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## THE INCREASE OF MUSCULAR ACTIVITY OF MIDDLE-AGED PEOPLE PLAYING BADMINTON

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Today, there is no need in the presentation of numerous facts and data about the great importance of muscular activity in order to enhance human physical performance. In recent years, the reduction of life expectancy and the vigorous activity of the middle-aged and elderly people tends to be constant. The presence of this trend defines a large number of social and economic factors and in this connection rational search of new ways to change this situation becomes very important.

Scientific achievements conclusively prove that one of the most effective ways to solve this problem is regular exercise. A number of studies [1; 2] prove that the rational use of physical exercise not only slows down the aging process, but also results in increased efficiency, a substantial improvement of physical condition. A lot of studies [3] confirm the positive impact of physical activity on the regression of functions of the human body, and it is differentiated depending on the type of sports specialization.

As a variant of physical activity for middle-aged people and especially for staff and teachers of higher educational establishments the authors of this study propose badminton as one of the best ways in increasing of muscular exercise. Badminton is a very affordable sport as it does not imply any restrictions on the initial opportunity to do. However, sport is very effective means of diversifying of physical development. Badminton refers to acyclic high-coordination kinds of sports. It has the following points: the speed of movement and performance techniques with a maximum reduction of preparatory actions, quick thinking and the ability to make quick decisions in various game situations. Playing badminton requires special physical and psychological qualities: physical endurance, agility and coordination, operational and analytical thinking,

creativity, persistence of attention, speed of reaction and high level of health.

Under the influence of training loads when playing badminton the musculoskeletal system of sportsmen strengthens, a variety of motor qualities as well as accuracy and coordination develops, and as a result, all basic vital functions are activated. This workout is accompanied by a positive emotional background, psychophysiological unloading that is reflected in the motivational value with regard to the training process. Thus, we can conclude that badminton sessions generally increase the level of functional condition, muscular activity and endurance of middle-aged sportsmen. This category of people is able to maintain the high level of efficiency in the process of life. Taking into account age characteristics and health status of sportsmen it is necessary to control their functional and physical condition in the training process.

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