

FITNESS TECHNOLOGIES AS EFFECTIVE MEANS OF PHYSICAL ACTIVITY

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The abstract review examines such categories of fitness as fitness, fitness technologies, fitness programs. The main classifications of fitness and fitness technologies are also presented. The restoration of physical and emotional health is an important social issue in our time. After all, there is nothing more important than the harmonious development of personality in society. And the fitness industry, in turn, has significant potential in providing rehabilitation and restoration of health. Fitness technologies can be used in all types of physical education, providing solutions to the problems of physical education, sports, physical rehabilitation and recreation.

Keywords: *physical culture fitness, fitness industry, fitness technologies.*

The relevance of research. The restoration of physical and emotional health is an important social issue in our time. After all, there is nothing more important than the harmonious development of personality in society. And the fitness industry, in turn, has significant potential in providing rehabilitation and restoration of health. Fitness technologies can be used in all types of physical education, providing solutions to the problems of physical education, sports, physical rehabilitation and recreation.

Today, fitness is undoubtedly one of the most popular and effective means of physical education. The concept of “fitness” has become widespread at the present stage of development, both in domestic and in world practice [8; 9].

The relevance of the increasing role of fitness is that physical activity is one of the methods of improving health. The advantage of fitness over other types of physical activity is that the directions of fitness are constantly being improved, developed and cover a wide variety of forms of physical activity [3]. It is fitness as a type of physical activity that is able to meet the needs of a wide variety of segments of the population and social groups in choosing wellness activities. Also, one of the advantages of fitness is to broaden the horizons and increase the general level of culture among people engaged in fitness, due to various musical compositions, a large number of fragments of art, as well as the orientation of many fitness programs to the cultural traditions of the East and West.

The concept of “fitness” in Russia began to be used in the 90s of the last century. Fitness stood out as an independent segment of physical culture,

which includes a system of exercises with training or burdening elements.

At the present stage of development, the spread of fitness is a reflection of the changed needs of society. More and more people are striving for physical activity, health and well-being, because physical education develops endurance, which undoubtedly helps in human labor activity.

Fitness (from the English “tobefit” — to match) is translated into Russian – to be healthy, to lead a healthy lifestyle. In general, fitness can be characterized as an integral physical activity, the purpose of which is to increase the body’s ability to exercise [1].

E.G. Saikina identifies a number of socio-cultural problems that fitness can solve in modern society:

1. Development of physical culture;
2. Physical and mental health improvement;
3. Formation of a healthy lifestyle as a value guideline;
4. Integration of world cultures in the field of fitness;
5. Fostering mutual respect of peoples for each other and their culture;
6. Socialization of people;
7. The formation of new cultural forms in the field of fitness;
8. The development of scientific thought in the field of fitness;
9. Economic development of the country by means of fitness;
10. Development of fitness as an educational program and training of specialists in this field [6].

The physical exercises used in fitness training are mainly borrowed from sports practice. (The exception

is exercises for the development of flexibility, partially borrowed from such a system of health improvement and human improvement as yoga). As a result, they are divided according to the classification used in sports.

Exercises can be divided into:

- according to the predominant mechanism of energy supply («aerobic» and «anaerobic» training);
- focusing on the development of certain qualities and functions (strength training, endurance training, flexibility training);
- by the nature of the execution (continuous, interval).

E.G. Saikina [4; 5: 8] classifies fitness technologies according to various criteria:

- on the basis of novelty - on traditional and innovative;
- based on need – fitness technologies in education, fitness technologies in sports, fitness technologies in recreation, fitness technologies in rehabilitation;
- on the basis of historicity – fitness technologies with roots in ancient Eastern culture (karate, Wushu, Aikido and so on), fitness technologies based on author’s methods and with author’s names (pilates, callanetics, respiratory gymnastics), fitness technologies based on scientific achievements (shaping, aero-fitness, isotone and others), fitness technologies based on new forms of motor activity (aerobics, stretching, fitball and so on), fitness technologies of an innovative form, fitness technologies based on cyclic sports (recreational walking, recreational swimming, cycling and so on), fitness technologies based on sports and outdoor games.

Along with the concept of “fitness” is the term “fitness technology”, which, most accurately revealed by E.G. Saikina — “this is a set of scientific methods, steps, techniques formed into a certain algorithm of actions, implemented in a certain way in the interests of improving the effectiveness of the wellness process, ensuring guaranteed achievement of results based on free, conscious and motivated choice of physical exercises using innovative tools, methods, organizational forms of classes, modern equipment and equipment” [6].

Fitness includes more than 200 types of physical activity, author’s wellness techniques and programs, various physical exercises and techniques, as well as innovative technologies in wellness.

To date, the latest programs are the following [2; 5; 7]:

1. Bodypump — intensive strength training using platforms, dumbbells and barbells with adjustable

weight, conducted in groups of 20 to 40 people. The duration is 55-60 minutes. It is not recommended for people with diseases of the cardiovascular system.

2. Bodycombat is a fitness program that is based on performing percussion techniques of various types of martial arts, such as karate, kick boxing, wushu, teikwando, taijiquan. Without sparring fights. The duration is 55 minutes. Bodycombat is one of the most energy-intensive workouts. It is not recommended for people with impaired posture and vision.

3. Spinning is a high-intensity training on stationary bicycles in the visual accompaniment of a film that creates the effect of cycling in nature. The duration is 60 minutes. It is not recommended for people with coronary heart disease and chronic heart failure.

4. Bodybuilding is a fairly dynamic program combined with yoga, Pilates, and Tai Chi. It is aimed at controlling breathing and posture, developing plasticity and endurance, as well as mental harmony. The duration is 55 minutes.

5. Mind and body program involves the achievement of mental balance, self-confidence and the development of flexibility through exercises in combination with a special respiratory system. It has no contraindications. The duration is 50-60 minutes.

6. Stretch is a program, which includes a variety of exercises for stretching and relaxing muscles, against the background of a certain breathing sequence. The movements relieve tension and are performed more smoothly compared to the Pilates system. The duration is from 55 to 90 minutes. It has no contraindications.

7. Pilates mat is performed to improve human coordination capabilities, flexibility and mobility in joints. Special attention is paid to the lumbar region, in combination with breathing exercises. The complex helps to gain control over the body from various starting positions. The duration is about 60-70 minutes. It has no contraindications.

8. Port de bras is a literal translation from French of “hand movement”. The program is based on ballet choreography combined with strength training. Duration from 60 minutes.

9. Go-go is a modern, dance direction with vivid movements combined with aerobic exercise develops coordination and endurance.

10. Jukari is a kind of mixture of aerobics and circus with the use of equipment – an analogue of a circus trapeze. It allows you to develop strength and coordination capabilities, as well as flexibility and dexterity.

11. Skipping is a program, which is based on the alternation of various jumps with a skipping rope. Develops agility, endurance and strength. And also, modern dance styles such as hip-hop, breakdance are actively being introduced into the system. One of the divisions of this program is the double-dacha, which uses two long rotating jump ropes in turn.

12. The Bosu program (Bosu) — from English (both side use) – use from two sides. It got its name from a platform simulator in the form of a hemisphere about 30 cm high. The platform is laid with both an even and convex edge up - an unstable surface is obtained, which significantly increases the effectiveness of classes and interest in them.

13. Absfitness (from English Abdominal – Back-Spine) exercises are aimed at strengthening the muscles of the back, abdominal and correct posture.

14. Pole dance — exercises on a pole, a vertical metal pole, with elements of gymnastics. Exercises develop dexterity, strength and plasticity of movements.

15. Kangoo jumping — translated from English as kangaroo jumping. Their distinctive feature is the use of special shoes with spring plates attached to the sole in the form of hemispheres, which, according to the authors, significantly reduces the impact load on the joints.

Every year, the emergence of a large number of new fitness programs promotes the popularization of the health industry among the general population, increases competition between programs, increases and maintains interest in new types of physical activity and promotes a healthy lifestyle, implements the transition from simple interest to the need for motor activity.

Thus, the concept of “fitness” goes beyond the type of physical activity – it is already a multifaceted systemic process that does not stand still, but is constantly being improved and updated. A variety of fitness technologies go far beyond the fitness industry, finding their application in various types of physical education. Fitness is a dynamic multifactorial process consisting of components of physical, mental, spiritual and social states that are amenable to development (training). This conclusion is proved by the diverse classification of fitness programs by functional orientation. This classification is represented by aerobic, strength, relaxation and meditation programs that are aimed at strengthening muscles, improving coordination, weight loss, improving anthropometric data, developing muscle strength, and normalizing the psychophysical state [10; 11].

The analysis of the literature allowed us to substantiate the importance of fitness as an effective means of physical education, providing a versatile effect on the body and contributing to the formation of interest in the systematic use of physical culture and sports for the purpose of self-development and self-improvement.

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Поступила в редакцию 15 ноября 2023 г.

Финансирование. Исследование не имело спонсорской поддержки.

Конфликт интересов. Авторы заявляют об отсутствии конфликта интересов.

Для цитирования: Ivanov, V. D. Fitness Technologies as Effective Means of Physical Activity / V. D. Ivanov, O. V. Marandykina // Физическая культура. Спорт. Туризм. Двигательная рекреация. — 2024. — Т. 9, № 1. — С. 28–32. DOI: 10.47475/2500-0365-2024-9-1-28-32

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Фитнес-технологии как эффективные средства двигательной активности

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В реферативном обзоре рассмотрены такие категории фитнеса, как фитнес, фитнес-технологии, фитнес-программы. Также представлены основные классификации фитнеса и фитнес-технологий. Восстановление физического и эмоционального здоровья является важной социальной проблемой в наше время. Ведь нет ничего более важного, чем гармоничное развитие личности в обществе. А фитнес индустрия, в свою очередь, обладает значительным потенциалом в обеспечении реабилитации и восстановления здоровья. Фитнес технологии могут использоваться во всех видах физической культуры, обеспечивая решение задач физкультурного образования, спорта, физической реабилитации и рекреации.

Ключевые слова: физическая культура фитнес, фитнес-индустрия, фитнес технологии.

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