

METHODOLOGY OF PHYSICAL RECREATION: PROBLEMS, EXPERIENCE, RECOMMENDATIONS

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Annotation. The article contains methodical approaches in the process of conducting practical classes with the students on discipline «Physical recreation». The methodical reception is shown, also their definition, the importance of definitions during the life of the person, including the student. The essence of physical recreation in the understanding of students for passive and active recreation is uncovered, as well as formulating the tasks in forming, recovering, strengthening and preserving the health of different age groups of the population. The methodological principles of physical recreation described in detail in the context of its performance by students. It uses traditional principal means for physical culture ((physical exercise, movement modes, natural factors, massage, occupational therapy, mechanotherapy). They are distinguished by various forms, methods, and activities, bearing recreational character.

Key words: recreation, physical recreation, definition, higher education institution, student, exercise.

Introduction.

Health, as it is known, is an invaluable position to not only each individual, but also society as a whole. However, it is reasonable to maintain and strengthen the man himself and the public, it provides an active and long-life. This helps him active and passive recreation, ie recreational activities.

Recreation, including recreation, and physical, has a long history, however, the focus of training and scientific concepts, as well as the nature of their application in our country began to study more recently, in Western Europe - with 60-ies of the last century, and in the U.S. - even earlier. Currently, different authors define their physical recreation. So V.P. Zaytsev [4] offers his own definition: physical recreation - an active and passive recreation, along with other recreational activities outside the production, research, training and other activities aimed at the formation, repair, strengthen and preserve human health, as well as bringing pleasure and satisfaction from them, but with the use of physical culture and its forms, and methods of training. Among the main physical education include: exercise, movement modes, natural factors of nature, massage, mechanical therapy and occupational therapy. Forms of study include the following activities: morning hygienic gymnastics, gymnastics, evening exercises, therapeutic dosed walking, training walking the stairs to the floor, path, dosed swimming and cycling, skiing, self-study exercises and etc. These forms of training can be done individually, few-group (4-6 people) and group (12-15 people).

At the same time, Y.N. Prystupa and others [12] believe that physical recreation - the process of using tools, forms and methods of physical training, aimed at meeting the needs of active rest, recovery, entertainment personality free and specially allotted time. Thus, the essence of physical recreation is primarily to identify this phenomenon (process) as a system of different knowledge based on the use of specially organized physical activity in the form of exercise with the use of natural and hygienic factors during free time a person voluntarily and for rest, recovery of their own forces, satisfaction, improve mental and physical abilities, rehabilitation and health promotion.

A.S. Bondar in his textbook "Management of recreation and health work", in 2010 wrote that «Physical recreation is a kind of physical culture: the use of exercise and sports in simplified forms for active recreation people get pleasure from the process, entertainment, switching from one activity to another diversion from the usual kinds of labor, consumer, sports, military activities».

All three definitions indicate that recreation necessarily focused on health, gives him satisfaction is the key to his life, gives us the difference between recreation and various forms of rehabilitation and physical therapy.

Recreation in Latin terminology «recreo» was introduced by the Romans and in Russian language means: to recreate, restore, update, support, refresh, etc. [2, 4, 9]. The main signs of recreation, determining its nature, are considered: to be held in free from work (study) time, is creative, is based on a voluntary basis and is fun and satisfying. She studied in various disciplines: Theory and methods of physical culture, physical rehabilitation, balneology, sociology, geography, economics, engineering, architecture and others. The term "recreation" varies depending on the content of the text. In this case, considering the physical, social, psychological, geographical recreation and its various types [1, 3, 5]. The basis of the same physical recreation is human movement, which occurs mainly in the field of recreation (leisure), and its final result is expressed in the optimization of the physical, mental, social and occupational health [5, 6]. One of its main functions is the creation, restoration, development and human health.

Papers on the subject quite a lot. They reveal the purpose and objectives of recreation, substance use and reflect areas of concern. However, the use of physical recreation activities in the learning process is very little, if any, that are yet informational. To do this, we examined the medical records departments and teaching, references Kharkiv, Kyiv, Lviv and other scientists, teachers and doctors, conducted interviews with teachers and students of the Academy,

studied and conducted surveillance recreational bases of Kharkov. Work was done on the department's plans for research and development.

The purpose of practical training: To familiarize students with the concepts and methodological approaches in physical recreation.

The problems:

1. Study and analyze literature local authors on the subject.
2. Reflect the theoretical aspects of recreation and physical recreation.
3. Reveal problems of recreation and physical recreation, faced by students in their study.
4. Show the importance of recreational activities in the application of physical recreation.

Results.

Recreation is one of the varieties of entertainment. It is always the basis of physical recreation and creative activities of physical culture, forms and methods of training. The concept of "leisure time" in a self-organized manner, or rest, not yet clearly identified, there are still no common understanding of "leisure" and "recreation". At the present time, different authors in their own defined physical recreation.

As you know, the main provision of physical recreation is to strengthen the physical, mental, social, and professional (if a person is working) health and build a foundation for a fruitful mental and physical labor. Their particular tasks are varied and depend on the personal desires of the students. The objective of active rest can be solved, as the need for short-term implementation of the rest during 5-15 minutes at work: physical exercise breaks, sports minute, active at lunchtime. Proposed applies to classes after work or school day. Such a plan will be longer duration of employment. This would include training in the week, weekends and holidays [6, 14].

It's all about the change the type and nature of activities: from rest to mental activity with mental activity on the motor or the one motor to the other motor work only other character. In the first case - may be changing jobs at a desk to exercise, in another - a change of exercises one sport to another exercise (running skater, boxer swimming, weightlifting is in town, skier - basketball or vice versa, etc.) . Activities and change activities contribute to a more rapid recovery of the body after exhaustion. This is particularly important in those occupations in which the person is a lot of time without moving, for example, knowledge workers, or perform monotonous, repetitive motion on conveyors, looms, with lectures and practical exercises. Athlete in intense training sessions to change your character movements, intensity and pace. Both of these species are widely used in manufacturing, design offices, research institutes and other institutions: physical training pause industrial gymnastics [6, 7, 11].

Weight control, changing shapes are critical needs of people of different ages. Most of these classes begin with imitation ideal model, based on a critical assessment of the shortcomings of its own constitution. Thus, men are concerned about an athletic figure, strive to develop muscle relief, remove belly fat, etc. At the same time, women tend to be slim, attractive, have a beautiful figure, a relaxed gait and posture. Why use group work or self. Classes may be taught at home, in sports and exercise rooms with improvised means (weight, dumbbells, expanders, etc.) and special training equipment. Both men and women are concerned sgonke weight, what they also help to exercise.

Prevention of aging and keeping the involution process is also considered one of the problems of physical recreation. Movement activates the body and contribute not only to preserve its biological functions, but their excellence. And this leads to a significant reduction in the rate of involution. This problem is solved with a man of mature age and older as an individual based on their own non-professional physical education, as well as in groups of health and fitness center [15, 17]. Some people physical recreation of motor activity has a great pleasure and satisfaction. This is due, above all, with different games: with a ball, puck, shuttlecock, balls, etc. Their high emotionality is a great incentive for physical exercises. They are executed as spontaneously, independently, on the initiative of the players, and in groups, sections, teams. In the process of physical recreation can individually develop attractive figure: some "swing" muscles, others develop mainly flexibility, others - endurance. In general, a person develops a complex all his physical abilities and personal motor skills: walking, running, jumping, throwing, as well as learn new for him - boating, skiing, biking, skating, possession of the racket and the like.

In this regard, N.V. Fomenko [18] writes that forest walks, communicating with nature cause a person positive emotions. On the other hand, the recreational use of the natural environment there are some unfavorable it changes when a large number of tourists in a particular area can be dangerous for the continuation of the natural development of components of the territory. Consequently, the use of natural recreational resources should be temperate, rational, planned. The task of researchers is the determination of the allowable loads for a given complex to preserve nature.

In recent years, a new hobbies a person which are purely recreational in nature: ecotourism, hang-gliding, windsurfing, Nordic walking, aerobics, shaping and others. By means of physical recreation is any physical exercise, games, entertainment, recreation and sports, satisfying the above requirements. Classes they are organized in specialized secondary schools and universities, in factories, enterprises and institutions, offices, businesses, and various

organizations. Its main goal is to bring creative leisure activities to promote health, not achieving the limit values in sport.

As such, physical recreation can take place in an organized form. But most often it does not need them. Its contents and can easily be adapted to the needs and abilities of any social environment: individuals or groups of people, their sex, age, environmental conditions and the subjective needs of each of the students. Its most important value is that it is, meeting the needs of people in motor activity, a prerequisite for the proper functioning of the human body in other activities: study, work. Educating these needs and is one of the main tasks of physical recreation and physical education non-special people of all ages (one of the criteria of cultural identity). However, unfortunately, most people do not follow the most basic rules of healthy living. Some are victims of physical inactivity, excessive use other high-fat foods, and the result - obesity, atherosclerosis, and others - are suffering from diabetes, and the fourth - not only do not know how to relax, to distract from the industrial and domestic concerns, always restless, "nervousness", suffer insomnia, which eventually leads to many diseases. Some people succumbing to addiction to smoking, alcohol and drugs, actively shorten their lives.

In legislation and in the media this activity is often called the mass physical and pity. First, is the largest mass physical culture, which is carried out in schools and the army. It is in their present weight. Secondly, physical recreation focuses on each person, based on their interests and inclinations. And it was he himself defines the types, forms, duration of exercise. However, we can agree that there are forms of mass physical culture, which are aimed at attracting a large number of people, both as participants and spectators, especially seen in the Olympics, races, celebrations and festivals. They perform an important function of agitation and promotion, promote involvement in the occupation of motor activity of many people [4, 11, 16].

When physical recreation uses common methods, but with an emphasis on individual characteristics: gender, age, inclinations, tastes, health status, level of physical development involved and strict dosage load. The main forms of exercise in adult recreational include hygienic gymnastics, shaping, aerobics, walking skiing, biking, walking, hiking, training sessions in groups of health and sports clubs, industrial gymnastics, swimming, skating, games with balls, frills, balls, etc.

All types and forms of physical recreation can be made at home, in gyms, swimming pools, saunas, clubs and in manufacturing plants, in the places of rest and treatment, while serving in the army. Exercise and motor activity in general beneficial effect on the psyche and all autonomic functions: gas exchange, digestion, cardiovascular, and excretory system, the endocrine glands. They form the basis for a healthy lifestyle, help fight against bad habits and increase the body's ability to resist fatigue and illness. A physical exercise is known to consolidate and develop the skeletal muscle, heart muscle, blood vessels, respiratory system and many other organs, which greatly facilitates the work of the circulatory apparatus and has beneficial effects on the nervous system.

As a result of the lack of physical activity in the human body are broken nerve reflex connections, by the nature and embodied in physical labor, which leads to the breakdown of the regulation of cardiovascular and other systems, metabolism and the development of degenerative diseases (atherosclerosis, etc.).

An important problem is solved by the people for a day of work or study, is to preserve the physical and mental capacity, resistance to mental fatigue. One of the most important means to solve it is to change the nature of the activity, the distraction of her professional types and forms, switching to other species. Naturally, are various types of exercise that are recreational in nature: an introductory gymnastics, physical pause, physical minute the lunch break and after work.

In affluent institutions and enterprises, there are special places for such activities, equipped gear and equipment: playgrounds for football, basketball, volleyball, table tennis, fitness center, bicycle ergometers, billiards. Great opportunities for physical recreation are in nursing homes, homes and recreation centers. There are conducted individually or in groups, all of the above forms of exercise, games, and entertainment. The advantage is that there is more free time and real opportunities for this, including swimming, hiking and ski trips, close tourism and path, the opportunity to engage in group health. These facilities can be performed gymnastic festivals as: "Neptune Day", "Day walk," "Day of swimming", "Day walk on skis" and others. They involve health agency staff, patients and tourists. Such activities can be carried out, based on the methodology of physical recreation, and it includes the following definition: types and functions, recreation and recreational zoning system, accommodation and leisure facilities ratio in special recreational environment.

As we know, physical recreation has two types:

- Short form of recreation - physical exercise, anywhere, but with the return of the night - in the place of residence;

- Long form of recreation - physical exercise people in different places, but an overnight stay away their homes, such as nursing homes, rest homes, camp sites, etc.

In the conceptual apparatus of recreation can also include:

- Recreation system, including the sanatorium, rest homes, boarding houses, tourist camps, sports camps and playgrounds and other facilities for recreation;
- Recreational zoning, which provides a selection of special zones for recreation, development of recreational functions and density of recreational facilities;
- Accommodation and leisure facilities ratio in the recreational special environment, including territorial. When assessing the quality of hygienic area, allocated for recreation, an evaluation of climate and quality define the environment (air, water, soil) for the development of recreation and sustainability to the built environment load;
- The three main functions: biomedical (recuperation and rest in sanatorium conditions), socio-cultural or educational, social and economic.

During recent years studies in physical recreation, as a complex social and biological phenomena. Revealing their essence and action of natural, scientific, and social cycles largely contribute to the further development of knowledge of physical recreation, and also serve as a prerequisite for the development of the theory proposed by the phenomenon [11, 13, 16]. Under physical recreation are any means and forms of physical activity, aimed at creating and restoring forces spent in professional work or school. Highlighted the many features that make it the main content [4, 8, 12]:

- Is based on physical activity;
- Used as a basic means of physical exercise;
- Is carried out in the free or specially allotted time;
- Is carried out on a voluntary basis and amateur;
- Is characterized by the presence of certain recreational services;
- Is performed mainly in the nature;
- Has an optimizing effect on the human body;
- Includes educational and training components;
- Is primarily entertainment purposes;
- Includes cultural and value aspects;
- contains the intellectual, emotional and physical components;
- Has a scientific and methodological base.

This list of signs of physical recreation can be continued. It introduces the different focus on the important aspects and features, different levels, types and forms. Maybe something is missing, some of them are mediated, and some elevated to primacy. Due to the variety of physical symptoms of recreation they are allocated in its various forms: health-enhancing physical recreation, recreation, physical education, recreation, sports, recreation, sport, recreation, tourism, sport and recreation, industrial, and others placed the basis of different forms of different symptoms, a definitive value of many of which simply means, and some of them are considered as synonymous [3, 10, 13].

An analytic way of developing a theory of physical recreation is allowed, and it can not give an answer to the question whether all these features, types, forms and methods are available in the necessary and sufficient quantity. This makes some of the confusion and complicates the perception of physical recreation as a systemic phenomenon. In some writings celebrated the idea that the theory of physical recreation fully developed in the theory and methods of physical training. Is based on that concept of physical recreation in the works of V.M. Vydrin colleagues [1, 2].

The main idea of this concept is the physical recreation as an integral part of physical education and factors that forms the system and serves as the end result - an optimal physical layer, which provides normal functional state of the human body. This concept focuses on the biological side of physical recreation. The other side (cognitive, cultural, communication, entertainment) are considered as co-solution of the main problem. However, the statement is only partially true, since narrowing the problem of physical recreation and requires special study and discussion.

Present physical recreation as a form of physical training, legally, because they have some common features. But scientific hypotheses regarding physical recreation by themselves do not affect the formation of the theory of physical recreation, for providing an indirect effect, justifying and reinforcing the didactic apparatus studying its particular techniques. It has its own theory, which includes not only the physical recreation, but also physical education, sports, motor rehabilitation, which also have their own theories. The presence of common features allows you to combine them to the main system, namely, the theory of physical education. Then the subject of the theory of physical recreation is without its own theory as well as some cognitive technologies that preserve the health of others, as presented in the theory of physical education, and in particular the theory of its species. They can not in sufficient detail and in the right amount satisfactorily fulfill its explanatory function on such a complex and multifaceted phenomenon as physical recreation [2, 4, 8, 12].

It is known in the theory of physical education all the many aspects of physical recreation are fragmentary, incomplete, ambiguous, so that the subject itself was uncertain science of physical recreation. In this case, because of the complexity and diversity of an object such as a physical recreation, it can not be described in sufficient detail from

the perspective of only one, even an "integrative" of science, which is considered to be the theory of physical education. The analysis is more successful if the subject stands out clearly from the position of the party object to serving science: philosophy, history, sociology, cultural studies, pedagogy, psychology, biology, the theory and methods of physical education and others [6, 10, 17].

The obligation in the term "physical recreation" occurs primarily when it comes to analyzing a particular element of physical recreation, and to indicate that the term is used. Recreation, as a scientific discipline, is a generic term for all its kinds and forms, one of which is physical recreation [11, 15]. Usually are such varieties of recreation: the social, biological, psychological, sports, climate, geography and so on. Of the variety of the main features of recreation, as you know, are carried out in their spare time, is creative and active character is based on a voluntary, amateur basis. Without these three important features recreation loses its meaning. At the same time, her other symptoms (cognitive, cultural and axiological, economic, health) - the concomitant and derivatives.

Based on the above, a new research field - recreation [13], a special interdisciplinary science section on recreation and health, reproduction, health and healthy not only healthy people. This section includes the process of physical, social, mental, self-man, in which he becomes more universal ways of human adaptation to the changing conditions of the natural and social environment. This also applies to the chronically ill. Important methodological principle of physical recreation - it is the principle of unity of physical and spiritual, biological and social, body and personality. As can be seen, the highlight of research in the theory of physical recreation is a special area of human life - is the sphere of leisure. Highlighted various types and forms of leisure activities which are of recreational nature. And lead them to a single system is not yet possible [10, 14, 15]. The above allows you to go back to the fundamental problems of physical recreation and to some extent analyze them from the perspective of the theory of general recreation.

As is well known, and this marks N.V. Fomenko [18], something psychological state of a person can be fully restored only in the bosom of nature. Nothing soothes as soft color of grass and leaves a pleasant babbling brook or contemplation for the unique creations of nature. But an important condition for relaxation is the selection of so-called natural recreation systems, ie, that the number of its properties are suitable for use in the area. Therefore, firstly, there is need for areas suitable for leisure activities of the population.

The second problem, which is solved recreational geography, the integrity and purity of the territory. If, along with vacation homes will be available industrial sites, the specified recreation complex will lose its appeal.

Thirdly, as any use of the territory, recreational activities people also has its positive and negative sides. On the one hand, the rest of people close to nature help to maintain and strengthen their health. Phytoncides secreted by many types of trees contribute to improving the health of sick people.

Physical recreation is a form of recreation, and carried out by the motor activity using exercise as fixed assets, which gives reason to refer to this form of physical recreation. Recognition of physical exercise and motor mode as the primary means of physical recreation in the scientific and academic research has long been known. This is true, but requires further research and discussion by experts.

Much of physical recreational activity occur in vivo environment, where environmental factors can also act as its fixed assets. First, physical recreation may have relatively passive forms. Second, at sporting events are only spectators of contemplatives and do not perform active movement. Naturally, the fact that sporting event can serve as a means of physical recreation, which gives recreational effect. From this point of view, the assertion V.M. Vydrina that the main feature which forms a system of physical recreation should consider it as the end result (the target), and for whom this form of organized recreation [1, 2]. Or another example: viewing films at the cinema, going to the theater, reading fiction. The same passive recreation, and also applies to recreational relaxation.

Summarizing the content of the article, you can end with the words O.N. Zhdanova [12]: «Reveals views on the appropriateness of specific exercise for recovery, how to determine reasonable amounts of physical activity and exercise particular dosage in health classes. The dependence of the content and intensity of recreational exercise on the level of physical well-being. Proved highest improving effect of aerobic exercise character to promote general endurance».

Conclusions:

1. Modern life is characterized by an adult in most cases, the pathological state of health, and low physical activity (hypokinesia, lack of exercise) and needs to address these problems of highly qualified specialists in the field of recovery, with professional knowledge and a wide range of practical skills in the organization of recreational activities.

2. Of the achievements of modern life is the awareness and scientific foundation essential role of a healthy way of life in human life. Movement, improving physical education and physical recreation is a leader in wellness programs. They reflect a complex term recovery, including the use of exercise of recreational sports in a simplified form for leisure man of pleasure and satisfaction from these activities, entertainment, and to switch from one activity to another, thus distracting from the conventional ways of working and household activities.

3. The definition of physical recreation is inextricably linked to the organization of recreational rights. Naturally, physical recreation - an active and passive recreation, along with other recreational activities outside the production, teaching, research and other activities aimed at the formation, recovery, development and preservation of human health, as well as bringing pleasure and satisfaction from them with the use of physical culture and its forms and methods of training. By passive rest include: reading fiction, watching films, plays, museums, exhibitions, etc.

4. Physical recreation uses traditional physical culture, plant and equipment: exercise, movement modes, natural factors, massage therapy and mechanic. They are distinguished by various forms, methods, and activities which are of a recreational nature.

Further studies will be conducted in the differentiation of physical recreation in health programs for building and health, reflecting the preventive medicine.

Test questions

1. How do you understand the methodology of the training course?
2. Define physical recreation.
3. What is the purpose of physical recreation?
4. Perechislite attractive individual physical ability to develop strength in the recreational area.
5. That relates to the physical recreation facilities?
6. What forms and methods of training are used for physical recreation?
7. Name the topic athletic festivals held for recreation rights.
8. What definitions apply to the physical recreation?
9. Do you know what types of physical recreation?
10. How do you understand the recreational system?
11. Define recreational zoning.
12. What are the main features characterizing the physical recreation?
13. What types of recreation do you know?
14. As you can imagine recreation?
15. List the student's field of leisure.

Job at home

1. Make a list of scientific papers (in modern bibliography) scientists, teachers and doctors of Ukraine, working on the problem of physical recreation, and report at a meeting of the student scientific circle.
2. Write a paper on the topic: "The historical aspects of physical recreation" and report back to students on practical training.

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