

№ CTOM-21 ИИ

**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**

**WELLNESS GYMNASTICS
IN THE SYSTEM OF PHYSICAL EDUCATION**

Methodological manual
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)

Vladikavkaz, 2021

UDC
BBC 75.0

Rostiashvili E.Y., Gorochov S.V.

«Health-improving gymnastics in the system of physical education», a methodological guide for students of a special medical department. North Ossetian State Medical Academy: Vladikavkaz, 2021. – 25 p.

The relevance of the methodological manual is due to the deterioration of the health of students, socio-economic changes in society, an unformed need for regular physical education, as well as a low level of physical performance, which negatively affects labor productivity.

UDC
BBC 75.0

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 the Central
Coordination Office Scientific and Methodological Council of
FSBEI of HE NOSMA MOH of Russia (Protocol No.4 of May 25, 2021)*

©North Ossetian State Medical Academy, 2021
©Rostiashvili E.Y., Gorochov S.V., 2021

1. Introduction

Health is the most important state of a person, the basis of his life, material well-being, labor activity, creative success, longevity. The level of health depends on the socio-economic and sanitary-hygienic conditions, the environmental situation, nutrition, lifestyle, culture, education, the state of health care and medical science and, in many respects, on the degree of human motor activity.

The most important social task today is recognized as the improvement of the population, strengthening primary and secondary prevention measures. It should be borne in mind that about half of the factors that determined the state of health of a modern person belong to the lifestyle. Among them, a significant specific gravity belongs to the lack of motor activity. The norm of motor activity is a conditional and individual concept. This is the volume of movement that most satisfies the needs of the body, well-being, high performance and vital activity.

The wellness effect of exercise is based on the close relationship of working muscles with the nervous system, metabolism, internal organs. When moving through the nerve endings laid in the muscle strata, the regulation of the body's activity is reflexively improved, metabolism improves, oxygen delivery and use to organs and tissues, blood supply to vital organs, cholesterol content decreases, metabolic products - "slags" are more completely excreted from the body.

Lack of movement (hypokinesia) causes a deterioration in the body's activity, reduces its resistance to diseases and fatigue, and quickly worsens a person's overall physical and mental state. The main means of promoting and preserving health is wellness exercise. One of the effective types of such exercises is health gymnastics.

The means of gymnastics are gymnastics exercises, musical accompaniment of classes, natural forces of nature, hygienic procedures, teacher's words that have a psycho-regulating effect, etc. The main means include gymnastic exercises, music and the word of the teacher. All means of gymnastics can be likened to a good instrument in the hands of a competent and experienced teacher.

Methods are ways to use gymnastics exercises and other gymnastics means with the aim of specifically planned impact on the occupants. The method of performing the exercise is characterized by the following: how many times to perform the exercise, how to breathe, how to combine the tension of working muscles with their relaxation, how to regain strength after intensive and prolonged muscle work.

Gymnastic exercises differ from other types of physical exercises in that they are not all borrowed from the life practice of people, as in the game, tourism and sports. Most of them are specially designed for a more targeted and effective effect on individual organs and systems of the body, mental and personal properties of those involved, for enriching them with experience - motor, aesthetic, emotional, strong-willed, moral, etc.

Recreational types of gymnastics are a system of exercises aimed at expanding the choice of means of physical education. The system consists of exercises of a gymnastic nature and types of motor activity, which are divided into two subgroups: fitness and conditioning gymnastics and fitness and sports gymnastics.

2. Wellness types of gymnastics

Recreational types of gymnastics include: hygienic, industrial, rhythmic and therapeutic. They accompany those involved throughout life, are forms of background physical culture of large segments of the population, provide optimal current functional state of the body, restore performance, increase emotional tone, have a preventive effect in the conditions of professional activity.

1) Hygienic gymnastics.

Hygienic gymnastics, being a means of physical education, solves the problems of strengthening and preserving human health, increasing the vital activity of the body as a whole, maintains vigor, gives rise to a good mood.

From the point of view of physiological impact, hygienic gymnastics tones the entire body of the students and relieves general fatigue.

Hygienic gymnastics is widely used in everyday life. It helps to restore useful habits, introduces exercise to systematic activities.

As means of hygienic gymnastics, ORU, applied and respiratory exercises are used in combination with walking, easy running and water procedures, massage and hardening of the body.

Any classes in hygienic gymnastics should be carried out with the obligatory observance of the sanitary and hygienic conditions of the places of study. The premises where the classes are held must be clean, well ventilated, with appropriate temperature conditions. If classes are held outdoors, at the stadium, school sports ground, in the recreation area, then the places of classes should be away from the contaminated areas.

Hygienic gymnastics can be held in the morning, afternoon and evening. This determines the different hygienic orientation of exercise complexes.

MORNING HYGIENIC GYMNASTICS COMPLEX

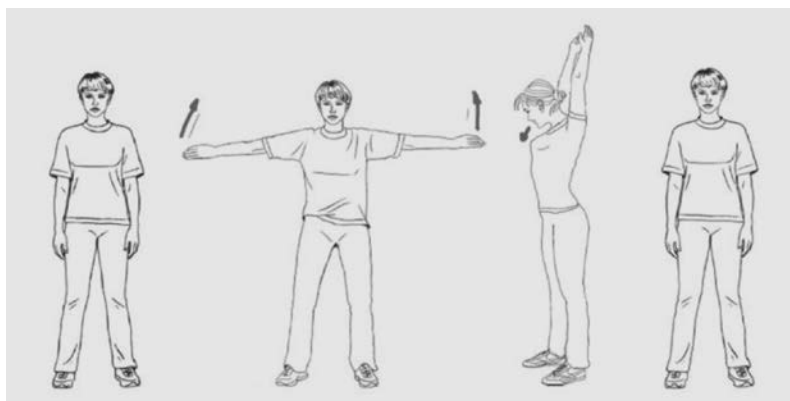
1. Initial position (i.p.) - primary strut (p.s).

Legs at the width of the shoulders, hands are turned inward.

On the score 1 - hands through the sides up, touching in the upper part of the movement of the backs of the hands, the head at that moment is lowered down.

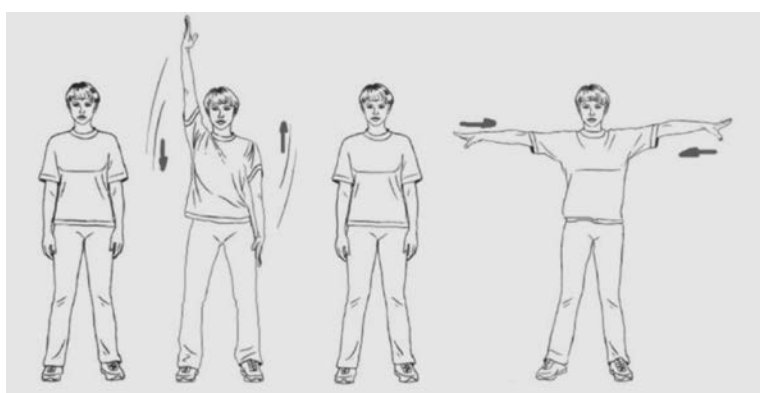
To account 2 – i.p., the head moves up.

The number of repetitions is 10-15 times.



2. I.p. Legs at the width of the shoulders, arms straight in front of you, cross movements in the vertical plane, and then in the horizontal.

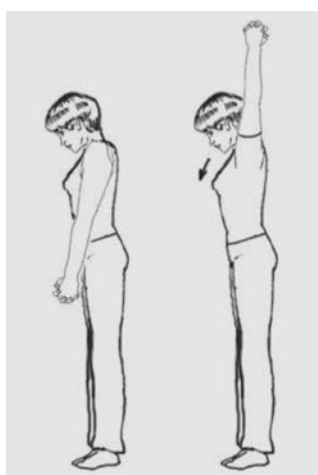
The number of repetitions of each movement is 10-15 times.



3. I.p. Legs are shoulder width, hands in lock, at score 1 - straight hands up, bend, head down.

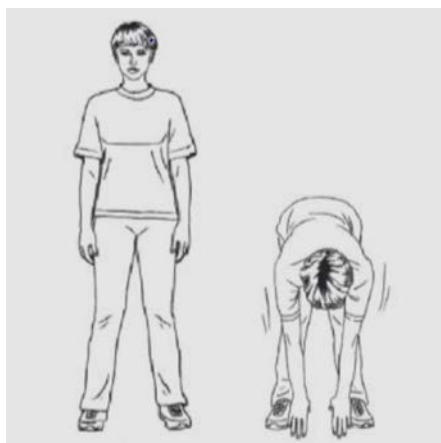
At the score 2 - i.p., the head rises up.

The number of repetitions is 10-15 times.

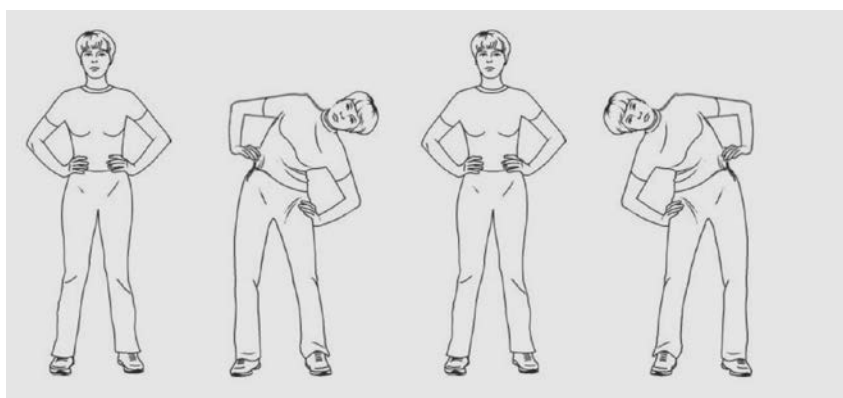


4. I.p. - legs at shoulder width. On the score 1 - tilt forward, with your hands touch the floor.

To account 2 – i.p. The number of repetitions is 10-15 times.



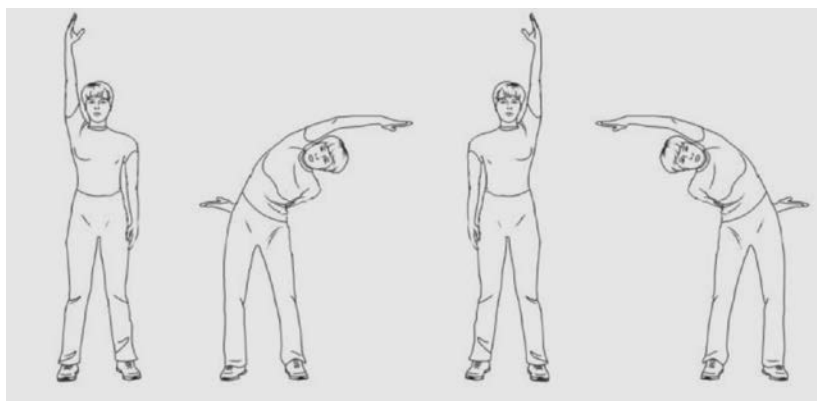
5. I.p. Legs shoulder width, arms on the belt, tilts to the sides (left-right). The number of repetitions is 10-15 times.



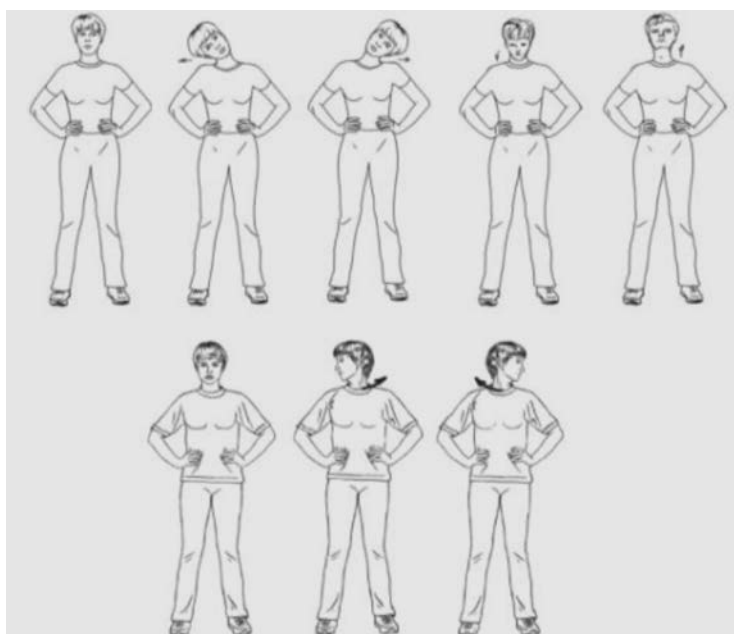
6. I.p., legs shoulder width wide, right hand on the belt, left at the bottom. At score 1 - tilt to the right side, the left hand performs flywheel movements, helping to make a tilt. To account 2 – i.p. The same in the other direction with a change in the position of the hands. The number of repetitions is 10-15 times.



7. I.p., legs are shoulder width, right hand up, tilts to the side with a change of straight hands. The number of repetitions is 10-15 times.



8. I.p. - legs at the width of the shoulders, arms on the belt. Head tilts sideways, left, right, forward, back. Circular movements of the head left, right, with a change. The number of repetitions is 5 times each way. 3-4 series.

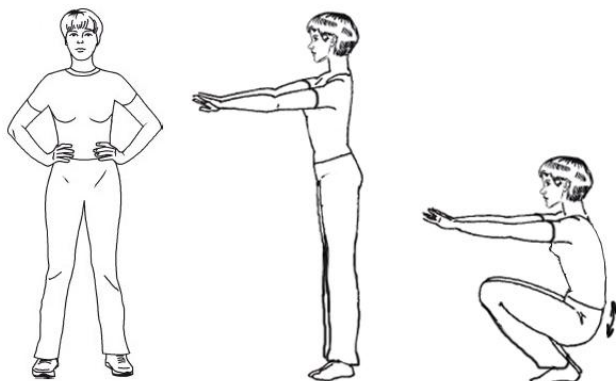


9. I.p. - legs at shoulder width. The pelvis is fixed in the front plane, hands to the sides. On the score 1 - turns to the right, 2 - i.p., 3-4 - the same to the left. When turning, look at the heel of the opposite leg.

The number of repetitions is 10-15.



10. I.p. - legs at shoulder width. On account 1 - spring squats, 2 – i.p. The number of repetitions is 10-15. When squatting, the heel should not be torn off the floor, the back should be round.



A set of exercises must be performed in the sequence indicated in the text. The first positive results will be obtained after performing it within a month.

2) Industrial gymnastics

Industrial gymnastics - the use of physical exercises in the working day to increase professional performance, relieve fatigue, and prevent occupational diseases.

Scientific studies have convincingly proved the positive impact of industrial gymnastics on the health of workers, increasing performance, reducing injuries and industrial defects, and therefore on increasing labor productivity. Gymnastic exercises used in the system of scientific organization of labor have a versatile effect on the human body. With their help, you can purposefully influence various functions of the body. With regular exercise, the accuracy of movements improves, they become economical, dexterous and targeted. Thus, under the influence of systematic training in industrial gymnastics, health improves, human performance increases, organization and discipline are brought up. The peculiarities of industrial gymnastics predefine its specific types, means and methods of conducting classes.

The objectives of industrial gymnastics are:

- improvement of workers' health, which is achieved as a result of systematic exercise;
- increased working capacity of workers, reduced occupational fatigue;
- increasing the general culture of movements;
- promoting the involvement of the broad masses of workers in the occupation of mass forms of physical culture;
- aesthetic education of those involved.

An analysis of the health status of students is extremely important, since an individual approach to them during classes is a decisive condition for the effectiveness of classes.

Forms of industrial gymnastics

Industrial gymnastics plays the role of a preventive means of maintaining performance during the working day. The following forms apply:

- introductory gymnastics (IG);
- physical education pause (PEP);
- physical education minute (PEM).

It is recommended to start a working day with introductory gymnastics.

With the help of specially selected physical exercises, the activities of organs and systems that play a leading role in labor activity are more successfully activated. Introductory gymnastics is held just before the start of work. Its duration is 5-7 minutes. The set of exercises of introductory gymnastics is compiled in accordance with the following scheme:

1. Walking in place.
2. Exercises in sipping.
3. Exercises for the muscles of the trunk and shoulder girdle.
4. Exercises for leg muscles.
5. Exercises for the muscles of the arms and shoulder girdle (for stretching and muscle efforts to maintain proper posture).
6. Exercise on movement accuracy and concentration.

It is recommended to perform exercises at a pace close to the worker, and in individual exercises it is somewhat faster. The last exercises should be performed at a pace close to the upcoming work activity.

Physical education pause (PEP) is used as a form of active rest during work to reduce fatigue and increase a person's performance. Exercises are selected so that the load is received by those organs and systems that did not take part in the labor process.

It is recommended to include a physical education break in the working day routine and perform it when the first signs of fatigue appear. Conduct for 5-7 minutes. Studies conducted by a number of authors have shown that performing PEP complexes at an average and fast pace restores performance faster than performing these exercises at a slow pace. This applies to all labor groups. It is recommended

to increase the increase in load in the middle of the complex, reducing to the last exercises. It is recommended to change or update complexes in four weeks.

When selecting PEP exercises, it is necessary to take into account the nature of work - working posture, pace and rhythm of work, degree of muscle forces, voltage of analyzers, concentration of attention, etc. Therefore, it is important to maintain the optimal relationship between the workload and the nature of the exercise load.

In physical labor, when all muscle groups of the limbs of the body are included in the work, muscle relaxation exercises and respiratory exercises should be used.

For employees of mental labor, whose activities are characterized by intensity of thought processes and low manifestation of motor activity, it is recommended to include exercises with high amplitude, significant stress on muscle groups and their stretching in PEP classes. It is important to take into account individual characteristics, health status and initial signs of deviations in the activity of the cardiovascular system and musculoskeletal system.

Physical education minute (PEM) is a short physical education, with the help of which local fatigue is removed. PEM usually includes 3-4 exercises for 1-2 minutes directly at the workplace.

Depending on the well-being and the degree of fatigue, each worker selects 2-3 exercises for himself to affect the most tired muscle group or part of the body.

There are recommendations according to which it is proposed to put the exercises of physical education minute complexes as the basis of physical education pause, but reducing its dosage by 2 times. Such a physical education minute is combined with physical education pause. For example, after two hours of work, a physical education minute is held, and at a later time, a physical education pause. The same complex acts as PEM and PEP. When performing most exercises carried out in complexes, in addition to their special purpose, it is possible to improve motor skills, coordination of movements, develop flexibility and strength. Each exercise can be strengthened by additional actions: repeated repetition, increased amplitude, speed of movement, degree of muscle tension.

Acquiring the skill to differentiate control the state of muscles, it is important to improve the ability to relax some muscle groups, at the same time strain others, feel their condition both at rest and at work.

Complex of exercises of industrial gymnastics

1. Walking in place at a calm pace with relaxed arm swings back and forth for 20-25 seconds.

2. The initial position is hands to shoulders.

- On inhalation, climb your socks, raising your hands up to the sides.
- When exhaling, take the starting position by relaxing your hands.
- Perform at a calm pace 5-6 times.

3. The initial position is the hands in front.

• While exhaling, sit down, making the moss with your hands down backwards.

• On inhalation, straighten with a wave of your hands to the sides back and put your hands in the starting position.

- Perform at an average pace of 10-14 times.

4. The initial position is the leg stand apart, hands behind the head.

• On exhalation, make three springy tilts, try to touch the floor with your fingers.

• On exhalation, straighten with your hands folded behind your head and bend in the thoracic part of the spine.

- Perform at an average pace of 10-12 times.

5. The initial position is the leg stand apart, the arms on the belt.

• On exhalation, the torso turns to the right with a swipe of the right hand towards the back.

- On inhalation, return to the initial position.

- Perform the exercise with your left hand.

- Repeat at an average pace of 4-6 times.

6. Initial position - leg stand apart, arms up.

- While exhaling, lean to the right with your hands raised up.

- On inhalation, return the initial position.

- Then the same with a tilt to the left.

- Repeat at an average pace of 4-6 times.

7. The initial position is a post with legs at the width of the shoulders.

- Raise your hands as you breathe and reach up.

- On exhalation, lower your hands down, relaxing them, shaking them several times with your hands.

- Perform at a calm pace 4-5 times.

8. The initial position is the main rack.

- Divert the left leg to the side with the toe extended, also diverting the right arm to the side.

- Put your foot down.

- Repeat with the other foot and hand.

- Outline a full circle with your left hand, then your right. Slam your hands in front of you.

- Return to initial position.

- Perform first at a calm pace, then on average. Repeat 4-5 times.

Eye charging

Gymnastics for the eyes was developed according to the system of Professor Zhdanov. It does not require any special devices, is simple and effective.

Sit comfortably, straighten your back and relax before exercising. Blink your eyes quickly, then slowly. Exercises are done carefully and slowly.

1 exercise: Eyes up, down - 2 times. They looked up.

2 exercise: Eyes to the right, to the left - 2 times. They looked up.

3 exercise: Draw a square with our eyes - 2 times clockwise. They looked up.

4 exercise: Draw a square with our eyes - 2 times counterclockwise. They looked up.

5 exercise: Draw a circle clockwise with our eyes - 2 times. They looked up.

6 exercise: Draw a circle counterclockwise with our eyes - 2 times. They looked up.

7 exercise: We draw a wavy snake with our eyes to the right and then to the left. They looked up.

Now rub your eyes with your palms. Warm your palms, rubbing them against each other and apply them to your eyes so that light does not penetrate, and repeat all of the above exercises three times.

Without removing your palm from your eyes, relax, imagine yourself in the forest or on the seashore, think about something good. You can meditate.

Then, blinking frequently, open your eyes. Don't get up sharply.

In order not only to relieve tension from the eyes, but also to improve vision, do exercises 2-3 times a day, before eating, so that the eyes wash hungry blood.

3) Rhythmic gymnastics.

Rhythmic gymnastics is a type of fitness-oriented gymnastics, the main content of which is GDE, running, jumping and dance elements performed to emotional-rhythmic music, mainly by the flow method.

Among other physical education media, the popularity of rhythmic gymnastics is explained by its accessibility, effectiveness, emotionality.

The availability of rhythmic gymnastics is based on the use of well-known and simple GDE familiar to teachers and involved in the complexes of morning charging, industrial gymnastics, etc.

The effectiveness of rhythmic gymnastics is associated with the fact that the targeted effect of gymnastic exercises on the musculoskeletal system, on individual groups of muscles, joints, ligaments is combined with a significant effect on the cardiovascular and respiratory systems. Due to the rapid pace of many movements of the complex, the inclusion of a series of exercises with small pauses between them, a significant total duration of the occupation, the activity of energy supply systems for muscle work, the body's need for oxygen, and its consumption increases significantly. Hence the name - "aerobics"(from the Greek word "aero" - air and "bio" - life). The in-line method of performing exercises by the nature of the load on the body puts rhythmic gymnastics on a par with other important means of health-improving orientation, with exercises of a cyclical nature: running, walking, skiing, etc. The emotionality of classes is a very important factor explaining the attractiveness of rhythmic gymnastics.

Rhythmic gymnastics allows the effective development of endurance, strength, flexibility, coordination of movements and other physical qualities. This is facilitated by diversity, the constant renewal of logically built, scientifically based programs. Thanks to musical accompaniment, a high emotional background of rhythmic gymnastics is created, which allows it to maintain a high rating among other types of health physical culture. Physical work is provided by biochemical processes that occur in muscles as a result of oxidative reactions, for which oxygen

is constantly required. The need for energy can increase many times, and accordingly the need for oxygen increases. The widespread term "aerobics" is associated with this. If training occurs in conditions of sufficient oxygen consumption, this is an aerobic mode of operation, if an "oxygen debt" is formed in the body during training, this is an anaerobic mode of operation. Scientists have proven that aerobic training conditions are 20 times more effective than anaerobic energy formation. Rhythmic gymnastics creates good prerequisites for activating the most important physiological systems of the body - cardiovascular and respiratory. As a result of regular exercises, the subcutaneous fat layer decreases, weight decreases and the ratio of fat and muscle mass changes positively. Muscle tone, improving the figure create a good mood.

Set of exercises of rhythmic gymnastics

The entire rhythmic gymnastics complex can be divided into 3 parts: the preparatory part, the main and final part. The preparatory part is allocated approximately 20% of the total time of classes, the main part - 70%, the final - 10% of the time. A more appropriate duration of one exercise is 50-60 seconds, which allows you to determine the number of exercises in each part and in the general complex.

Exercises in the preparatory part of rhythmic gymnastics help warm up the body to perform exercises in the main part of the complex. These are sipping exercises, different types of walking on the spot or with promotion, dance elements. Movements are carried out at a slow pace with a gradual increase. Different types of rhythmic gymnastics walking have special names:

"Step-touch" is an adherent step with a touch. It is performed in arbitrary directions with jumps, turns and movements.

"Cross-step" - turns and movements are performed by crossing step.

"March" - walking in place, raising your knees high.

"Grain Wine" - cross steps with movement to the left and right.

The main part of the rhythmic gymnastics complex includes more intense exercises aimed at developing muscle groups. It consists of two parts - aerobic and power. All exercises in the aerobic part are performed in a standing position: springy steps, half-seats, jumps, swings, light running, a variety of foot and arm movements, accompanied by claps. In the strength part, exercises are performed in a sitting and lying position for different muscle groups - these are turns, slopes, swings, push-ups, muscle stretching.

The final part of rhythmic gymnastics consists of low-intensity exercises - to relax and breathe - to gradually reduce the heart rate and help the body recover from strenuous physical activity.

When practicing aerobics, music is of great importance - it stimulates the central nervous system, creates a joyful mood, sets the pace. Music is selected separately for each exercise, and then a complex is compiled. Exercises are performed continuously.

So, an approximate complex of rhythmic gymnastics is offered, on the basis of which you can make a complex suitable for you, based on your preferences, age, physical state.

Preparatory part of rhythmic gymnastics:

Slow melody.

1. Sipping. Raise your hands through the sides up and alternately lower your left, then your right hand, bending it in front of you at the elbow.

2. We lunge with our right foot, reach for it with our right hand. Then to the left.

3. Tilt to the side and forward diagonally, semicircle to the left, straighten. Then the other way.

4. Bring your hands on the belt, elbows forward, rounding your back, half-cut on your socks, then spread your shoulders, and spread your elbows to the sides and descend on your entire foot.

5. "Step-touch" - an appropriate step with touch, in different directions and with a turn of 90 degrees.

The main part of rhythmic gymnastics:

6. Steps in place of 24 count with the transition to lifting on socks 24 count, "Cross-step" and hand rotation in the elbow joints in one direction and in the other.

7. Steps with moving forward: step with the right foot, step with the left foot to the side on the sock, left hand forward-up, the same other foot, 8 counts, back back, hands to the sides and slightly bent in the elbows, connecting the shoulder blades. Change your legs alternately: put your right to the side, put your left to the side.

8. Bend your hands in your elbows, squeeze your hands into fists. Making jumps in place, throw your hands down, to the side, forward and up in turn.

9. Hands with dumbbells on their hips. Step with the right foot, left leg on the sock, left hand forward-right. Go back and execute with the other foot and hand.

10. Put your hands down, half-cut, bend your hands in your elbows, turn your hands to your shoulders. Then return to etc. and make a half-cut, hands aside, return to etc. Perform the exercise with tension.

11. Legs together, make half-cut, hands with dumbbells bend in elbows, rising, pull hands back, elbows up.

12. Legs apart, raise straight arms forward, hands down.

13. Hands on the belt. Squat on the right leg, left on the sock, on 4 counts, then squat on two legs, spreading knees, on 4 counts, then squat on the left leg, right on the sock.

14. "Step-touch" to rest.

15. a) Stand on the left knee, left hand on the floor, right leg on the toe, right hand on the belt - raise the leg to the side 8-12 times, then the other leg; b) lie on your left side, hand under your head, with your right foot make swings to the side, up, back 8-12 times, then with your other foot.

16. Lie on your back, arms to the sides, legs up, move your left leg to the side, return to etc. then the right leg sideways. Then separate both legs to the sides. To rest, bend your legs and hold them with your hands to yourself, sit down, lean forward, reach out.

17. Lie on your back, rest on your elbows, feet shoulder-width wide. Slightly raise the pelvis 16-20 times, then the feet together - raise the pelvis 20 times. The left foot stands, the right leg bent in the knee and put on the left knee, raise the pelvis 15 times, then the same other leg.

18. Lie on your back, bend your leg, then straighten up, make a swinging movement, lower, then another leg. Transition: Sit on your right hip, raise your left leg, tackle your heel, make a swinging move, stretch, then the same other leg.

19. Lie on your back, bend your legs in your knees, feet on the floor, hands behind your head. Raise the head and shoulders, the back is pressed to the floor.

20. Lie on your back, arms along your torso. Alternately raise the legs to a right angle (scissors) and lower both legs together.

21. Lie on your back, your legs are bent in your knees, put your left leg on the knee of your right leg, grip your hands behind your head. With his right elbow, try to touch his left knee 15 times. Then, the same with the left elbow.

22. Sitting on your heels, hands on your knees. Move the left hand to the side, making a circular movement behind the hand, leaning forward and to the side. Then, the other way.

The final part of rhythmic gymnastics:

23. Wave exercise. Perform circular movements with the right hand from the bottom - up - to the side, the same with the left hand, then with both hands at once.

24. Lunge towards the right foot, reach behind the right hand, which performs circular movements in the elbow joint, then in the other direction.

25. Make a step towards the right foot, and the right shoulder circular movement back, then the same left foot and hand. Then, standing in place, perform circular movements with both shoulders forward and backward.

26. tilt the head forward, trying to pull the chin forward as far as possible and pull it back.

27. Legs apart, hands on the knees, round back, bend in the lumbar and thoracic spine, gently moving from one position to another.

28. Raise your hands through the sides up - inhale, smoothly lower - exhale.

This complex gives a good load on all muscles and stimulates aerobic (i.e. oxygen) processes in the body. But should not be engaged until overwork. You can replace one exercise with another, increase or decrease the number of repetitions. The total time of rhythmic gymnastics classes is 35-40 minutes but, one after another, without stopping.

4) Therapeutic gymnastics.

Therapeutic gymnastics is a type of applied gymnastics, a therapeutic method of using physical exercises to more quickly and fully restore the health of a sick person, his ability to work, as well as the development of physical qualities: speed, strength, endurance, coordination of movements, etc., necessary in the conditions of social and labor activity.

Specially selected gymnastic exercises (based on the doctor's diagnosis) are successfully used to restore motor functions after various injuries.

Therapeutic gymnastics warns diseases, accelerates recovery, preserves a person's health, lengthens his life.

Currently, further study of the influence of exercises, improvement of the means and methods of practicing therapeutic gymnastics, scientifically based methods of using exercises for various diseases are being developed.

Therapeutic gymnastics means - drill exercises, types of movement and dance steps; GDE without objects and with various objects (sticks, dumbbells, jumps, balls, etc.), exercises on a gymnastics machine, bench, with a bench, on rings and applied exercises (running, jumping, climbing).

The exercises used affect almost all functions of the body.

The positive side of gymnastic exercises is their availability for any age, a variety of forms and types of exercises used in accordance with the age, gender and capabilities of those involved.

Complexes of exercise therapy of general strengthening orientation

An approximate set of exercises used with a gymnastic stick:

1. I.p. - stand, stick below. 1-2 - left leg back on the sock, bend, stick up; 3-4 – i.p.
2. I.p. - stand, stick below. 1 - use straight hands to pull back; 2 – i.p.
3. I.p. - stand, stick on shoulder blades. 1 - stick up; 2 – i.p.
4. I.p. - leg stand apart, stick up. 1-3 - body inclinations to the right; 4 – i.p. Then tilts to the left.
5. I.p. - leg stand apart, stick forward. 1-3 - torso turns to the right; 4 – i.p. Then the left turns.
6. I.p. - stand, stick below. 1-3 - tilts forward bent, stick forward; 4 – i.p.
7. I.p. - leg stand apart, a stick behind on the curves of the elbows. Circular movements of the body: 1-4 - to the right; 5-8 to the left.
8. I.p. - stand, stick in front of the chest, 1 - jump into the leg stand apart, stick up; 2 – i.p.
9. I.p. - leg stand apart, stick forward grip from below. Throw the stick (low) and catch it with a grip on top.
10. I.p. - the main stand (m.s.), the stick below. 1 - forward tilt, put the stick on the floor; 2 - straighten, hands on the belt; 3 - bend forward, take a stick; 4 – i.p.
11. I.p. - a stand, a stick stands vertically on the floor, hands on a stick. 1-3 - bend the back, hanging on a stick; 4 - round the back.
12. I.p. - leg stand apart, stick behind shoulders, full squat, do not raise heels from the floor.
13. I.p. - stand, stick behind him. Deep lunge forward alternately with his right, left foot.

14. I.p. - sat feet together, stick forward. 1 - right foot forward through the stick; 2 – i.p.; 3 - left forward turn; 4 – i.p.

15. I.p. - sed legs apart, stick at the top. 1-3 - spring slopes to the left leg; 4 – i.p. Then the slopes to the right foot and forward.

16. I.p. - sed legs together, stick at the top. When tilting, lower the stick through straight legs to the floor, return to i.p.

17. I.p. - sit, legs apart, a stick on the shoulder blades. Body turns to the right, to the left.

A set of exercises on the gymnastic wall.

The gymnastic wall is designed to perform general developmental exercises, especially to eliminate posture defects, strengthen the muscles of the arms, torso, legs and perform stretching exercises.

1. I.p. - standing on the right side to the gymnastic wall, the right hand on the rail (at the level of the belt), the left one rail higher. Tilts to the left – i.p.

2. I.p. - standing facing the gymnastic wall, hands on a rail at the level of the belt. Tilts forward, bent.

3. I.p. - standing with his back to the gymnastic wall, hands on the rack (at head level). Bend - straighten your hands, return to i.p.

4. I.p. - standing facing the gymnastic wall, right (left) bent leg on the rack (at the level of the belt), hands one crossbar higher. Tighten the pelvis to the crossbar.

5. I.p. - standing facing the gymnastic wall, right leg on the lower rail, hands on the crossbar (at the level of the belt). Changing the position of the legs is a jump.

6. I.p. - vis on the gymnastic wall. Lifting straight legs on the 90°.

7. I.p. - vis facing the gymnastic wall, bend.

8. I.p. - vis on the gymnastic wall. Leading the legs to the right, to the left.

9. I.p. - vis in a half-seat, with his back to the gymnastic wall. Straightening your arms and legs, bend, return to i.p.

10. I.p. - standing facing the gymnastic wall, hands with a grip on top of the rack of the gymnastic wall at the level of the shoulders - flexion and extension of the arms.

11. I.p. - standing with his right side to the gymnastic wall - swipe with his left foot back and forth; then swipe right, standing left side to the gymnastic wall.

12. I.p. - standing facing the gymnastic wall, hands on the rack (at the level of the belt). Mahi with his right foot back (10 times), then with his left foot.

13. I.p. - standing facing the gymnastic wall, hands on the rack (at the level of the belt). Mahi with his right foot to the right, then Mahi with his left foot to the left.

14. I.p. - standing on the right side to the gymnastic wall, the right hand on the rack (at the level of the belt), the left on the belt. 1 - lunge to the left back; 2 - mach left forward. Do the same with your right foot, standing left side to the gymnastic wall.

15. I.p. - standing on the right side to the gymnastic wall, the right hand on the rack (at the level of the belt), the left on the belt. Squat.

Set of exercises with dumbbells:

1. I.p. - p.s., dumbbells in hands. 1 - left hand to the side - up; 2 - right hand to the side - up; 3 - left hand to the side - down; 4 - right hand to the side - down.

2. I.p. - stand, hands to the sides: 1 - bend your hands to your shoulders; 2 - i.p.

3. I.p. - p.s. 1 - hands forward; 2 - hands to the sides; 3 - hands up; 4 - i.p.

4. I.p. - stand, left hand at the top, right at the bottom. 1 - left hand down, right hand up; 2 - left hand up, right hand down.

5. I.p. - stand, hands bent in front of the chest. 1 - by jerking the hand to the sides; 2 - a jerk of the hand in front of the chest.

6. I.p. - stand, hands forward. 1-8 - circular movements with brushes inside (8 times); 1-8 - circular movements with brushes outward (8 times).

7. I.p. - p.s. 1 - sit on the socks, hands forward; 2 - i.p.

8. I.p. - leg stand apart with a forward tilt, arms to the sides. 1 - turning the torso to the left, left hand up, right down; 2 - turning the torso to the right, the right hand up, the left down ("mill").

9. I.p. - leg stand apart. 1-3 - three springy squats on the full foot, hands forward; 4 - i.p.

10. I.p. - p.s. 1 - bend your hands to your shoulders forward; 2 - separate the elbows to the sides; 3 - bend your hands to the sides; 4 - i.p.

11. I.p. - hands to the sides. 1 - bend the left hand behind the back, the right hand behind the head; 2 - bend the left hand behind the head, the right behind the back.

12. I.p. - leg stand apart, arms to the sides. 1-8 - 8 small circles with hands forward; 1-8 - 8 small circles hands back.

13. I.p. - leg stand apart, arms to the sides. 1-6 - 6 middle circles with hands forward; 1-6 - 6 middle circles hands back.

14. I.p. - leg stand apart, arms to the sides. 1-4 - 4 large circles with hands forward; 1-4 - 4 big circles with your hands back.

15. I.p. - p.s. 1 - hands to the sides - up; 2 - hands to the sides - down in i.p.

16. I.p. - leg stand apart, hands forward; 1 - hands to the sides; 2 - arms crosswise forward, left from above; 3 - hands to the sides; 4 - arms crosswise forward, right from above.

17. I.p. - leg stand apart, arms to the sides. 1 - forward tilt, touch with the left hand the sock of the right leg; 2 – i.p.; 3 - tilt forward, touch the left foot sock with your right hand; 4 – i.p.

18. I.p. - p.s. 1 - jump leg stand apart, arms to the sides; 2 - jump – i.p.

19. I.p. - sitting on a chair, bend your hands with dumbbells to your shoulders. Press up.

20. I.p. - sitting on a chair, the right hand with dumbbells lies on the right thigh, the left - up, the elbow is pressed to the head, flexion, extension of the arm in the elbow joint. Same with the other hand.

CONTROL AND TRAINING TESTS

1. Wellness types of gymnastics include...

- a) sports
- b) curative**
- c) rhythmic**
- d) artistic
- e) production**
- f) hygienic**

2. Hygienic gymnastics is...

- a) preservation and strengthening of human health, increasing the life activity of the body**
- b) use of physical exercises during the working day in order to improve professional performance
- c) a type of fitness gymnastics, the main content is GDE, running, jumping and dance elements

3. What goes into the bulk of rhythmic gymnastics?

- a) intensive exercises aimed at the development of muscle groups**
- b) exercises of low intensity for relaxation

4. Rhythmic gymnastics is...

- a) a type of applied gymnastics, a method of using physical. exercises for faster and more complete restoration of the health of a sick person
- b) a type of fitness gymnastics, the main content is ORU, running, jumping and dance elements**
- c) use of physical exercises during the working day in order to improve professional performance

5. Therapeutic gymnastics is...

- a) use of physical exercises during the working day in order to improve professional performance
- b) a type of applied gymnastics, a method of using physical. exercises for faster and more complete restoration of the health of a sick person**
- c) intensive exercises aimed at the development of muscle groups

- 6. Introductory gymnastics is recommended to start...**
- a) at the beginning of the working day**
 - b) when the first signs of overwork appear
 - c) at the end of the working day
- 7. What are the 3 parts of rhythmic gymnastics?**
- a) preparatory, main and final part**
 - b) preliminary, key and final part
 - c) preparatory, key and final part
- 8. An element of what gymnastics is eye charging?**
- a) sports
 - b) production**
 - c) rhythmic
- 9. Rhythmic gymnastics makes it possible to develop what?**
- a) endurance
 - b) forces
 - c) flexibility
 - d) coordination of movements**
 - e) all of the above
- 10. What is Cross Step?**
- a) pitch with touch
 - b) turns and movements by cross pitch**
 - c) walking in place, raising your knees high

RECOMMENDED LITERATURE

1. Zaletaev I.P., Polievsky S.A. General development exercises. - M., 2016.
2. Gymnastics. M.L. Zhuravina, N.K. Menshikova. Ed. "Academa." - 2015.
3. Valeev N.M. Medical physical education. T.S. Garaseeva, S.N. Popov - M.: Akademia, 2018.-515 p.
4. Askhamov A.A. Influence of industrial gymnastics on indicators of physical development and cardiovascular systems//Education and self-development. – 2016. - №2 (40). - P. 203-208.
5. Matveev I.V. Morning gymnastics. - M.: Infra-M, 2015. - 231 p.