



COMMANDMENTS OF PHYSICAL WELL-BEING IN THE DEVELOPMENT OF A PHYSICAL HEALTHY GENERATION

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Annotation

The article states that about health promotion, it is necessary to temper your body from childhood, to comply with the basic provisions and requirements of personal and public hygiene, and many other components of health. A special place in the structure of recreational activities carried out in the system of public education is occupied by the motor regime - physical culture, sports, active leisure

Keywords: motor regime, physical culture, sports, active leisure, self-feeling and working capacity

Health is the most precious gift that a person receives from nature. But in order to strengthen it, it is necessary to temper your body from childhood, observe the basic provisions and requirements of personal and public hygiene, and many other components of health.

A special place in the structure of recreational activities carried out in the system of public education is occupied by the motor regime - physical culture, sports, active leisure. And this is understandable! It is known, for example, the beneficial effect on the body of children of such a popular sport as swimming. Systematic trainings on the "blue tracks" improve the functional state of the cardiovascular and respiratory systems of children and adolescents, contribute to the improvement of coordination of movements, the activity of internal organs, that is, they can significantly improve health, improve self-feel and performance of students.

It is appropriate to emphasize that the injury hazard of physical exercise is not always quite obvious. Take, for example, amateur boxing, which is attractive to young people. It would seem that the very nature of single combat in the ring - punches (even with gloves) on the body and head of the opponent - determines the negative potential in relation to the health of athletes. Meanwhile, according to the observations of European insurance agents, boxing takes only 15-16th place among various sports in





terms of injury rate. Athletics, tennis, table tennis and bowling pins turned out to be the “leaders”.

The content of the physical culture complex “Alpomish” and “Barchinoy” reasonably includes issues directly related to ensuring the necessary safety measures and preventing accidents. Their importance is obvious, because we are talking about the main thing - preserving the life and health of people. Physical culture teachers, class teachers, mentors of sports sections, parents of students - everyone who is involved in the upbringing of the younger generation must persistently and competently explain to schoolchildren the main provisions of the relevant requirements of the “Alpomish” and “Barchinoy” complex, educate them have a steady habit of following these rules and guidelines.

The commandments of physical culture well-being are a multifaceted topic. Today we are stirring about the hygienic aspects of exercise.

The art of being healthy. As is known, you can drown in a saucer with tea. It is no coincidence that, therefore, in any business there is a special code of safety that reduces the level of risk to a minimum. A complex of such measures has been developed in the field of physical culture.

The first commandment is a systematic medical examination. A medical opinion on admission to practicing a favorite sport is of fundamental importance. And the point is not only that there may be hidden deviations from the norm in the body. Let's say that a perfectly healthy teenager decides to go swimming. In this case, even the smallest damage to the teeth will cause him a lot of trouble while in cool water. And some absolutely healthy people do not tolerate the ingress of water into the ears: drops of liquid cause irritation of the vestibular analyzer. That is why, before embarking on any training sessions, you should definitely get the “go” from the doctors. And in the future, naturally, not to break off friendship with them, to visit the school doctor's office or clinic at least twice a year.

Another rule is strict observance of the main laws of physical education. It is reckless, for example, to join hardening by “winter swimming”, to learn the basics of athletics in a marathon run, to climb the top for jumping into the water, not being able to swim. In each case, a logical sequence and continuity must be observed. A new element, a more complex exercise should be based on what has already been achieved, firmly mastered. The pace and rhythm can be increased only without overloading the body. And you should definitely start physical education classes with small volumes.





Moreover: it is better to train 3-4 times a week for 15 minutes than once an hour. Irregular activities will not accomplish much!

Before exercising, you need to take care of proper equipment - clothing, footwear, protective equipment. All components of a sports uniform must be fit, clean, tidy. It is absolutely unacceptable to neglect special safety equipment. No one needs bravado, overestimation of their sportsmanship, the erroneous belief that the safety equipment is heavy and inconvenient, that it creates the impression of a lack of true courage, provoke young athletes to tragic actions. Cyclists, for example, sometimes wear only a light cap instead of a helmet. At the same time, speeds in some sections of the route reach 40 km / h. In this case, hitting the head with the ground in an accidental fall will inevitably lead to serious injury, and even death. A protective helmet reduces the impact force by 3-5 times.

The next rule is a good warm-up. And this is not a dull formality, as the guys often think. Preparatory exercises, mental representation of the structure of upcoming movements help to bring the nervous system to an optimal state, activate breathing and blood circulation, “warm up” muscles and “roll” joints. A person begins to better orient himself in space, his movements become clearer, more economical, internal organs and systems acquire the ability to withstand the most “severe” regime of physical and neuro-emotional stress. If you get involved in the exercise, and even more so take a start without a warm-up, there will be trouble! The schoolboy, as it were, dooms himself in advance to abrasions, bruises, damage to muscles and tendons, and more serious injuries.

During lessons, sectional classes, it is important to be extremely collected, attentive and circumspect. In every sport there are special self-insurance techniques that should not be neglected. A typical case is a sudden fall. The unhurried student falls relaxed, convulsively trying to somehow stay on his feet, waving his arms chaotically. Consequences - severe bruises, bone fractures, concussion. Experienced athletes in such situations, first of all, do not lose their composure, control over their actions. Instantly assessing the situation, they quickly squat, group, press their head to their chest, tighten their muscles and gently roll onto their side, not trying to rest their hands on the ground. If there is a fall on the chest, they land springy on both hands or do a forward roll. The main thing is not to be afraid, to act boldly and decisively!

Physical culture and sports at school are subordinated to a noble goal - to comprehensively strengthen the health of students, to maximize their motor potential. However, the wrong organization and methodology of classes (especially independent



ones) leads to overload, exceeding the real capabilities of children. This is how situations arise when health is in serious danger. It is known that with exercise, fatigue gradually develops - a physiological reaction to stress. It is caused by the depletion of human energy and nervous resources. During the recovery period after the load, the functions of the body return to their original level, thanks to regular training, the life support system is transferred to a new, higher level. Specialists call this phenomenon supercompensation.

It may, however, happen that beginning athletes before the next lesson do not have time, as they say, to get into shape. This means that a new load will bring the body out of the normal balance and overwork will occur. Its characteristic signs are unsatisfactory health, an aggravated feeling of fatigue, an unusual pulse, disturbances in appetite and sleep. Systematic overfatigue will inevitably lead to a sharp deterioration in health, diseases. Clear planning of physical activity and daily monitoring of well-being help to avoid this.

Overtraining is also fraught with dangers. Prolonged intense loads, unreasonably short time for recuperation, too frequent performances in important competitions, conflict situations can cause irritability, resentment, poor sleep, loss of appetite, shortness of breath and palpitations after simple exercises, pain in the chest, abdomen, muscles. Boys and girls have an aversion to sports, they avoid physical exertion in every possible way.

Physical education and sports after such crises can be resumed only after additional medical examination, under the strict supervision of a doctor and trainer. And it will be much more difficult to restore the previous level of skill than with a rational training process.

It is impossible not to mention one more problem that arises when practicing physical culture and sports. It happens that the student feels the characteristic signs of an incipient illness: chills, headache, fever, weakness. But false shame in front of his peers forces him to put on a sports uniform and fully complete the lesson program, training in the sports section, and take part in competitions. This is harmful to health, greatly complicates the treatment of the disease and can lead to dangerous complications. There is no alternative: for any ailments, physical activity is categorically prohibited. Yes, and after healing, going out to the sports field must certainly be preceded by a medical examination. Well-being does not mean that the body has regained its strength and the danger has completely passed. The main thesis of both medicine and physical culture is to strengthen health, not destroy it!





It is also natural that all types of physical culture and sports are incompatible with the use of alcohol, drugs, and smoking.

Security guarantee. One of the components of successful physical education and sports is the rational selection and reliability of the inventory and equipment used.

Injuries in the gym often occur in the absence of protective devices, overloading the premises, irrational training methods, and an abundance of foreign objects in the room. To prevent accidents, steam heating radiators, pipes, wires, stretch marks must be covered with gratings or shields. The floor should not be slippery. On windows and luminaires, nets, grilles or transparent shields are installed to protect them from ball hits. In the gym, it is necessary to have a complete first-aid kit and a spittoon with a disinfectant solution, "Working" equipment is wiped with a damp cloth for 10-15 minutes. before exercise.

Similar requirements apply to the home "stadium". You should free the area for classes from unnecessary things, make sure that the exercise will not interfere with other family members; you also need to conveniently arrange sports equipment, and be sure to ventilate the room,

Safety rules also exist for outdoor activities. Tracks for running short distances, for example, are marked so that after the finish there is at least 10-15 m of free space in stock. Otherwise, the runner will not have time to "extinguish" the speed in time. The same tracks can be used for the takeoff run during the jumping competition. In this case, the jump pit is placed not behind the finish line in running, but, on the contrary, in the starting area. Note that it is filled with exceptionally clean sand, without impurities. The throwing sector is equipped taking into account that the projectile - a ball or a grenade - does not injure anyone and does not spoil the surfaces of neighboring sites.

All elements of the gymnastic campus and obstacle strips are carefully polished and covered with waterproof paint. Increased attention to the joints of the structures. They should be free of electric welding scale, protruding heads of nails and screws, cracks - anything that can cause injury. The diameter of metal pipes must be at least 30 mm.

It is desirable to orient the longitudinal axes of the playgrounds in the meridian direction - from north to south. Permissible deviations are not more than $+20^\circ$. But where strong constant winds blow, it is better to position the longitudinal axis of the site perpendicular to the dominant wind direction. It is important that the surface of the sites provides a quick drain of water after rain. This is achieved by the uniformity of the coverage of the entire sports complex and a slight slope of its surface from the





center to the edges. Another condition is timely maintenance of the sites: leveling the surface, cleaning from debris, leaves, snow, removing foreign objects, in the summer - regular watering.

A special question is about the choice of places for water sports. On the seashore, pond, lake, river or reservoir, use the coast that slopes gently towards the water. The approach to it should be free from thickets of sedges, reeds, algae; bottom - solid, depth - increase gradually. Before swimming, and even more so before playing games and jumping into the water, you need to make sure that the bottom surface is free of stones, snags, and other dangerous objects.

You can not arrange bathing near a dirty water drain, a watering hole for animals, ship berths, places where clothes are washed. The sanitary safety control zones are as follows: on the river, the "blue arena" should be removed from the nearest source of pollution at least 100 m upstream or 500-600 m downstream; on a reservoir with stagnant water - not less than 200 m. For those who cannot swim, the depth of the reservoir should not exceed 1 m. And for diving, this indicator depends on the height of the tower or springboard: for a 3-meter tower and a springboard - not less than 3 m; for a 5-meter - not less than 4 m; for a 10-meter one - at least 5 m.

Before visiting the artificial swimming pool, it is useful for students to familiarize themselves with the following information. Existing norms allow swimming on one lane of a 50-meter pool no more than 15, and in a 25-meter bath - no more than 10 people. If the tracks are stretched across the pool, the limit for the number of swimmers is one per meter of track length. At the bottom of the pool, a strip is laid out with dark tiles, dividing the path in half (and not a dividing line between the paths, as some guys think). At both ends, it has a T-shaped risk, from which to the side of the pool is exactly 2 m.

When assessing the depth of a reservoir, one must be extremely careful, because of the refraction of light rays by the surface of the water, the depth always seems to be less than it actually is. Standing on a side with a height of only 30 cm, a person with a height of 170 cm perceives an object immersed by 50 cm as: on the first track - at a depth of 45 cm, on the second - at a depth of 30 cm, on the third - 22 cm. cause unhappiness.

It is clear that in each sport there are specific things that help to maintain health and avoid injury. But this already requires a special conversation.





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