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Vaniuk O.I.

канд. наук. з фіз. вих., доц. НУ «Запорізька політехніка»

PhD (Physical Education and Sports), senior teacher NU «Zaporizhzhia Polytechnic»

MODERN PHYSICAL AND HEALTH TECHNOLOGIES

In our modern world, the word «Innovation» is widely heard. Innovations are some kind of discovery in a particular field of knowledge. Innovations have penetrated into all areas of our professional and everyday activities: pedagogy, computer technology, art, but also, of course, physical education, in sports and recreational technologies. Absolutely everyone is familiar with the concept of physical education. Physical Education is a system of health promotion and education of people with the help of physical exercises in combination with nature factors and means of public and personal hygiene. But it is also worth clarifying what physical culture and health technologies mean by themselves. In fact, sports and health technology are a way to implement activities aimed at achieving and maintaining physical well-being and reducing the risk of developing diseases by means of physical culture and health improvement. These are the basic rules for the use of special knowledge and skills, ways of organizing, and implementing specific actions necessary to perform sports and recreational activities. Innovations in this area should not be understood only as some kind of «modern» equipment, simulators. Teaching methods, new types and forms of classes, and classes conducting technologies are also appropriate here.

The relevance of this topic is due to the fact that we, and the world around us, cannot remain static - a constant movement forward is required. In other words, every industry requires innovation and modern approaches. This branch, namely the branch of sports and health technologies, is actively developing in our time, and this is a great opportunity for young professionals to show themselves. Also, innovations in fitness technologies have a very positive effect on our health, well-being, and self-confidence. Today, sports and health technologies are not the property of the personal experience of rare specialists but are developed in accordance with the achievements of medical science. Any health-improving technology includes setting goals and objectives of health improvement, and the actual implementation of health-improving activities in one form or another. The technology includes not only the implementation of a health program, but also the determination of the level of health, and testing of physical fitness, as well as issues of management and administration [1].

Among the innovative physical culture and health technologies, the following can be distinguished: stretching, play-stretching (for preschool children), step technique (exercises with a step platform, step aerobics, Zumba step, step basic + core, Step-and-Sculpt, double-step), dance mix, hotiron (strength training with a

mini-bar), CrossFit (circular training without rest), fitball (exercises with a large elastic ball), ABL (working out the legs, abs, buttocks), wellness mix (a set of Pilates exercises, yoga and stretching), Bodysculpt (aerobic strength training), slide (training on a slippery surface), bosu (training on the Bosu platform). In fact, even half is not listed here, so you can continue to write endlessly.

In addition, as we have noticed, fitness centers and sports clubs come up with new health technologies according to the following principle - technology synthesis. Example: Zumba step (Zumba + step platform exercises), ABL (abdominal + buttocks + legs training in one program), Dancemix (a mixture of elements from different dance styles of the past and present), Wellnessmix (Pilates + yoga + stretching in one program).

From all of the above, the obvious conclusion suggests itself. Modern sports and health technologies are developing more and more every year and every year more and more are pouring into our lives and leisure. It is in our power to bring these technologies to an even higher level.

BIBLIOGRAPHY

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