

BADMINTON AS A MEANS OF MOVEMENT RECREATION FOR ELDERLY PEOPLE

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Introduction. In modern conditions there is a tendency to reduce life expectancy and activity of people of middle age and the elderly. The slowdown of involution processes is one of the tasks of physical recreation. The individuals who are regularly engaged in physical exercise for a long time can maintain good health and high performance. Age changes in them proceed much slower. Recreational activities are of paramount importance in the struggle for improving health, increasing of working capacity and extending of human life.

Purpose: to determine theoretical and methodical principles of recreational activities of the elderly and the influence of badminton as means of motor recreation on their organism, based on the analysis of literature and practical experience.

Presentation of the research material. The research of scientists and practitioners dealing with motor recreation problems is presented by the works of such scientists as O. Andreeva (2015), A. Hackman (2017), T. Krutsevich (2011). They confirm the positive effect of physical activity on the regression of human body functions. This effect is differentiated depending on the type of motor activity. Finland experience shows that 70% of the country's population are engaged in recreational sports and physical education, and 50% of Finlanders walk or ride a bike to work. At the moment, Finland takes the first place among the countries of Europe in turns of life expectancy which is highest among all European countries. According to various data, only 3.6% of the Ukrainian population are engaged in recreational sports and physical education. The authors of this study proposed badminton as means of motor activity for the staff and teachers of our university. Badminton is a fully accessible sport

and the effective means of physical development. Badminton trainings require manifestations of special physical and psychological qualities: endurance, agility and coordination, operational and analytical thinking, creativity, sustainability of attention, reaction speed. Under the influence of training loads musculoskeletal apparatus strengthens, motor quality develops, accuracy and coordination of movements improve, and as a consequence, all vital functions are activated in the process of training. In addition, you can confidently state that badminton is the key to solve one of the urgent problems of global health and namely, the progressive deterioration of the quality of vision in people of all ages. It has been established that the use of badminton resources positively affects refraction, accommodation and hemodynamics of human eyes. The observation of the shuttlecock, which approaches at first and then moves away trains eye muscles and visual analyzer, while moderate loads do not allow their fatigue. The training is accompanied by a positive emotional background and psycho-physiological unloading.

First of all recreational activities should be oriented on the activation of the personal activity of the elderly people and on the formation of their vital tone. Based on this approach, the following basic functions of badminton trainings for the elderly can be singled out:

- preservation of health;
- improvement of the psychophysical state;
- strengthening of social activity of the individual.

Conclusions. Recreational activities have a positive impact on human health and help to delay the aging process. The huge opportunities inherent in the body of each person can be realized in health and active longevity only under the condition of systematic and regulated physical activity.

Prospects for further research will focus on the development and implementation of badminton recreational and health programs for the elderly to improve their health and slow down the aging of the body.

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