formation of the need for motor activity, increasing efficiency educational process.

The study was conducted on the basis of the Department of Physical Education of Kharkiv National University named after V. M. Karazina. 15 female students, whose average age was 18, took part in the study. The girls practiced calanetics twice a week, for an hour. Each experimental lesson consisted of three parts with mandatory consideration of general pedagogical principles.

In the preparatory part of the class, walking and its varieties were used to prepare the body for the future load (25% of the total class time). IN a set of exercises of the calanetics system was mainly performed. Mandatory exercises were performed to develop the strength of the back muscles, the abdominal press, and the girdle muscles of the upper limbs (in a statodynamic mode with alternating short periods of action and long rest intervals). Relaxation exercises were widely used, as well as breathing exercises (thoracic, abdominal and diaphragmatic breathing, which is performed as a rest after performing statodynamic work) (58% of the total time). In the final part of the class, stretching exercises and walking were used in combination with breathing exercises (17% of the total time).

Indicators were used to determine motor qualities: strength-flexion and extension of arms in a lying position (number of repetitions); raising straight legs to an angle of 90 on the

gymnastic wall (number of repetitions); flexibility - leaning forward while standing on a gymnastic bench (cm). The indicators were taken in May and again in October 2021.

Motor qualities	Initial measurements	Changes at the end of the experiment	Percentage of changes
Flexion-extension of the arms in a supine position (quantity)	9	16	+78
Raising straight legs to an angle of 90° on the gymnastic wall (quantity)	9,6	15,7	+63.5
Flexibility (cm)	19,7	24,6	+24,8

According to the research, the dynamics of changes in motor activity indicators are observed. This distribution of material in the lesson, dynamism and specially selected exercises allow to increase the effectiveness of the impact of physical exertion on the level of strength abilities of female students, to

increase the level of flexibility, which contributes not only to the formation of the skills of correct posture, but also makes it slimmer.

Conclusions. Thus, as a result of the conducted research and analysis of the obtained data, it can be stated that purposeful and regular classes in callanetics have a positive effect on the body of female students, rather than complexes of general development exercises. At the same time, they cause changes in indicators of physical development, physical and mental well-being after classes, significant changes in motor qualities - strength and flexibility, as well as strengthen muscle tone and improve emotional state, which increases interest in physical culture.

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