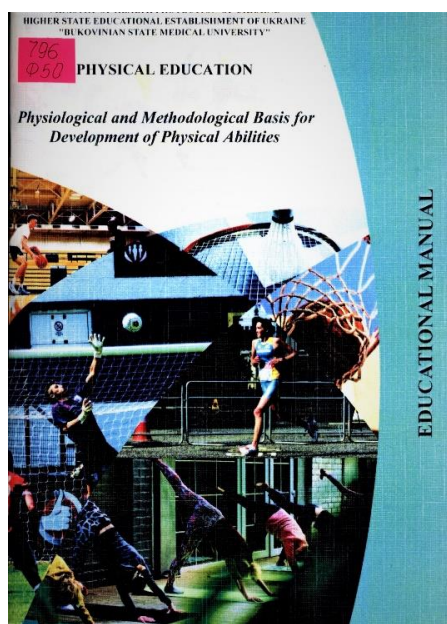


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Educational manual is designed for the 1st-2nd-year students of higher medical educational institutions, on specialty «Medicine», Master degree, during their individual work for practical classes and individual physical training.

The manual deals with the most important aspects of preparation for classroom lessons and organization of individual extra-curricular work of students on physical training.

The characteristics of basic human physical qualities and methodology of their development are outlined. The main types of health-improving physical training and its impact on the human organism are analyzed.

The manual contains information about general principles concerning organization of individual health-improving training classes.

Contents

Introduction	7
Part 1. Physical activity and human health	8
Physiology of health-improving training on functioning of organs and systems of the human organism	9
<i>Response of the cardio-vascular system to health-improving training</i>	11
<i>The impact on the function of the respiratory system</i>	13
<i>The impact on functioning of the muscular-skeletal apparatus</i>	17
<i>Impact on functioning of the nervous system</i>	20
Hypokinesia and hypodynamia as a main reason of health deterioration	21
Physical activity and duration of healthy life	26
Physical activity and changes of a person and cognitive function	27
Physical activity and psychic health	30
Physical activity as a supplement to psychotherapy	39
Part 2. Personal fitness: its components and methodology of development and improvement	
The notion about physical qualities as a basis of fitness	41
Speed as a physical quality of a person. Methods of speed development	41
The concept of power. Methods of development of power qualities	51
Endurance. General characteristics of endurance as human physical feature	61
Flexibility. General characteristics of flexibility as physical characteristic of a person	67
Dexterity. General characteristics of dexterity as physical characteristic of a person	72
Part 3. Physical fitness of a person, its indicators and means of development	79
Physical fitness as the main criterion of health	79
Physical exercises as the main way to increase the level of physical fitness	86
Classification of physical exercises by their impact on separate functions of the organs and systems	87
Classification by the amount of involved muscles into work	88
Classification of physical exercises by ways of energy production and energy consumptions	88
Classification of exercises by VO ₂ max indicator	92
Characteristics of physical exercises by the type of muscular contraction	92

Classification and characteristics of sports exercises	96
<i>Cyclic exercises</i>	96
<i>Acyclic exercises</i>	101
Part 4. Physical activity. Physiological basis and rules for building health-improving trainings. Control and self-control	104
Principles of organization of health-improving training	104
Control and self-control during individual physical training	105
<i>Subjective indications of functional state</i>	105
<i>Objective indicators of functional state of the organism</i>	106
<i>Investigation of the respiratory apparatus</i>	109
<i>Investigation of reaction of the nervous system on physical loading</i>	111
<i>Definition of the level of physical fitness</i>	112
The grounds to plan health-improving trainings: definition of optimal frequency, amount and intensity	115
<i>The frequency of training</i>	116
<i>The duration of loading</i>	116
<i>Regimes of trainings</i>	116
<i>The type of loading</i>	118
<i>The size of loading</i>	118
<i>Intervals of rest</i>	119
The structure of training lesson	120
The rules to organize individual trainings of physical exercises	121
Reference list	123
Bibliographical guidance	124