

SELF-MANAGEMENT IN PHYSICAL ACTIVITY AND SPORT

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The authors reveal the importance of self-control in physical education and sports. If you exercise incorrectly, you can get severe chronic health consequences. Self-control is different for each person or a particular sport. In order for self-control to be effective, the student needs to have an idea of the energy expenditure of his body during neuropsychiatric and muscular stresses that arise when performing educational activities in combination with systematic stress. It is important to know the time intervals of rest and recovery of mental and physical performance, as well as techniques, means and methods by which you can more effectively restore the functional capabilities of the body

Keywords: *self-control, heart rate monitoring, physical education, motor activity.*

The relevance of the topic is the need to improve the effectiveness of physical training through self-control of physical development and the state of the body. When doing physical training it is necessary to regulate and correctly assess one's condition and well-being directly in the process of exercise, i.e. to exercise self-control.

It is possible to acquire severe chronic health consequences if you do not exercise properly. Self-monitoring is different for each person or specific sport. Exercise and sports will bring a positive charge of emotions and health in conjunction with medical and self-monitoring.

Self-monitoring is the systematic observation of one's state of health, physical development and physical fitness, and their changes under the influence of systematic physical exercise [10].

The purpose of self-monitoring is independent regular observations in simple and accessible ways of physical development, the state of one's body, the influence of physical exercise or a particular sport on it [2].

Objectives of self-monitoring: to expand knowledge about physical development; to acquire skills in assessing psychophysical fitness; to become familiar with available methods of self-monitoring; to determine the level of physical development, fitness and health in order to adjust the load in physical education and sports [9].

In order for self-monitoring to be effective, students need to have an understanding of the energy expenditure of their body under neuropsychic and muscular stresses arising from the performance of educational activities in combination with systematic

exercise. It is important to know the time intervals of rest and recovery of mental and physical efficiency, as well as techniques, means and methods with the help of which you can more effectively restore the functional capabilities of the body [9].

The process of forming self-control skills includes several stages [7]:

Stage I — study, analysis and generalisation of scientific, methodological and special literature on self-control in physical culture and sport.

Stage II — mastering the skills of self-observation and self-investigation of body functions and physical fitness.

Stage III — self-monitoring of the state of the organism during physical training and sports.

In regular physical exercise and sport, it is very important to monitor systematically one's well-being and general state of health. The most convenient form of self-monitoring is keeping a special diary [3].

Subjective and objective indicators obtained because of observations and self-examination are noted in the self-control diary. Subjective indicators of self-control *are*: well-being, mood, appetite, sleep. *Objective indicators of self-control* include anthropometric measurements: body length, body weight, body circumference; the functional state of the organism of students, which is determined by functional tests [7].

Self-being consists of a sum of signs: presence (or absence) of any unusual sensations, pain with one or another localisation, a feeling of vigour or, on the contrary, fatigue, lethargy, etc. The *well-being is assessed as good, satisfactory and bad, and the nature of unusual sensations is recorded* [6].

Appetite is characterised as *good, satisfactory, reduced and poor*. The more a person moves, exercises, the better he should eat, as the body's need for energy substances increases [1].

Normal sleep, restoring the efficiency of the central nervous system, provides vigour and freshness. In case of fatigue often appears insomnia or increased sleepiness, restless sleep. After sleep, there is a feeling of brokenness. Sleep should be at least 7–8 hours, with heavy physical exertion — 9–10 hours. *Sleep is assessed in terms of duration and depth, its disorders are noted (difficult falling asleep, restless sleep, insomnia, sleep deprivation, etc.)*.

Heart rate is also an important indicator of body condition. During exercise, the heart rate returns to normal after 40–50 minutes. If the heart rate does not return to normal within the specified time after training, this indicates a high level of fatigue due to insufficient fitness or health conditions.

Pain sensations are recorded according to their localisation, character (sharp, blunt, cutting, etc.) and

strength of manifestation. Muscle pains, pains in the right or left side, in the heart area can occur with violation of the daily regime, with general fatigue of the organism, etc. [4].

It is sufficient to **determine the weight** (by weighing) 1–2 times a week, in the morning on an empty stomach, on the same scales, wearing the same clothes.

To assess the state of respiratory, cardiovascular and regulatory systems in response to changes in the internal environment of the body (decrease in oxygen content and increase in the concentration of CO₂ in the blood) are used for self-monitoring purposes functional test with breath holding [6].

Regime violations. In the diary, the nature of the violation is noted: failure to observe the alternation of work and rest, violation of the dietary regime, consumption of alcoholic beverages, smoking, etc.

An example form of the self-monitoring diary is presented in the table 1 [5].

Self-control inculcates a competent and sensible

Table 1

No.	Indicators	Date				
		20.09	21.09	22.09	23.09	24.09
1	Feelings	It's good	It's good	A little fatigue	lethargy	Satisfactory
2	Sleep, h	8, strong.	8, strong.	7, restless.	8, restless	8, calm.
3	Appetite	Good	Good	Satisfactory	Satisfactory	Good
4	Heart rate beats/min,	62	62	68	66	65
	lying down	72	72	82	79	77
	standing	10	10	14	13	12
	difference	10	-	15	-	12
	before training	12	-	18	-	15
5	Weight, kg	65,0	64,5	65,5	64,7	64,2
6	Training loads	Accelerations 8x30 m, 100 m run, 6x200 m tempo run	No	Accelerations 8x30 m, 100 m run, even running (12 min.).	No	Runner's special exercise, acceleration 10x30 m, cross-country (15 min.).
7	Regime violations	No	Minor alcohol consumption	No	No	No
8	Painful sensations	No	No	Dull pain in the liver area	Slight pain in the right side after running	No
9	Sports performance	100 m run (14.2 s)	No	100 m run (14.8 s)	No	Running (14.5 s)

attitude to their health and to physical education and sport, and has a great educational value [8].

Thus, self-control instils a competent and sensible attitude to one's health and to physical exercise, helps to know oneself better, teaches to monitor one's own health, and stimulates the development of sustainable skills of hygiene and compliance with sanitary norms and rules. Self-control helps to regulate the process of training and to prevent overexertion. Self-control helps to increase the effectiveness of physical training and sports.

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Поступила в редакцию 10 ноября 2023 г.

Финансирование. Исследование не имело спонсорской поддержки.

Конфликт интересов. Авторы заявляют об отсутствии конфликта интересов.

Для цитирования: Ivanov, V. D. Self-Management in Physical Activity and Sport / V. D. Ivanov, O. V. Marandykina // Физическая культура. Спорт. Туризм. Двигательная рекреация. — 2024. — Т. 9, № 1. — С. 23–27. DOI: 10.47475/2500-0365-2024-9-1-23-27

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Самоконтроль в физической культуре и спорте

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Авторы раскрывают важность самоконтроля при занятиях физической культурой и спортом. При неправильных занятиях спортом можно приобрести тяжелые хронические последствия для здоровья. Для каждого человека или конкретного вида спорта самоконтроль индивидуален. Чтобы самоконтроль был эффективным, студенту необходимо иметь представление об энергетических затратах своего организма при нервно-психических и мышечных напряжениях, возникающих при выполнении учебной деятельности в сочетании с систематической нагрузкой. Важно знать временные интервалы отдыха и восстановления умственной и физической работоспособности, а также приёмы, средства и методы, с помощью которых можно эффективнее восстанавливать функциональные возможности организма

Ключевые слова: самоконтроль, пульсометрия, физическая культура, двигательная активность.

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