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METHODOLOGICAL APPROACHES TO THE USE
OF FITNESS ELEMENTS IN PRACTICAL PHYSICAL
EDUCATION CLASSES

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МЕТОДИЧЕСКИЕ ПОДХОДЫ К ИСПОЛЬЗОВАНИЮ
ЭЛЕМЕНТОВ ФИТНЕСА НА ЗАНЯТИЯХ
ПО ПРАКТИЧЕСКОЙ ФИЗИЧЕСКОЙ КУЛЬТУРЕ

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Abstract. This paper presents an analysis of various fitness directions as well as scientific and methodological literature on the impact of various exercises within fitness programs. The study focuses on the effects of fitness activities during physical education classes.

Keywords: Fitness, methodological approaches, student classes

Аннотация. В данной работе представлен анализ разных направлений фитнеса, а также научно-методической литературы по влиянию различных упражнений в фитнес-программах. Основное внимание уделено влиянию фитнеса на физическую подготовленность студентов на занятиях по физическому воспитанию.

Ключевые слова: фитнес, методические подходы, студенческие занятия

Objective. The aim of this study is to explore the content of modern fitness technologies and to generalize methods for their practical implementation in physical education classes in higher medical educational institutions.

Introduction. The growing interest among young people in contemporary physical and health-oriented practices provides an ongoing reason to explore ways of integrating fitness technologies into the physical education programs for medical students [1, 2].

Research Objective. The objective of the research is to examine the content of modern fitness technologies and to generalize methods for their practical application in physical education classes at higher education institutions with a medical profile.

Materials and Methods. Through a theoretical analysis of educational and scientific publications, the study explores modern aspects of applying various fitness approaches in physical education classes for medical students.

Main Part. A review of literature has shown that fitness is a broad system of physical exercises aimed at maintaining good physical condition, as well as fostering intellectual, emotional, social, and spiritual development [3, p. 7].

Fitness activities are dynamic and characterized by high variability in physical load. They are usually conducted to music, which enhances the control over participants and helps maintain a high emotional level [4].

Experts claim that when used properly in physical education for students, fitness technologies can replace certain traditional elements of physical education classes [2].

For instance, in the preparatory phase of physical education classes for medical students, elements of aerobics can be incorporated, such as walking or running combined with movements in the large joints at a slow or moderate pace. These exercises help prepare and gradually engage the musculoskeletal system and functional systems of the body for more intense activities during the main part of the class.

Considering the content of educational programs for developing the physical abilities of medical students, functional and strength training elements can be incorporated into the main part of the class. Functional training develops joint mobility and strengthens muscles, while exercises using body weight promote strength abilities. Strength training exercises that progressively increase load improve strength, and the use of weights (dumbbells, medicine balls, body bars) helps increase both strength and overall endurance in students [1].

At the end of the class, to reduce functional activity and assist in student recovery, low-intensity stretching and yoga-aerobics complexes can be suggested.

Conclusion. This study outlines specific methodological approaches to the use of various fitness directions in physical education classes for medical students. The research presents strategies for modeling the structure of practical lessons and for developing the physical abilities of future medical professionals.

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