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Комітет з фізичного виховання і спорту МОН України
Сумська обласна державна адміністрація
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Національний університет фізичного виховання і спорту України
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**ІННОВАЦІЙНІ ТЕХНОЛОГІЇ В СИСТЕМІ
ПІДВИЩЕННЯ КВАЛІФІКАЦІЇ ФАХІВЦІВ
ФІЗИЧНОГО ВИХОВАННЯ І СПОРТУ**

ТЕЗИ ДОПОВІДЕЙ
ІІІ МІЖНАРОДНОЇ НАУКОВО-МЕТОДИЧНОЇ КОНФЕРЕНЦІЇ
(Україна, Суми, 14–15 квітня 2016 року)

Суми
Сумський державний університет
2016

NORDIC WALKING: NEW KIND OF FITNESS IN EUROPE

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Nordic walking – is very popular sport and way of recreation in Europe. Million people train Nordic waling all over Sweden, Finland, Netherlands, Germany, Romania and in many other European countries.

The distinct advantage of this kind of sport is easiness and its universality. Generally, to perform walking with a stick you don't need nothing apart you willing. This is the kind of sport you can do everywhere, because it requires no special treadmills, stadiums or gyms; does not demand special clothing and shoes [1].

Only 40% of all muscles (muscles of the lower body) if the men's body works while regular walking. 90% of the muscles are involved during Nordic Walking, because great importance is given to the muscles of arms, shoulders and chest. 1,5 times more muscles work during the Nordic walking than during regular walking. That is not only legs, abdomen and buttocks that work but, shoulders, biceps, and triceps as well.

As nearly all muscle groups are walking during the training, calories are burned faster than wile normal walking. Fans of Nordic walking have calculated that it is 40% of calories more. Nordic walking is a good way to get rid of overweight and to build perfect body.

An advantage of practicing Nordic Walking is evidential, it helps to improve posture, straighten your shoulders, tighten the abdomen, reduce the intensity of chronic back pain, and eventually completely remove it; removes tension in the neck. Endurance is growing.

The main load falls on the legs (hip joints, knees and other) during jogging and walking. People feel tiredness in muscles exactly after such kind of trainings. During Nordic walking nearly a

third of the load (30%) occur in hands and shoulders through the use of two sticks. Because of the big number of muscles included in the training almost a half more calories are burned. What is more, load on the upper body allows increasing trace to 10 centimeters what increase speed of walking without any harm to the health.

Nordic walking has no age limits as walking is useful at any time and can be performed in any season of the year [2].

Nordic walking with the use of the sticks has even more advantages. Trainings usually hold in the open air: bank of the river, forest, park, etc. Breathing fresh air sportsmen fill his lungs with the oxygen, train hard muscles, clarify his thoughts and achieve health complexion. Training in big companies is even better and funnier.

European doctors advice Nordic walking to the elder patients as the quiet rhythmic walking improve health condition and uniformly distributed load keep muscles toned. Using sticks helps to avoid damages which are dangerous for elder people especially.

Unlike jogging or fast speed walking Nordic walking almost doesn't have any contradictions. Being comfortable and not traumatic this kind of sport does not require any special sportsmanship or previous sports workout. Even people regularly avoiding any physical trainings can practice Nordic walking for their healthiness and joy.

Based on solid research, Nordic Walking has been shown to provide many health and fitness benefits.

Nordic walking replace different kinds of fitness successfully and its universality can compete with swimming trainings, which is used to consider the most health-saving kind of sport with the greatest effect and minimum harm to the health.

References:

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