

# Approaches to the creation of prophylactic – health-improving classes of women of the second mature age

**Varvara Akulova**

*National University of Physical Education and Sport of Ukraine, Kyiv, Ukraine*

**Purpose:** to carry out the theoretical analysis and synthesis of experience of the organization of prophylactic – health-improving classes of women of the second mature age.

**Material & Methods:** the complex of methods of the research was used in the course of carrying out the research at the theoretical level: analysis and synthesis, generalization, induction and deduction.

**Results:** the information concerning approaches to the creation of prophylactic – health-improving classes of women of the second mature age is analyzed. The means of physical education, which are used in the course of classes with the specified contingent, are defined.

**Conclusions:** the leading role of means of improving fitness at the organization of prophylactic – health-improving activity with the contingent of women of the second mature age is defined and the lack of approaches to planning of exercise stress depending on features of the spatial organization of body of women is established.

**Keywords:** women, mature age, prophylactic – health-improving classes, improving fitness, spatial organization.

## Introduction

The large quantity of researchers who define physical condition of women of the second mature age as the object of the scientific search, approve unanimously the existence of involution changes in organism of women of this age.

The analysis of the last researches and publications allows to note the decrease in motive function at women after 35 years old that is shown in regress of coordination abilities – accuracy decreases, speed of assimilation of movement skills decreases, interaction of coordination mechanisms is broken [10; 13]. Mechanisms of delay of motive function are followed by changes in activity of systems of organism which makes impossible functioning of organism on necessary levels of working capacity [7].

Changes in the motive sphere of a woman of the second mature age are followed by the manifestation of violations in the state of health, existence of chronic diseases, violations of mental health of a woman.

The introduction of systematic exercise stresses in the day regimen of a modern woman promotes the considerable delay of involution processes and the development of physical abilities of women at any age [3; 7]. Recently the considerable attention of researchers to health-improving physical culture is observed through the interrelation prism between health of a person and physical activity, lifestyle which caused the need of studying of programs preventively of health-improving classes with women of the second mature age who consider features of course of involution processes in the woman's organism.

## **Communication of the research with scientific programs, plans, subjects**

The subject of the article is developed according to the Built plan of the research work in the sphere of physical culture and sport for 2016–2020 of the Ministry of Education and Science of Ukraine by the subject 3.13. "Theoretic-methodical bases of health-forming technologies in the course of physical education of different groups of the population" (number of the state registration is 0116U001615).

### **The purpose of the research:**

to carry out the theoretical analysis and synthesis of experience of the organization of prophylactic-health-improving classes of women of the second mature age.

## Material and Methods of the research

The complex of methods of research was used in the course of carrying out the research at the theoretical level: analysis and synthesis, generalization and systematization, induction and deduction. Use of these methods allowed receiving and systematizing information concerning the creation of prophylactic – health-improving classes of women of the second mature age.

## Results of the research and their discussion

Prophylactic-health-improving classes of women of the second mature age are directed to the prevention of professional and most widespread diseases in certain region.

The most effective remedies of improvement (physical ex-

ercises, trainings, massage, hydro-and phytotherapy, psychophysical influence but other) are used when carrying out prophylactic – health-improving classes for the correction of the available risk factors of the development of diseases, the increase in adaptation to adverse influences, the acceleration of processes of renewal, the elimination of developments of stagnation, the improvement of functions of these or those bodies and systems which are given in to risk.

The researchers created the scientific layer of knowledge concerning the organization and holding prophylactic – health-improving classes for women of the second mature age.

The efficiency of use of modern achievements of improving fitness for the improvement of health and psychological state of women of the mature age is proved in the scientific data of A. V. Ismalova [6]. The author found out the tendency to the improvement of indicators of physical preparedness, body weight of women, under the influence of water aerobics classes.

Methodical tools for the creation of recreational classes of women of 35–45 years old on the basis of means of aerobics are offered in the scientific researches of Ye. V. Burtseva, N. V. Igoshina, V. Yu. Igoshin [2].

The differentiated approach to planning of exercise stress and means of improving fitness according to the somatic type of women of mature age is offered by I. Ye. Yevgrafov, Ye. V. Burtseva, V. A. Burtsevoy for the achievement of the maximum improving effect of improving fitness classes, namely the improving training is directed to the increase in the level of power abilities, flexibility, in certain departments of backbone, the correction of violations of posture, the improvement of activity of the cardiorespiratory system and the level of the general physical efficiency, the correction of constitution for women of the normosthenic somatic type [5]. Tasks on the increase in dynamic power endurance of large muscular groups, the activation of metabolic processes in organism, the decrease in body weight, the correction of constitution, the increase in profitability of activity of cardiorespiratory system and level of the general physical efficiency were defined for women of the hypersthenic somatic type. Specific tasks, which were solved in the course of classes with women of the asthenic type, were the correction of violations of posture, the increase in flexibility in certain departments of backbone, the activation of metabolic processes in organism, the orientation of training process on the increase in body weight, the improvement of activity of cardiorespiratory system and the increase in level of the general physical efficiency. Authors proved the efficiency of this approach which is implemented in the form of circular training.

M. V. Rodyna, R. B. Tsallahova devoted their researches to the creation of health-improving classes taking into account the morphofunctional status and the level of health of women of the second mature age [14]. Authors pay attention to the requirement of differentiation of tasks of health-improving training according to the somatic type of women and the main groups of diseases with use of means of improving fitness. So, the tasks were defined for women with different somatic types in the course of classes – the improvement of functional indicators of systems of organism and especially aerobic endurance, besides, complexes of physical exercises were directed to the decrease in body weight for women of macrosomnic

and macromesosomnic types, for women with micromesosomnic type – to the increase in power abilities.

These developments of integrated approaches to the organization of improving occupations of women of mature age are presented in scientific practice which finished the efficiency experimentally.

The combination of means of aerobics and water aerobics in the only improving program is offered in the researches N. I. Medvedkova, O. G. Selivanova [9]. The program of classes provided holding three classes different types of aerobics (basic, kick-aerobics, and dancing aerobics) at the initial stage. In the subsequent – one class in week cycle was replaced with water aerobics. The differentiation of exercise stress was carried out thanks to encumbrances of different weight.

This direction of programming of classes with the contingent of women of the mature age is also offered in the work of I. V. Adamova, Ye. O. Zemskova which considered the possibility of combination of means of rhythmical gymnastics and swimming for the correction of shape of body of women of the mature age [1].

Shaping classes is effective means of influence on morphological condition of women of the second mature age, according to A. O. Skidan, E. P. Vrublevsky [16]. According to the offered author's program, the structure of classes provides the block principle of the creation of classes with load of individual problem zones that allows reaching the solution of the main tasks of the training process of the correction of constitution and increasing in functionality of organism of women.

The generalization of the best practices concerning the introduction of fitness-technologies in the process of improvement of women of the second mature age brings to understanding of key position of a coach in the creation of these classes, namely in certain programs of trainings, parameters of exercise stress, the accounting of violations in the state of health of women which finds the maximum realization in individual form of work. The experience of the organization of prophylactic–health-improving classes, which is offered in the work V. V. Kucherenko, opens the leading role of a coach in management of the process of the improvement of women of the second mature age. The author offered the types of personal recreational classes of women of the second mature age according to some diseases [8].

The health-improving technology of use of physical exercises with encumbrances as factor of the improvement of morphofunctional status of women of the second mature age is offered by O. V. Sapozhnikova [15]. Unlike the traditionally-applied means and methods for the development of power abilities, the offered by O. V. Sapozhnikova health-improving technology of application of physical exercises combines with encumbrances what considers physiologic features of persons of the second mature age in itself means (dumbbells and rubber tube) and methods, and also in addition: articulate gymnastics, stretching, relaxation and musicotherapy which in general promotes the improvement of physical and functional condition of women of the second mature age.

The distinctive feature in creation of structural components of health-improving technology is: in preparatory part – use of articulate gymnastics; in the main part – complex applica-

tion of statodynamic methods and different means of encumbrance; in the final part – inclusion of elements of stretching, relaxation and musicotherapy [15].

Nordic walking (Scandinavian walking) is one of the means of physical education which has the high health-improving efficiency and is applied to the prevention of violations of the musculoskeletal system and the increase in functionality of organism of women of the second mature age.

The use of “Scandinavian walking”, according to Yu. V. Naumenko, A. S. Orlan, promotes the preservation and renewal of professional health of the teacher in the health-improving process of female teachers [11]. The available, simple and safe “Scandinavian walking” reduces reliability of display of the chronic diseases including the connected with inactive lifestyle of women, mature and advanced years. Training by Scandinavian walking three times for week lasting 60 minutes, by the researches of V. I. Nazmutdinova, has a beneficial effect on indicators of activity of the cardiovascular system and physical development of women of the second mature age [11].

The system of classes “Scandinavian walking” creates favorable hormonal shifts at women with the increased body weight after menopause, or is the effective mechanism of lift of women in the period of menopause [17].

Recently the tendency to participation of women in various types of recreational activity is observed. The possibility of carrying out improving activity of women of the second mature age by means of futsal is considered in the researches of I. A. Grets, I. M. Silovanova [4].

Health-improving training is the important factor for support and improvement of health of a person, but it is necessary to pay attention that efficiency of trainings can be much higher at the expense of combination of physical exercises to the balanced diet, observance of the day regimen, positive psychological mood, and rational lifestyle.

The offered by authors techniques of the organization of improving activity of women consider the variety of means of improving fitness in the course of the classes, but, it's a pity, features of the spatial organization of body of women are unnoticed when planning the program of classes.

## Conclusions

The analysis of scientific literature allows noting that prophylactic – health-improving classes of women of the second mature age are directed to the prevention of professional and most widespread diseases in certain region. Means of improving fitness are in most cases used at certain programs of classes consider indicators of physical development, functional condition of organism of women during training. It should be noted the lack of researches on questions of the creation of prophylactic – health-improving classes of women of the second mature age taking into account the spatial organization of their body.

**Prospects of the subsequent researches.** The perspective direction of the implementation of the obtained data is the development of the program of prophylactic–health-improving classes of women of the second mature age taking into account the spatial organization of their body.

**Conflict of interests.** The author declares that there is no conflict of interests.  
**Financing sources.** This article didn't get the financial support from the state, public or commercial organization.

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Received: 11.07.2016.

Published: 31.08.2016.

**Varvara Akulova:** *National University of Physical Education and Sport of Ukraine: Fizkul'tury str. 1, Kyiv, 03680, Ukraine.*

**ORCID.ORG/0000-0002-1419-6054**

**E-mail: akulovavarya@yandex.ru**