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**THEORETICAL JUSTIFICATION  
CHOREOGRAPHY TRAINING GYMNASTS  
IN THE EXERCISES ON THE BALANCE BEAM**

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**УДК 796-05.06(075.08)**

**ДВИГАТЕЛЬНАЯ РЕАБИЛИТАЦИЯ ПОСРЕДСТВОМ  
АДАПТИВНОГО ПЛАВАНИЯ**

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*Аннотация.* В статье представлены некоторые аспекты двигательной реабилитации в области адаптивного плавания.

*Ключевые слова:* двигательная активность, люди с ограниченными возможностями, различные патологии, плавание, церебральный паралич.

*Abstract.* The article presents some aspects of motor rehabilitation in adaptive swimming.

*Key words:* people with disabilities, infringement of functions, various pathologies, swimming, cerebral palsy,

As a result of our investigation within three months with the disabled, having variations in health status, was developed and tested method of "combined" swimming training.

The goal is a large arsenal of moves and approvals in the aquatic environment to identify each individual tendency to manifest its characteristic features to any coordination or method of swimming, to develop and improve through traditional and non-traditional learning tools.

We Provide a wellness classes in the swimming pool with disabilities with functional disorders of the musculoskeletal system.

When working with people with disabilities who have weak motor capabilities, the use of smaller surface area with higher amplitude levers body and slow steps will be sufficient to obtain the desired result from the classes. Efficacy movements in the water also depends on the force exerted by the parts of the body in motion. The greater the power, the more efforts.

The study revealed that almost all people with disabilities learn to perform simple slip except one, since he was present too much strain muscles of the lower and

upper extremities, which is not allowed to make the correct horizontal position in the aquatic environment.

It is noted that during the study with disabilities felt very comfortable in the aquatic environment, and they liked to attend recreational swimming. All involved in the end of the study learned to perform exhaling into the water that was for them a very difficult task.

In the course of the training sessions improving swimming disabled individually chosen exercises and dosage. Not all involved people were able to perform the same exercise, and use aids. For example, one girl could not swim fins that others have used to correct footwork.

She immediately arose oscillatory motion that matched her extent of the disease, and she could not stop and get on the bottom of the pool. For other use of fins was just a necessary element of improving swimming.

One engaged SE, using them could work correctly feet and swim to the deep part of the pool. Since the coordination of movements in people with cerebral palsy is closest to the reciprocal cross-type, then as you learn the basic movements in the water forms a cross-reciprocal coordinations rebuilt and developed new forms of coordination.

There are such forms of movements, when the hands do not work at the same time, and in turn, and the legs are consistent with the work of the hands, and asymmetric movements of the arms and legs. All of this was observed in the group of all of our students.

Wellness swimming lessons for the experimental procedure not only improved the physical condition of the disabled, but also a beneficial impact on their mental state, as evidenced by the positive dynamics of mental functions. In dealing with improved function of attention, spatial orientation, imagination, intellectual activity.

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#### **IMPELLENT REHABILITATION BY MEANS OF ADAPTIVE SWIMMING**

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