



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
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ISSUES OF SPORTS HYGIENE

Higher education seeker Course 5, group 18 faculty 2

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Topicality. Today's population is trying to take care of their health. On the advice of doctors, more and more fans of active recreation. But this alone is not enough, hygiene plays an important role in strengthening health. It studies the interaction of man with environmental factors, and the influence of external factors on the human body. Hygiene is about preventing disease, not treating it. Among the sections of hygiene a great place is occupied by sports hygiene.

Objective. To determine the role of hygiene in disease prevention, hygiene standards aimed at maintaining health, improving the effectiveness of exercise.

Objectives of the study:

1. Investigate the basic concepts of sports hygiene, its importance in the lives of athletes.
2. Identify the features of sports hygiene.

Research results and their discussion. The subject of the study of sports hygiene is the study of human interaction with the factors of sport, and the possible consequences of this interaction.

The main task of sports hygiene is to develop measures aimed at improving health, preventing the negative effects of

physical factors, improving physical development and performance.

The main means to achieve the task:

- Healthy Lifestyle;
- nutrition;
- optimization of physical activity during training;
- appropriate conditions for training;
- compliance with the regime;
- hardening.

Depending on the task of sports hygiene, there are the following sections: hygiene of sports facilities, hygiene of hardening, personal hygiene, nutrition of athletes, hygiene of training and others.

Sports hygiene is aimed at: 1) prevention of various diseases that can occur under the influence of factors of physical culture; 2) increase the efficiency of sports; 3) the creation of hygienic standards that promote good health.

People started talking about hygiene in sports several centuries ago, people of that time considered sports to be a necessary part of recovery. K. Slavynetsky was the first to link physical activity and hygiene. Sport was perceived as a kind of education aimed at strengthening health, both physical and mental.

Peter Lesgaft became the author of the theory of physical education, being a teacher at the Medical and Surgical Academy. In his work "Guide to Physical Education of School-Aged Children" and "On the Attitude of Anatomy to Physical Education", he laid the foundation for the development of the doctrine of physical education, from which later emerged sports

hygiene. Later, the works of V. Gorynevsky, the author of the first manuals on the hygiene of physical exercises, began to spread among the masses. Nowadays, more and more hygienic studies are being conducted, which can be used to give a hygienic assessment of the factors that affect athletes during training and reduce their negative impact. These hygienic studies are carried out taking into account the characteristics of different sports. Having received the results of research, they are analyzed and determine the hygienic standards, rules, recommendations, which are included in regulatory documents, such as DESTU (State Standard of Ukraine) and sanitary standards. Sports hygiene is one of the key subjects in physical education institutions. It provides students with the knowledge necessary for a healthy lifestyle, physical culture and mass work. Recently, knowledge and practical skills in sports hygiene have become more in demand, as a healthy lifestyle and sports have been widely developed among the population. The basis of sports hygiene is personal hygiene of athletes, which includes daily routine, balanced diet, sleep and body hygiene. These rules must be observed taking into account the individual characteristics of the athlete, health status, profession. An athlete who follows his recommended daily routine helps to develop useful conditioned reflexes. This is especially true of nutrition: if you eat at the same time, the work of the digestive system becomes more efficient. It is believed that the most effective classes are between 10 and 11 o'clock in the afternoon and 16 and 17 o'clock in the evening. After all, it is at this time that the greatest efficiency is observed. Healthy sleep of at least 8 hours is important for an athlete. Sleep is considered healthy if there are no dreams and mental arousals. Violation of

the regime, or its absence leads to a decrease in sports results and ill health. Athlete's body hygiene has certain features and includes not only daily showering, oral care, hand washing and more. When training with exercise equipment in the gym, bare skin should not be allowed to come into contact with sports equipment, which prevents skin diseases, including fungal skin lesions, which can lead to serious complications and stop sports for a while. Environmental hygiene is important. The gym must have optimal microclimatic conditions: the air temperature must be kept within limits $+ 15^{\circ} \text{C}$, and in locker rooms $- + 25^{\circ} \text{C}$, humidity 35-60% (at air temperature $+ 15 \dots + 20^{\circ} \text{C}$), air velocity within $0,25 \text{ m / s}$, and in locker rooms $- 0, 15 \text{ m / s}$. It is not recommended to hold outdoor sports if the temperature is more than $+ 30^{\circ} \text{C}$ and less than -25°C . Violation of these conditions can adversely affect the health of athletes. Hypothermia leads to diseases of muscles and joints, reduces the elasticity of ligaments, and exercise in high temperatures leads to overheating of the body. Maintaining thermal balance regardless of weather conditions can be achieved through hardening. The basics of hardening are: gradual increase, regularity, complexity. Hardening does not necessarily involve pouring water, as most people think. There is also hardening by the sun, air. Air baths improve blood circulation and metabolism, which is very important for athletes. Pouring cold water causes the vessels to spasm, followed by their relaxation, thus increasing the tone of the muscular system and efficiency, which makes exercise more effective. Start with a water temperature of about $+ 30^{\circ} \text{C}$. and then reduce to $+ 15^{\circ} \text{C}$. The question of the basis of hygiene of sports facilities is important. The gym should be located on the

ground floor. Changing rooms and showers should be in front of the gym.

The walls should be strong to withstand the blows of the ball, and smooth, to ensure faster and better wet cleaning. The effect of wall color on athletes and the degree of light reflection is also taken into account. Heating radiators must be located under the windows and protected by a grille. Supply and exhaust ventilation must provide air supply of at least 80 m³ per person involved. The windows are located at least 2 meters from the floor and are protected by metal nets. The floor should be smooth and strong, and the floor should not be slippery. Wet cleaning should be done daily, floor and wall cleaning should be done every Sunday.

Conclusions. The special relevance of the topic is due to the increasing popularity of sports among the population. Unfortunately, most people do not follow the rules of sports hygiene, which leads to various health problems. Therefore, the basics of sports hygiene should be spread not only among novice athletes, but also among experienced athletes. Sports hygiene is a way of life, a rational life activity that ensures maximum training efficiency.