

Study of the relevance recreative aerobics exercises for women of the first mature age

Tetiana Synytsya¹
Ludmila Shesterova²

¹Poltava National Technical Yuri Kondratyuk University,
Poltava, Ukraine

²Kharkiv State Academy of Physical Culture, Kharkiv, Ukraine

Purpose: to establish the level and priority types of motor activity of women of the first adulthood.

Material & Methods: in the course of the research the method of analysis and generalization of scientific and methodological literature was used.

Results: it is established that for today there is a negative dynamics of the motor activity of the adult population of Ukraine, including women of the first adult age. A wide distribution in the system of their recovery is acquired by fitness technologies.

Conclusion: analysis of studies has shown that the overwhelming majority of the female population of Ukraine has a low level of functional status, which is associated with a lack of time and a lack of desire to attend sports and health classes.

Keywords: women, motor activity, health, lifestyle, recreative aerobics, fitness.

Introduction

Domestic system of physical education is now in the stage of reform. As noted in the National Strategy for improving motor activity in Ukraine for the period until 2025, "Motor activity is a healthy lifestyle – a healthy nation" [21], in the 21st century in our country there were no significant changes in the issues of attracting the population to health improvement by means of physical culture and sports.

As evidenced by the results of the all-Ukrainian survey, at the beginning of the 21st century only 3% of the population aged 16 to 74 had an adequate level of recreational motor activity (at least 4–5 lessons per week lasting at least 30 minutes), the average level (2–3 lessons per week) – 6%, low level (1–2 lessons per week) – 33% of the population [21].

Analysis of numerous data on the number of people engaged in physical culture and sports in different countries of the world made it possible to conclude that only a third of them are women [8]. In developed countries, where the total number of people involved in sports and recreational activities is 30% or more, the number of women varies between 10–15%, and in countries where the first indicator is 3–10%, it is 1–3% [8]. Ukraine also belongs to such countries.

Relationship of research with scientific programs, plans, themes. The research is conducted on the theme "Theoretical and applied principles of constructing monitoring of physical development, physical readiness and physical condition of various population groups" for 2013–2014 state registration number 011U001206.

The purpose of the research: to establish the level and priority types of motor activity of women of the first adulthood.

Material and Methods of the research

Methods: in the course of the research, the method of analysis and generalization of scientific and methodological literature.

Results of the research and their discussion

Investigating the way of life in Ukraine, Yu. Moseichuk, A. Moroz found that the overwhelming majority of them lead a sedentary lifestyle [17]. The main activities in the mode of the day are: professional activity (mainly mental work) – 25–30% of the time of the whole day; night rest (30%); road to and from work place (6–7%); household activities (10–14%) – personal hygiene, cleaning, washing, ironing, etc.; food intake (5–6%); recreation (12–15%). It was also found that among the types of recreation, passive reading predominates, watching television in sitting or lying position, and from active activities – shopping, apartment cleaning, disco visiting [17].

The results of the studies [3; 22] show that women of all ages are several times less than men who use physical culture and sports for the purpose of healing. In the rating of values of women a healthy lifestyle is assigned a smaller role than men.

So, today there is a negative dynamics of motor activity among the adult population of Ukraine. Unfortunately, most mature women lack awareness of the fact that physical education is a powerful factor in improving health, a factor in correction and compensation for impaired functions caused by a sedentary lifestyle [1].

Analysis of scientific and methodological literature showed that a number of scientists studied the impact of motor activity on the functional state and health of mature women. Thus, studies by I. Ilnitsky [11], V. V. Romanenko [28], T. V. Nesterova, K. Yu. Sleksar, A. V. Zayarnoy [18] and others have established that systematic exercise is a fundamental factor of compliance women of a healthy lifestyle, improving physical and mental well-being, since motor activity contributes to the strengthening of all systems and functions of the body, reducing the negative impact of bad habits, countering the involitional processes of motor functions, increasing efficiency.

In support of these conclusions, the data given in the joint work of foreign scientists "Global Recommendations on

Physical Activity for Health" (2016) also indicate. In particular, they convincingly proved the presence in women of adulthood of a direct relationship between:

- physical activity and cardiorespiratory health (reducing the risk of cardiovascular disease, stroke, hypertension);
- motor activity and healthy metabolism, including the risk of developing diabetes and metabolic disorders
- aerobic physical activity and maintaining a constant weight, achieving an energy balance;
- increased physical activity and increased skeletal muscle mass, their strength and internal neuromuscular activation, minimizing the density in the bones of the spine and thighs, and consequently, reducing the level of risk of cracks or fractures;
- regular exercise and a reduction in the risk of cancer (breast and colon cancer).

In general, significant scientific evidence proves that women who are actively engaged in physical culture and sports have lower rates of total mortality, coronary heart disease, hypertension, stroke, diabetes, metabolic syndrome, oncological diseases and depression; a high level of cardiorespiratory fitness and muscle training, a more healthy weight and body tissue ratio, and also such a profile of biomarkers, is favorable given the prevention of cardiovascular diseases and diabetes [5].

Thus, systematic physical exercises have not only a health but also a preventive effect – they contribute to improving the functional state and physical fitness, and therefore is a powerful tool for the formation, preservation and maintenance of women's health of the first adulthood.

With the efforts of leading scientists, medics, public figures, specialists in physical culture and sports, active work is currently being carried out in our country to attract women of the first adulthood to systematic motor activity. Notable shifts occurred at the beginning of the new millennium and were due to the creation of a multidimensional model of recreational physical culture [11]. The analysis of scientific literature allows to consider such variability as a consequence of the approval of a number of state and regional programs, concepts and strategies for raising the level of physical development and physical preparedness of the population, the emergence of new forms of organized groups, the spread of new types of recreational motor activity, the development of the industry of physical culture and health services.

In the modern conditions, fitness technologies are widely used in the health improvement system for women of mature age. Scientists [15] believe that fitness is a system of physical training aimed not only at maintaining a good physical form, but also includes intellectual, emotional, social and spiritual components. Today this concept allows to fully reflect the social (healthy lifestyle), biological (motor activity, physical condition and physical preparedness), psychological (motives, interests) and other characteristics of the use of physical education with a recreational purpose. S. V. Sinitsa, L. E. Shesterova note that the main goal of fitness is to achieve a person's inner harmony and external attractiveness, and this is the main motive for people who want to look good and feel good. Consequently, according to scientists, the main goal of fitness is to improve the health of the population, increase vitality, increase overall and special efficiency, nurture physical

qualities, build a physique and correct deficiencies, increase mental and psychological mood, counteract possible daily stresses [25].

New fitness programs have a clear focus on reducing the risk of developing diseases, achieving and maintaining a certain level of physical condition, psycho-emotional regulation, increasing social activity of a person. Physical exercises with a focus on increasing the functional capacity of the body and preventing various diseases of women of adulthood are carried out independently or in formal groups in fitness centers, fitness clubs, fitness schools, etc. Classification of modern fitness programs is based on three basic elements of physical activity:

- a) on one kind of motor activity (aerobics, wellness walking, health running, swimming, etc.);
- b) on a combination of several types of motor activity (health swimming and running, aerobics and bodybuilding, aerobics and stretching, aerobics and dancing);
- c) a combination of physical activity and the healing forces of nature or hygienic factors (aerobics and hardening, bodybuilding and massage, health swimming and a complex of hydrotherapeutic rehabilitation procedures, etc.).

In turn, fitness programs based on one of the types of motor activity are divided into programs based on: types of motor activity of aerobic orientation, recreational types of gymnastics, types of motor activity of the power orientation, types of motor activity in water, recreational types of motor activity [28].

The emergence and cultivation of new types of physical activity among women, V. V. Romanenko associated with such trends in the development of sports and recreational work, as individualization in the conduct of classes, the development of family sports, the adaptation of training programs to rapid aging, the convergence of sports and health clubs and medical institutions, lifestyle changes [23].

As a result of the strengthening of individualistic tendencies in society, there has been an increase in interest in sports in general and in some less popular forms of physical activity, primarily aerobics, rhythmic gymnastics, health running, hiking (or just walking long distances), cycling and others [28].

Domestic and foreign experience of physical culture and health work with various strata of the population testifies that the most popular among women are classes in various types of recreational aerobics [26]. The modern fitness industry offers a great variety of them. Every day, the number of women who prefer such types of physical culture as aerobics and its modern varieties increases: every day, step aerobics, fitball aerobics, jumping, shaping, stretching, with which you can not only improve your health and health, but also to improve your figure, adjust body weight, maintain the necessary hormonal background, improve blood circulation [6; 13; 30].

The term "aerobics" comes from the Greek root "aero", which means "air", and the definition of "aerobic" literally translates as "one who lives by air" or "one who uses oxygen". Modern recreational aerobics are complexes of exercises of gymnastic style that are performed in a current way at a fast pace with

musical accompaniment, the main part of the lesson consists of aerobic exercises that have a specific technique of execution (basic steps, legs, running, jumping and their combination) [9].

Scientists have different interpretations of the concept of "aerobics". So, Ju. S. Zhuravleva (2007) characterizes the term "aerobics" as a system of gymnastic, dance and other exercises that are performed to music by the current or mass-current method [10]. E. S. Kryuchok (2001), O. L. Smirnova (2006), Zh. A. Belokopytova (2006), N. V. Sizova (2007) T. A. Isaeva (2008) are of the opinion that aerobics is one from the directions of mass physical culture with a regulated load [2; 12; 24]. S. S. Prosvirina, P. M. Mishnev (2002) interpret the concept of "aerobics" as a system of physical exercises, based on the connection of movements with music [29]. T. Kutek, L. Pogrebennik briefly characterizes the concept of "aerobics" as a system of physical exercises of an aerobic nature [14]. L. I. Pogasiy (2003) considers aerobics to be a system of specially selected physical exercises performed by the current method with musical accompaniment and are aimed at promoting health and harmonious development of the physical qualities of a person [20].

According to experts [16], health aerobics is a separate direction in the system of physical fitness for health, the purpose of which is to improve or attract broad sections of the population to active physical activity.

Among the types of health aerobics are four main areas:

- 1) gymnastic-athletic (classical aerobics, step aerobics, etc.)
- 2) dance (jazz, funk, hip-hop, salsa-aerobics, etc.)
- 3) cyclic nature (cycling)
- 4) "east-west", combining European and oriental culture in the field of fitness (taibo, wushu, taichi, kickbox aerobics, etc.) [4].

Modern health-improving aerobics is also one of the most attractive areas of mass physical education, as fitness programs of aerobic orientation are very popular among women of the first adult age. Thus, A. I. Degtyareva found that the most popular among women use these types of aerobic as: step aerobics (70%), shaping (60,5%), athletic exercises (50%), aerobics slide (36,5%), fitball-aerobics (30%), aqua aerobics (20%), cycling (2%) [7].

N. Gamaliy notes that women of the first adult age make up

the majority among visitors to modern fitness clubs [4]. The analysis of literary sources made it possible to establish that the leading motives for attending aerobic fitness classes for women of the first adulthood are: the desire to improve the figure (to reduce the mass, to improve the proportions, etc.); improve health; increase the level of physical fitness (strength, endurance, agility, flexibility, speed); relieve stress and stress; gain self-confidence; expand the circle of communication and spend free time [15; 26; 27]. Aerobics attracts them with its accessibility, variety of directions, emotionality, the ability to dose physical activity depending on the physical condition and level of physical preparedness.

The researchers explain the popularity of aerobics by the fact that this type of physical activity corresponds to the concepts of gender identity, is compatible with the notions of femininity, the image of the female body and the figure, and is conditioned by the nature of the female organism, that is, the occupations of these species correspond to the aspirations, needs and real capabilities of women [8]. In addition, dynamic exercises are acceptable for women, because they are easier to transfer than static ones. Dynamics of practicing aerobic exercises are achieved not only by movement on the site, but also by changing the degree of muscle load, the amplitude of movements, speed, direction and nature of movements [25].

Conclusions

1. Generalization of scientific sources has shown that attracting women of the first adulthood to systematic exercise leads to an improvement in their physical and functional status, promotes the formation, strengthening and preservation of health, attracting to a healthy lifestyle through training.
2. It is found that the most popular form of motor activity of women of 21–35 years is health-improving aerobics as a kind of fitness programs, in modern conditions has taken an important place in the domestic system of physical education and health improvement of the population.
3. Necessity of a more detailed analysis and generalization of the recreational potential of different kinds of aerobics are determined.

Prospects for further research are the creation and implementation of recreational aerobics classes for women of the first adulthood.

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Information about the Authors

Tetiana Synytsya: *Poltava National Technical Yuri Kondratyuk University, Poltava, 36011, Ukraine.*
ORCID.ORG/0000-0002-6971-0161
E-mail: sinicata@ukr.net

Liudmyla Shesterova: *PhD (Physical Education and Sport); Associate Professor, Kharkiv State Academy of Physical Culture: Klochkivska str. 99, Kharkiv, 61058, Ukraine.*
ORCID.ORG/0000-0001-8777-6386
E-mail: lydmula121056@gmail.com