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**ІННОВАЦІЙНІ ТЕХНОЛОГІЇ В СИСТЕМІ  
ПІДВИЩЕННЯ КВАЛІФІКАЦІЇ ФАХІВЦІВ  
ФІЗИЧНОГО ВИХОВАННЯ І СПОРТУ**

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## **THE ESSENCE AND THE IMPORTANCE OF AEROBIC FITNESS**

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Today, students are victims of stress associated with learning and unhealthy lifestyles. In addition, in our time Internet technology and other types of hanging out dominate, which do not involve mobility. Therefore, the importance of physical activity for students cannot be ignored. Now aerobic-fitness is widespread among young people. But not everyone can determine exactly what is hidden by the term.

In order to understand the concept of "aerobic fitness", it is necessary to understand the general concept of "fitness". Fitness is a pretty popular lately kind of physical activity. If you delve into the theory of fitness, you will find that it is a science that investigates the mechanisms of human motor activity and its effects on the body. The aim is to improve fitness indicators of strength, flexibility and endurance due to the accumulation of plastic materials and energy. At the same time the human body functions, providing a full physical and psychological comfort.

Perhaps the most correct to say that the fitness is designed to ensure the harmony of human body and soul. Fitness - it's also a way to relieve stress, relax after a day's work. A modern fitness is a symbol of good "quality" of life. This is a certain way of life, the pride of their achievements and successes, the consciousness of victory over himself, continuous learning, the development of stress, strengthen the immune system [1].

What is the "aerobic-fitness"?

Aerobics is familiar to many from his childhood. Very often it is called rhythmic gymnastics, as the exercises are performed to music in a certain rhythm. For example, a set of exercises, which aims at

strengthening the musculoskeletal system and the development of endurance, combined with breathing exercises called aerobics.

Merge same fitness and aerobics gave excellent results. That is, aerobic fitness is directed not only aerobic exercise, but also to include all types of loads. This is the beauty of the sport. It is not uniform. It's varied. Catching up on them, you will shape your body.

We must not forget about the popularity of aerobic fitness among young people. Aerobic fitness sport achieved phenomenal results in comparison with other species. The scope and number of various sporting events, championships and competitions in fitness-aerobics for youth are huge. Performances in competitions, contests, festivals are strong motivational factor of systematic physical training and sports, a powerful incentive to conduct a full healthy lifestyle for a young people.

This is a good opportunity to lose weight and fix the result. Aerobic fitness includes 3 main areas. There are step-aerobics, power-aerobics and dance-aerobics. During a long time this sport direction is widespread. Combining beauty and harmony, the sport is closer to the art and has its own philosophy which develops a human's harmony of physical and spiritual components [2].

Thus, based on existing experience and focusing on the most advanced and latest sporting trends, we follow one of our core principles - the connection of times and traditions. It gives us good support and help to move forward with the times of the sport. Aerobic fitness is a modern and useful sport for everyone.

### **Literature:**

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