

Wellness Aerobics and its Impact on the Physical Development of Female Students of Pedagogical Universities

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Abstract: This article provides scientific evidence of aerobics classes and its comprehensive effect on the body of female students of pedagogical universities. Currently, the choice and application of physical exercises is carried out taking into account several main tasks. To solve these basic tasks, aerobics has a wide range of exercises. These exercises are distinguished by strictly specified conditions of performance, which include a certain rhythm of movements, the sequence of building combinations of individual exercises, the direction of the impact on the body of the student.

Keywords: physical development; physical activity; motor activity; recreational aerobics; anthropometric indicators; performance; body systems; rhythm of movements.

The combination of low motor activity with an increase in the intensity of neuropsychic activity contributes to a decrease in performance, the appearance of disorders from the cardiovascular, respiratory, nervous, digestive and other systems of the body. According to the data, low motor activity is one of the main risk factors for pathologies in young people.

According to a number of authors, the most popular types of physical activity for young people are various types of aerobics [1, 4]. Interest in aerobics classes on the part of female students is noticeably increasing and is characterized by positive motivation [6].

Aerobics classes improve metabolic processes, increase the body's resistance to fatigue, and contribute to maintaining a high level of mental performance. During aerobics classes, the lumen and elasticity of blood vessels increases, the performance of the heart increases[2, 5].

In the heart itself, there is an increase in the volume of its cavities, an improvement in myocardial contractility. Aerobic exercises are characterized by "economization" of the body's activity, which is provided by a decrease in sympathetic tone and an increase in the tone of the parasympathetic nervous system[4, 3].

The comprehensive effect of aerobics classes on the body is explained by a wide range of exercises used. This spectrum is constantly expanding due to the use of exercises from different sports performed to music using a certain technique. Currently, the choice and application of physical exercises is carried out taking into account three main tasks:

- health-improving, aimed at the harmonious physical development of girls and their preparation for professional activity;
- educational, related to the acquisition of knowledge needed in different life situations;
- educational, characterizing the main focus of the process of education during physical education and related to the manifestation of the physical capabilities of girls in solving problems in certain conditions.

To solve these problems, aerobics has a wide range of exercises. These exercises are distinguished by strictly specified conditions of performance, which include a certain rhythm of movements, the sequence of building combinations of individual exercises, the direction of the impact on the body of the student. Traditionally, to increase the effectiveness of training sessions, exercises of various directions are included in a certain sequence [2, 4, 5].

Currently, there are about 150 different wellness aerobics programs, but despite the wide variety of modern trends, the International Federation of Sports Aerobics and Fitness has identified three main types: classical aerobics, step aerobics and funk aerobics.

The most common type is classical aerobics (basic), which is a combination of general developmental exercises with various jumps, jumps, varieties of running, performed to musical accompaniment.

A feature of step aerobics is the performance of all kinds of steps and jumps on a special platform and through it in different directions. Funk aerobics is characterized by a special technique of movements (springy walking), freer plasticity of the hands and emotionality of movements.

The formation of a beautiful figure is an important incentive for aerobics. The study of changes in anthropometric indicators, body mass index, which determines the appearance of a person, is of interest for proper planning of classes and determining the volume and intensity of physical activity.

The purpose of the study: to assess the impact of various types of recreational aerobics classes on the physical development of female students.

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