

THE SYSTEM OF VALUES OF MODERN STUDENTS AND THE CONDITIONS OF THE ORGANIZATION OF HIS LIFE

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ОСНОВНЫЕ АСПЕКТЫ ВОССТАНОВЛЕНИЯ ДВИГАТЕЛЬНЫХ ФУНКЦИЙ У ЛЮДЕЙ ПОСЛЕ АМПУТАЦИИ КОНЕЧНОСТЕЙ В ВОДНОЙ СРЕДЕ

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Motor exercises in the aquatic environment for people in this category are used as a form of educational and health impacts. Of contraindications to practice in the pool should be allocated for open wounds, skin and acute inflammatory diseases, acute viral infections and others. Before classes in the pool, you need to undergo a medical examination physician, dermatologist, doctor of physical therapy.

Oreshkina Y.A. (2001), offers at the initial stage of learning to swim to solve the problems of acquaintance with the physical properties of water: resistance , viscosity , buoyancy , movement carried out along side of the pool with the support of handrails , basic hand movements and cults . For the duration of the first session should not exceed 20-25 minutes because of fatigue involved . Following the procedure In the process of learning disabled children to swim to increase motivation and interest in activities to consolidate and improve the studied elements used different subject-role-playing games .

In studies Oreshkina YA (2001) were identified patterns of elementary education of disabled children to swim. The author believes that the preparatory training exercises is advantageously carried out in the hall with a dry swimming followed by fixation studied movements in the water. The author recommends that each exercise study as follows: the study of the movements on land; consolidation movements in the water at the fixed support; consolidation movements in the water with mobile support; consolidation movements without support. Principal sequence of problems with the initial set of swimming training is: learning the movements of the arms and legs in different planes, dive training with breath; surfacing training, training retention horizontal position on the chest, back, side, slip on training the chest and back.

Due to the fact that children with disabilities have limitations in motor activity and violations related to playback of examining motor actions , a more detailed study of the individual elements . In the first phase of training focuses on the development of lead and simulation exercises on land. Exercises are performed from different starting positions : sitting on the floor or on a gym bench , standing at the gym

wall or other support . The second step is training agreement with the phases of respiration swimming. Particular attention is given to prevent possible errors. Exercises are performed in the prone position with the movements of the arms and legs .

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MAIN DIRECTIONS OF MOTOR REHABILITATION IN THE AQUATIC ENVIRONMENT WITH PEOPLE AFTER AMPUTATION

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ИСТОРИЯ РАЗВИТИЯ ФИЗИЧЕСКОЙ КУЛЬТУРЫ И РУССКОЙ ЛАПТЫ В РОССИИ

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Аннотация. В статье содержится краткая история развития физической культуры и спорта в России. Основу статьи представляет история развития Русской лапты, одного из самых известных видов спорта не только в России, но и во всех странах ближнего зарубежья, и её особенности, а также её значение в развитии координационных и кондиционных способностей спортсменов.

Ключевые слова: физическая культура, физическое воспитание, спорт, русская лапта, игра, способности.

Abstract. The article contains a brief history of the development of physical culture and sports in Russia. The basis of the article is the history of development of Russian lapta, one of the most popular sports not only in Russia but in all neighboring countries, and its features, and its importance in the development of coordination and conditional abilities of athletes.

Index terms: physical culture, physical education, sports, Russian lapta, a game, abilities.

Физическая культура и спорт представляют собой самостоятельный вид человеческой деятельности, значение которого в развитии общества весьма многообразно. Они оказывают определенное влияние на общественное произ-