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

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RUNNING AS A WAY OF HEALTH IMPROVEMENT

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Introduction: running is a means of movement allowing to relocate rapidly on foot. The locution “running” can mean any of a variety of speeds beginning from jogging to sprinting. A great number of people are sure, that this is one of the best ways to keep fit, to improve your health not only physical but also mental. But one of the greatest problems of universities is that student just misses the lessons of physical training. First of all, we should examine all the sides of this questions and make a conclusion.

Intention: to increase an attendance of physical training lessons or to find a compromise.

Benefits for physical health.

This kind of sports activity has a lot of advantages. Weight reducing is one of the most popular and known benefits. A great part of all the runners is directed exactly by emaciation. Besides running helps to improve a cardiovascular health and of course to develop a respiratory apparatus. One of the most significant advantages is stress tolerance, a runner becomes more calm and even-tempered.

Weight loss benefits.

Running is likely to help people in reducing weight, keeping sports shape and perfecting body constitution. In conformity with the investigation is recognized, that the person with medium weight, will spend near 100cal per 1609 km they run. Running rises a metabolic conversion even after a runner have completed a training. Two the main and the most important things are consecution and a gradual growth in tempo and distance. During run training, a runner should consider his feelings. In the case when a runner can't breathe normally or feels emaciated during run training, it may be better to reduce the speed or keep a lower distance.

Research: Recently Preventive Medicine has printed the results of conducted research. “Running alters not only psychological part of the human, that leads to decreasing of depression level but also a physical one”.

Unfortunately, but after only 2 hours per week of sports training, there weren't great changes in psychological health. But if the person increases the time to more than 7.5 hours, the progress in mental health become more stabilized, and then this time began to increase for experimental. Such a modification was always so imperceptible at first, but then sports activity was increased to ten hours. However with every new additional hour, the psychological-health advantages of sport decreases greatly. For example, 25 hours per week, said psychological health was worse than in people, who almost have no connection with sport. Finally, the experiment was finished with the report, that 5 hours per day of strong training--psychological health was as terrible as in slow-moving people.

However for the biggest part of runners, a middle time for effective training was from 2.5 to 7.5 hours per a week of sports training - the analyst drew a conclusion.

Conclusion: Sumy is athletic in big extension; people of all ages try to do something for their health. Running is one of the most popular sport, it is cheap and doesn't need a lot of equipment, only comfortable shoes, and sports costume. The university gives a possibility to choose student's favorite type of sport, but unfortunately, we have only one lesson with determined time and for people, who have almost no power at morning it is a real problem. In addition, after active sports students have no place and time to take a shower. On my opinion, it is much better to give students a possibility to make a lesson of physical training optional. In the case, for example, when a student goes into a gym he should have a possibility to bring a document from her/his coach, where a quantity of absence would be indicated. In the case, when a student prefers running it is better if at the end of the year he or she have a running exam. Thus, a physical education teacher could put a mark on a student.