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ІННОВАЦІЙНІ ТЕХНОЛОГІЇ В СИСТЕМІ ПІДВИЩЕННЯ КВАЛІФІКАЦІЇ ФАХІВЦІВ ФІЗИЧНОГО ВИХОВАННЯ І СПОРТУ

ТЕЗИ ДОПОВІДЕЙ
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THE MODELLING OF HEALTH ACTIVITIES DURING STUDENTS' TRAINING IN PHYSICAL REHABILITATION GROUPS

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In terms of social, economic and political instability students' health requires detailed attention and studying. The analysis of the recent research and publications shows that about 61 % of young people aged 16–19 years has the average or low level of physical health, and for students aged 20–29 years this figure is 67,2 %.

The organization of the physical education teaching process at high school shows that the process of teaching students with disabilities in health requires both scientific, methodological and legal regulations. Obviously, according to the severity of the problem scientific and methodical study should be continued and the model of health education sessions in groups of physical rehabilitation should be improved.

The purpose of this thesis is to study the functional state of students who study in physical rehabilitation groups taking into consideration the disease nosology and involving these students who are exempted from general physical education for medical reasons in physical training classes. Another task is to find rational approach to the studying in physical rehabilitation groups and to develop a model of training sessions of rehabilitation. In terms of high school the most promising way to solve this problem is the systematic inclusion of innovative health systems in the process of studying in physical rehabilitation groups. The problem of modelling of such studies is quite relevant because there is no single program for the discipline "Physical Education" for students, who train in physical rehabilitation groups.

The analysis of the special literature shows that most professionals dealing with the efficiency of training of physical

education process believe that the most appropriate is the allocation of students into groups based on their nosological characteristics because in this case the possibility of the direct use of physical culture with the aim of recovery significantly increases. So, for students with disabilities in the state of cardiovascular system the most recommended way of training is walking and the cycle of aerobic exercises (working pulse must not exceed 110–150 beats/min). These exercises are aimed at the increase of the overall endurance and performance.

The theoretical data are the prerequisite for the development of teaching methods of dosage recreational walking of students learning in physical rehabilitation groups. The basis of the experimental technique was dosed walking outdoors on the pulse of 100–130 beats/min with a gradual increase of time and distance. In addition, we used the following types of walking: walking uphill, "Scandinavian" walking with sticks, general developmental exercises in movement (including exercises with objects). To increase the level of physical fitness we included exercises to develop strength, flexibility and coordination. To reduce stress, fatigue and to improve the emotional background of studies badminton games were conducted. Medical physical training exercises and special exercises according to nosology diseases were used systematically. The important component of experimental studies was outdoor activity. The heart rate was monitored during classes, and load regulation was used when necessary.

The effectiveness of the developed experimental technique was evaluated during the teaching experiment, which was conducted at the Department of Physical Education and Sport in Sumy State University from September to November 2014. The analysis and synthesis of data of the pedagogical experiment allowed to adjust the experimental methods: changes were made in quantitative rate of dosage of recreational walking, the share of special therapeutic exercises was increased.

Further studies need new approaches to the organization of groups of physical rehabilitation, the modelling of health activities and the content of the curriculum in the next stages of learning.