

**Federal state budgetary educational institution of higher education
"North Ossetian State Medical Academy"
Ministry of Health of the Russian Federation**

**DEPARTMENT OF GENERAL HYGIENE
AND PHYSICAL CULTURE**

**TECHNIQUE AND COMPOSITION
OF MORNING HYGIENIC
GYMNASTICS COMPLEX**

Methodological recommendations
on the organization of independent work and study of the
disciplines "Physical culture and sports" and "Elective course in
physical culture and sports" of the main professional educational
program of higher education – specialty program in the specialty
31.05.03 Dentistry (partially implemented in English)

Kusova A.R., Razuvaeva A.A.

"Methodology for conducting and compiling a complex of morning hygienic gymnastics", guidelines for students; North Ossetian State Medical Academy: Vladikavkaz, 2016. – 13 p.

These guidelines present the goals and objectives of morning hygienic gymnastics as one of the forms of students' physical activity. Daily performance of a complex of morning exercises, developed taking into account the regularities of the body's functioning after sleep and the individual characteristics of a particular person, allows you to prepare the body for the upcoming mental, physical, emotional stress, is a good means of maintaining and strengthening health, and ensures high mental and physical performance during the day.

Methodical recommendations can be used for the practical training of students of the main and special medical groups studying in the specialties "General Medicine", "Dentistry", "Pediatrics", "Medical-preventive business", "Pharmacy". Compiled in accordance with the curriculum. The materials presented in the recommendations meet the requirements of the educational standard for medical students.

UDC 613.71

Reviewers:

Tsogoev A.S. – Doctor of Medical Sciences, Professor of the Department of Internal Medicine No.5 FSBEI HE NOSMA MOH of Russia

Tuaeva I.Sh. – Candidate of Medical Sciences, Associate Professor of the Department of Medical and Preventive Faculty of Epidemiology FSBEI HE NOSMA MOH of Russia

*Approved and recommended for printing by Central Coordination Office
Scientific and Methodological Council of the
FSBEI HE NOSMA MOH of Russia (Protocol No.1 of September 2, 2016)*

PURPOSE OF THE LESSON: to acquaint and train students in the method of conducting morning hygienic gymnastics

A STUDENT SHOULD KNOW:

- the purpose and objectives of morning hygienic gymnastics;
- basic rules for conducting and compiling complexes of morning hygienic gymnastics;
- the influence of morning hygienic gymnastics on the increase of basic life processes;
- taking into account the state of health when selecting physical activity for morning hygienic exercises;

A STUDENT SHOULD BE ABLE TO:

- perform a set of exercises in the morning hygienic gymnastics

QUESTIONS TO BE SURRENDED:

- morning hygienic gymnastics as one of the forms of physical activity of students;
- the purpose and objectives of morning hygienic gymnastics;
- an individual approach to the selection of physical activity for the morning hygienic gymnastics;
- taking into account the state of health when selecting physical activity for morning hygienic exercises;
- methodology for compiling UGG complexes and its implementation.

RECOMMENDED LITERATURE

1. Vasilkov A.A. Theory and methodology of physical education. – Publ.: Phoenix, 2008. – 381s.
2. Gotovtsev P.I., Dubrovsky V.I. Self-control when doing physical education. M., 2007.
3. Goltseva I. Mirror of health and beauty. M., 2008.
4. Reizin V.M. Gymnastics and health. Mn., 2006.
5. Kazmin V.D. "Therapeutic gymnastics for your health": simple, effective, safe. – Rostov n / a: "Publishing house BARO-PRESS"; M.: RIPOLKLASSIK, 2005. – 128 p.
6. Menkhin Yu.V. Health-improving gymnastics: theory and methodology: Publishing house "Phoenix", 2002. – 384 p.

1. Morning hygienic gymnastics as one of the forms of physical activity of students

Currently, there is an increase in the number of students suffering from a variety of chronic acquired diseases. Thus, in modern educational institutions, one of the main tasks, in addition to teaching and providing students with certain practical and theoretical knowledge, has become the preservation and strengthening of their health.

At the student age, the physical maturation of the body is completed. For example, by the age of 18–20, the formation of vegetative functions is completed and a high level of their interaction is achieved. By this time, endurance, one of the most important motor qualities for real human activity, is 85% of the value of this indicator in adults. At the age of 20–29, its development reaches its highest level. In this age range, the body retains a high efficiency, an overall high level of functional activity.

A careful attitude to health must be actively cultivated precisely in the student years, when the basic habits and organization of work during the day are established.

When planning independent physical culture lessons, it is necessary to be guided by the dynamics of a person's working capacity during the day, to know the regularities of the daily routine.

So, it should be remembered that the period of the day from 7.00 to 9.00 is unfavorable for physical exercises, when the efficiency and level of arousal are quite low. At this time, it is optimal to perform morning hygienic exercises aimed at stimulating the nervous system.

Among the various forms of physical training, morning exercises are the least difficult, but quite effective for accelerated inclusion in the training day, due to the mobilization of the autonomic functions of the body, increasing the efficiency of the central nervous system, creating a certain emotional background.

When planning morning hygienic exercises, it is preferable to use loads with a heart rate of 110–130 beats / min and a motor density of up to 65–80% or a heart rate of 130–160 beats / min with a motor density of 50–65%. This mode of morning hygienic gymnastics contributes to reducing the period of training in educational work, stimulates a period of high performance.

It should be noted that for persons with weakened health, as well as for students with a high level of training in this system of formation of morning gymnastics, these norms can be adjusted. In general, the higher the level of physical fitness, the higher the level of stability of mental performance to motor loads. When planning morning hygienic gymnastics classes, one should also take

into account the process of adaptation to physical activity of a certain intensity and duration, during which mental performance will gradually become more stable.

2. The purpose and objectives of morning hygienic gymnastics

The main tasks solved with the help of physical exercises of morning hygienic gymnastics: to eliminate some of the consequences of sleep (swelling, lethargy, drowsiness, etc.); increase the tone of the nervous system; to strengthen the work of the main body systems (cardiovascular, respiratory, endocrine glands and others).

The solution of these problems allows you to smoothly and at the same time quickly increase the mental and physical performance of the body and prepare it for the perception of significant physical and mental stresses that are often encountered in the life of a modern person.

As a result of competent performance of the morning exercises complex, optimal excitability of the nervous system is created, heart function improves, blood circulation and respiration increase, which ensures increased delivery of nutrients and oxygen to the cells. After a good charge, the feeling of drowsiness, lethargy, weakness disappears, mental and physical performance, activity, mood and well-being increase. Physical exercises of morning exercises help to increase the flow of lymph, increase the circulation of interstitial fluid, and increase venous blood flow. This ensures the elimination of congestion and swelling, often developing during sleep. Since the performance of any physical movement is accompanied by an increased release of heat, morning exercises leads to a moderate increase in body temperature.

Within certain physiological limits, an increase in body temperature is a positive factor. When the temperature rises, metabolic processes are accelerated, the activity of all organs is intensified. In particular, the speed of transmission of nerve impulses increases, which, together with other changes, facilitates the processes of controlling the nervous system with various functions of the body, increases the speed and accuracy of reactions, coordination of movements, increases all types of sensitivity, and improves mental performance.

3. An individual approach to the selection of physical activity for the morning hygienic gymnastics

Each organism is characterized by a complex of specific properties inherent only to it. There are no two identical organisms on earth, moreover, there are no two identical cells in an aquatic multicellular organism – each cell is unique and different from the others. Therefore, along with the general principles of building a complex of morning exercises, when developing it, it is necessary to take into account the individual characteristics of the organism.

When developing a complex of morning exercises, it is necessary to take into account the following most important factors: the state of health of the body; general physical fitness of the body; individual biological rhythms of the body.

When drawing up an individual complex, care should be taken that it meets the following requirements: exercises must correspond to the functional capabilities of the body, the specifics of labor activity; performed in a specific sequence; be predominantly dynamic, performed without significant effort and breath holding; the load should gradually increase with some decrease towards the end of charging; the complex should be periodically updated, since the habit of exercise reduces the effectiveness of the exercises. The following approximate morning exercise sequence is recommended:

- ✓ exercises that contribute to the gradual transition of the body from inhibited to working (walking, slow running, stretching);
- ✓ exercises that activate the activity of the cardiovascular system (swinging hands in different directions, shallow lunges, etc.);
- ✓ exercises that strengthen the muscles of the body, train breathing, improve cerebral circulation (rotation and tilt of the head, trunk, turns to the right and left, bends to the side, bending back);
- ✓ exercises for the development of strength capabilities;
- ✓ exercises to promote joint mobility;
- ✓ exercises for the abdominal muscles;
- ✓ exercises for the legs, including squatting on one leg, jumping;
- ✓ the morning hygienic exercises are completed with exercises for relaxation and breathing restoration (walking with hand movements).

However, not all people easily and painlessly endure increased loads in the early morning hours. For some, it is advisable to limit yourself to a minimum of exercises aimed at relieving morning lethargy, and move more active exercises to the after-work evening hours.

4. Taking into account the state of health when selecting physical activity for morning hygienic gymnastics

The state of health of the body should to a significant extent determine which exercises to include in the complex of morning exercises, with what intensity and duration they should be performed. In some cases, morning exercises are contraindicated. However, contraindications are most often temporary.

Usually, the presence and nature of a particular disease does not indicate the need to abandon morning exercises, but requires adjustments to the complex of means used.

Temporary contraindications for doing morning exercises:

- ✓ an increase in body temperature above 38.0 °C;
- ✓ acute periods of inflammatory diseases;
- ✓ internal bleeding;
- ✓ diseases accompanied by a severe condition of the body and severe pain;
- ✓ other contraindications determined by the attending physician or physician of physical therapy.

In other cases, doing morning exercises is not only possible, but also useful. Sick people can include exercises of therapeutic physical culture in the complex of morning exercises, which is essential the least facilitates the course of the healing processes. Persons who have recently undergone certain types of diseases (colds, infectious, etc.) should refrain from using hardening procedures for a while (from two weeks to two months, depending on the nature of the disease and its severity).

People suffering from heart disease, hypertension, some blood diseases (thrombophlebitis), vascular disease, etc. should avoid sudden movements, bending down from a standing position, jumping, and deep squats with caution. It is better to replace running exercises with various types of walking and low-intensity dance movements.

In general, for people suffering from certain diseases, before developing a complex of morning hygienic exercises, it is advisable to consult with the attending physician, as well as with a physician of physical therapy. In this case, morning exercises will not only promote effective awakening, but also serve as a good treatment.

5. Methodology for compiling UGG complexes and its implementation

Duration morning hygienic exercises can be from several minutes (at least 7–15 minutes) to several tens of minutes. This is determined by the level of general physical fitness, health and individual biological rhythms of the body. Exercising should not lead to pronounced fatigue of the body. Accordingly, excessive use of strength and endurance exercises in morning exercises is not recommended. The main goal of the UGG is to increase the tone of the nervous system, to activate the activity of other organs, thereby increasing the mental and physical performance of the body. Based on this goal, the load should be selected. The simplest way to assess the adequacy of the selected load is to feel well after charging. If, as a result of performing a set of exercises, a person feels vigorous, energetic, in a good mood and well-being, then the load was close to optimal.

The set of morning exercises should be started with low-intensity movements (stretching exercises, walking), gradually increasing the load on the body. Complex exercises should include all major muscle groups in the activity. Exercises performed with cheerful rhythmic music have a greater effect on awakening.

The most suitable exercises for morning exercises:

- ✓ stretching exercises;
- ✓ different types of walking;
- ✓ general developmental exercises (bends, turns, squats, lunges, rotations in joints, etc.);
- ✓ stretching exercises (to develop flexibility);
- ✓ dance moves;
- ✓ jogging and light jumping;
- ✓ breathing exercises.

For persons suffering from certain types of diseases, it is advisable to include special exercises of medical physical culture in the complex of morning exercises. These exercises should be done after the general part of the session. The nature of these exercises depends on the nature of the disease and should be determined by the physiotherapy physician.

A healthy person can start a complex of gymnastics with stretching exercises, then perform various types of walking (simple walking, walking with various hand movements, walking in a half-squat, dance steps, elements of step-aerobics, etc.), then general developmental exercises for the main muscle groups, which you can finish with an easy run or jumping. It is useful to complete the gymnastics complex with breathing exercises.

The UGG should not be confused with physical training, the purpose of which is to obtain a more or less significant load, as well as to develop the physical qualities necessary for a person. The exercises used in the complex should be changed periodically so that exercise does not turn into a boring and uninteresting activity.

Figure 1 shows an approximate set of morning hygienic exercises.



Morning hygienic exercises can be combined with self-massage and hardening of the body. Immediately after completing the complex, it is recommended to self-massage the main muscle groups of the legs, trunk and arms and perform water procedures taking into account the rules and principles of hardening. After 2–3 weeks, but as you fully learn the complex of morning exercises, you can gradually update the complex by introducing 1–2 new exercises. This will allow you to add variety, maintain interest and increase the effectiveness of the effects of exercise on the body of the student.

Here is an approximate list of exercises recommended for inclusion in the morning hygienic gymnastics complex.

1. Exercises in stretching (see fig. 2). They are performed smoothly, usually with a movement of the arms through the sides up. To enhance the effect of stretching the spine while stretching, it is recommended to rise on the toes.

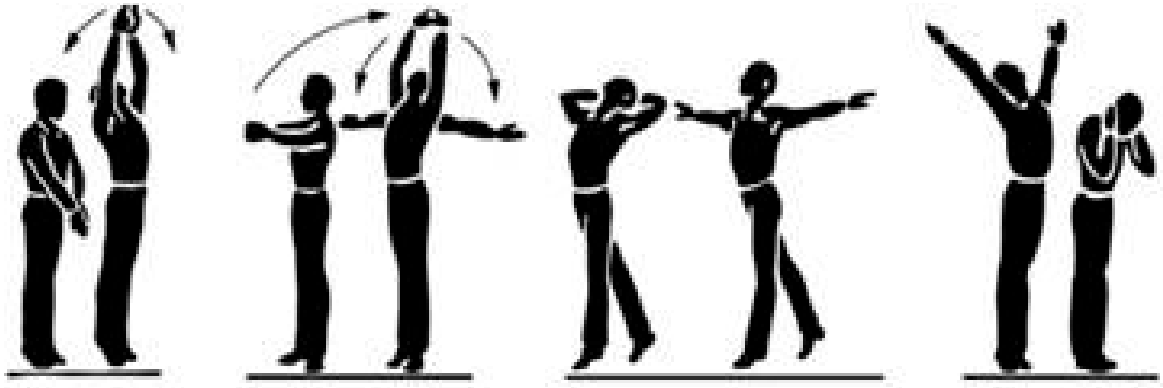


Figure: 2. Sample stretching exercises

2. Exercises for hands (see fig. 4). All types of exercises for the hands: circular movements of bent elbows, straight arms; jerks, circular movements – it is recommended to start with a small amplitude, gradually increasing it to the fifth or sixth repetition.

Exercises for arms, legs and torso (see fig. 5). Legs should be straight when performing bends. Turns of the body with movement of the arms (twisting) begin to be performed with a small amplitude, sudden movements are not allowed.

3. Exercises of general impact: jumping, jumping, jumping out, running on the spot – it is recommended to include in the second half of the morning gymnastics complex after performing general developmental exercises for all muscle groups and sufficient preparation of the cardiovascular and respiratory systems (see Fig. 3).



Figure: 3. Sample exercises for general impact



Figure: 4. Sample hand exercises



Figure: 5. Sample exercises for arms, legs and torso

6. Breathing exercises (see fig. 6). Morning hygienic exercises should be completed with breathing exercises. When stretching upward with a movement of the arms to the sides of the chest or up through the sides, inhale; when returning to and. n. – exhale.

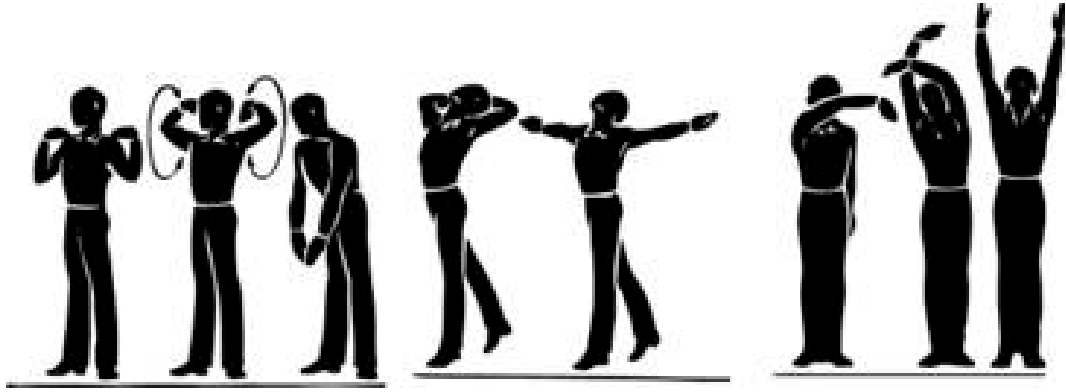


Figure: 6. Exemplary breathing exercises

When developing a complex, it is necessary to answer the following questions:

- What types of exercises will be included in the morning exercises?
- In what sequence will the exercises be performed?
- How long will charging take?
- How can you assess the adequacy (sufficiency) of the morning load gymnastics?
- Will hardening procedures be used in charging? What kind? How? Why?

TESTS:

- 1) **The tasks of the UGG complex are (indicate 2 correct answers):**
 - a) bring the body to a higher level of vital activity;
 - b) bring physical fitness to a higher level a person;
 - c) develop and improve speed;
 - d) fully include the body in the work ahead;
 - e) develop and improve endurance
- 2) **Exercises that should not be included in the UGG complex (specify 2 correct answers):**
 - a) general developmental;
 - b) with significant burden;
 - c) flexibility;
 - d) long-term static character;
 - e) to restore breathing
- 3) **Indicate 2 types of exercises that are not included in the structure complex UGG:**
 - a) for the muscles of the trunk;
 - b) for the muscles of the upper and lower extremities;
 - c) running on the spot;
 - d) long jump from a run;
 - e) walking;

f) acceleration over short distances

4) Knowledge of the compilation of the UGG complex helps to compose (specify 2 correct answers):

- a) plan of sports events;
- b) a complex of industrial gymnastics;
- c) a complex of physiotherapy exercises;
- d) a program for the development of physical qualities

5) Indicate in which of the morning exercises the sequence of the exercises is presented most correctly:

- 1. breathing exercises;
- 2. exercises to strengthen muscles and increase flexibility;
- 3. stretching;
- 4. running with the transition to walking;
- 5. walking with a gradual increase in cadence;
- 6. jumping;
- 7. alternating muscle tension and relaxation;
- 8. running at a calm pace.

a) 1,2,3,4,5,6,7,8

b) 3,7,5,8,1,2,6,4

c) 3,1,2,4,7,6,8,4