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Rehabilitation of students with disabilities in higher educational institutions that do not specialize in sports using elements of aqua aerobics

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Abstract

Purpose: Rehabilitation of students with disabilities in higher educational institutions that do not specialize in sports, using exercises that include elements of aqua aerobics.

Methods: The research used such methods as the analysis of scientific and methodological literature, theoretical and comparative analysis, pedagogical observation, conversation, pedagogical experience, mathematical statistics.

Results: Scores of all 11 indicators were obtained and summarized, after they were assessed as average with a health score of 113.8 in the experimental groups and 112.2 in the control group of testers. There were no statistical differences between the indicators ($p<0,05$).

Conlcusion: At the same time, the testers in the experimental group improved by 55.2 points in terms of age after the study compared with the testers in the control group.

Keywords: improvement of physical fitness, functional state, competitive, special physical training, health level, differentiated point system, higher educational institutions that do not specialize in sports.

Introduction

In the process of studying the world experience, one can make sure that many scientific studies have been conducted to restore health in order to improve the functional state of healthy students studying in higher educational institutions that do not specialize in sports. At the same time, scientific work was carried out to improve the functional and physical fitness of healthy students studying in higher educational institutions that do not specialize in sports. However, the functional state, health and its reflecting indicators of students with disabilities have not been studied. The use of swimming facilities in the rehabilitation of students with disabilities to study in higher educational institutions that do not specialize in sports, and the lack of research work to determine the effectiveness of their impact determine the relevance of the dissertation work.

This implies the relevance of developing new approaches to the design of physical education and wellness programs, the training of young professionals with high functional status and health, competitive, highly qualified is an important component of modern university education. "Popularization of physical culture and sports, promotion of a healthy lifestyle among the population, creation of necessary conditions for physical rehabilitation of persons with disabilities and ensuring decent participation of the country on international sports grounds". In this regard, the strategic objectives of modern pedagogical science are one of the urgent problems of today - the search for new forms and technologies for strengthening and maintaining health through the most effective physical culture and wellness activities.

Methods

Swimming has a beneficial effect not only on the physical development of a person, but also on the formation of his personality. Aqua aerobics is an activity that is accessible to people who do not have special physical training, improves the functioning of the muscular system and is an activity that people of all ages can engage in. We have developed a training program that includes elements of aqua aerobics, and thanks to this we have improved the health of students with disabilities.

Results and discussion

In higher educational institutions that do not specialize in sports, a student with disabilities in the hand area has a level of health (F.V.Viktorov, 1990), determined on the basis of 11 tests for physical harmony using a differentiated scoring system (see table 1, see diagram 1). At the same time, the subjects in the EG group had 20.9 in terms of age before the study, the subjects in the CG group had 20.3, in the EG and CG groups in terms of weight - 4.25 and 4.4, the blood pressure index was 12.7 and 12.3, the pulse rate in a calm state was 14.5 and 15.1, the flexibility index

was 2.8 and 2.9 points, the reaction rate index was 6.7 and 6.2 points, endurance indicators were 8.6 and 9.1 points, as well as 10.6 and 9.5 points on the scale of rapid strength endurance, 12.4 and 12.9 points were scored in terms of general endurance and 8.7 and 8.4 points in the functional test.

At the end of the study, a differentiated assessment of the level of health of students with disabilities in the field of non-sports universities was carried out on the basis of 11 tests of physical harmony using a differentiated scoring system.

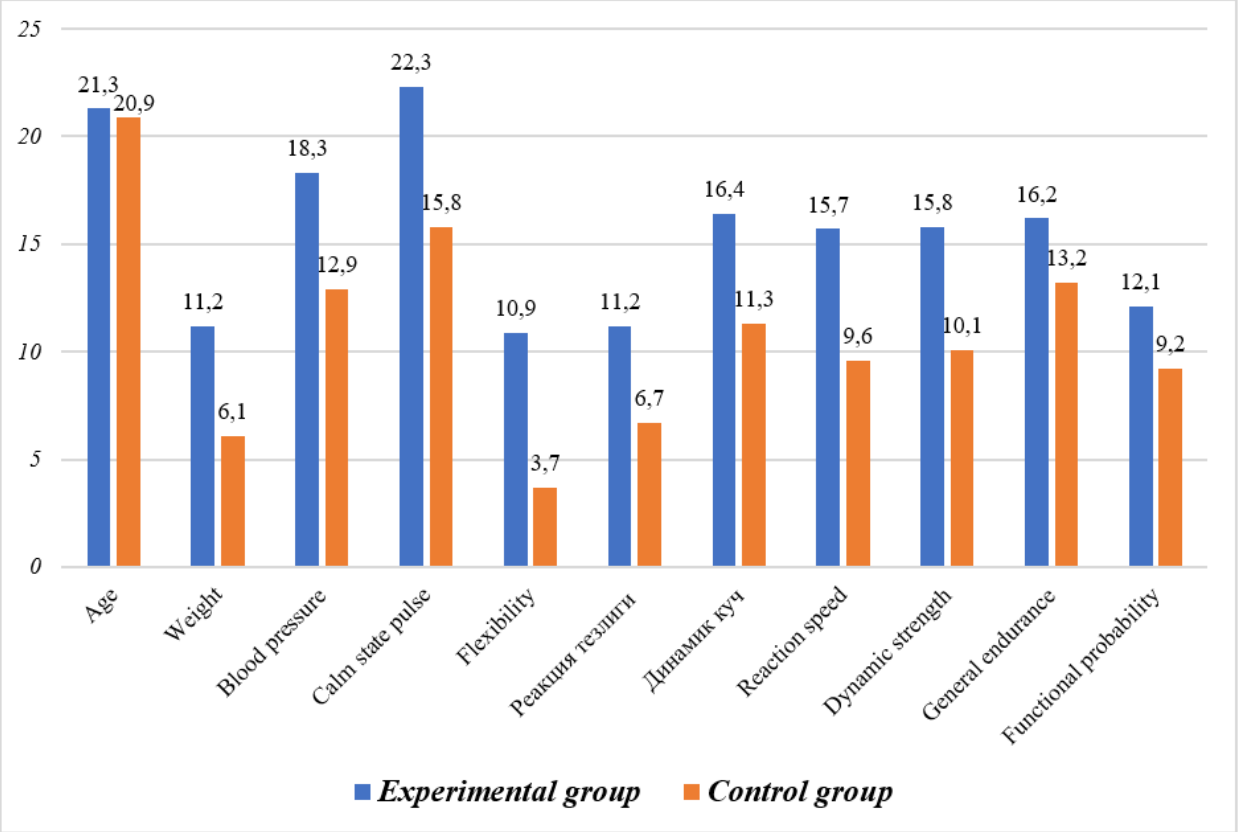
The subjects of the control group took part in classes according to the program of higher educational institutions.

In addition to participating in classes according to the program of higher educational institutions, the subjects of the experimental group conducted exercises according to the program developed by us, reflecting the elements of water games and aqua aerobics. Scores of all 11 indicators were obtained and summarized, after they were assessed as average with a health score of 113.8 in the experimental groups and 112.2 in the control group of testers. There were no statistical differences between the indicators ($p>0,05$).

Conclusion

At the end of the experiment, the method of strengthening the health of students with disabilities was improved by developing a training program aimed at getting rid of excess weight by variably applying the methods of traditional swimming aerobics "Aquapower", "Cardio", "Hydro Massage". In higher educational institutions that do not specialize in sports, a student with disabilities in the hand area has a level of health (F.V.Viktorov, 1990), determined on the basis of 11 tests for physical harmony using a differentiated scoring system.

Fig 1. The results of students with disabilities in the field of hands in the experimental and control groups after the experiment on the general indicator of health (F.V.Viktorov, 1990).



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