

## **NEW FORMS OF FILLING THE HOUR OF ADAPTIVE PHYSICAL RECREATION IN THE DEPARTMENT OF THE DAY STAY OF DISABLED PEOPLE OF THE DISABLED TERRITORIAL CENTER OF SOCIAL SERVICE OF POPULATION**

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People with moderate and severe intellectual disabilities, who are in the day care unit for people with disabilities at the Territorial Center for Social Services, are characterized by significantly reduced volumes of physical activity. Severe inactivity leads to poor health, reduced functional capabilities of the body and psychophysical disturbances in the development of the body.

The inclusion of adaptive physical recreation video programs on fitness systems for health, development and medical purposes will potentially consider these classes as an effective form of adaptive physical recreation hours: both for the prevention of physical inactivity and for improving the health and general psychomotor state of the body.

There are no examples of the use of fitness systems with visitors with moderate and severe intellectual disabilities in the modern correctional and pedagogical process of day care departments for disabled people. One of the reasons is the lack of relevant scientifically based recommendations on the organization and conduct of an hour of adaptive physical recreation with the contingent of people.

Purpose of work – improving the organization of adaptive physical recreation in the day care unit for the disabled of the Territorial Center for Social Services.

**Material and methods.** In the day care unit for the disabled of the territorial center of social services for the population, the development and testing of video programs accompanying classes of visitors with specific types of fitness systems was carried out.

**Findings and their discussion.** At the initial stage of development, a ready-made complex was tested for an initial level of training in rhythmic gymnastics taken from Internet sources [1].

During testing, it was noticed that this video program arouses interest among visitors of the day care unit for disabled people. However, in many movements, the developed programs are not permissible with the ability to execute due to the characteristics of this contingent. In this regard, literature and various Internet sources on rhythmic gymnastics and step aerobics were studied. Based on the materials studied, complexes of the simplest exercises (for beginners) are formed. These complexes were conducted directly with volunteers of the AFiS adaptive physical education and sports club, among students who were qualified instructors in these types of fitness.

The selection of exercises was carried out taking into account the peculiarities of visitors to the department of day care for disabled people. Since this contingent of people has impaired accuracy, a sense of rhythm, pace and coordination of movements, they are slow, constrained and limited in movement. During development, the complex included only those exercises that are most accessible and performed by the majority.

The next stage of development was the video recording of the developed complexes and their practical testing in the department of day care for people with disabilities. Video programs were tested in two versions: with and without an instructor.

To determine the effectiveness of the use of video programs in the department of day care for people with disabilities, we used timekeeping and determining the motor density of independent motor activity on an AFR hour. The timing method was used to determine the temporal characteristics, during the testing of the physical activity of visitors, the department for the daytime stay of disabled people. The Romberg test, which is a neurological test, the assessment of static coordination and coordination abilities, The palatine test, which is carried out during a neurological examination and allows you to evaluate the function of coordination of movements as well as neuropsychological tests, which included the Luriev battery of tests (reciprocal coordination, oral praxis, finger posture praxis, dynamic praxis, conditional selection reactions, reproduction of rhythmic structures). The indicators of the Luriev battery of tests are a kind of markers characterizing the level of development of various HFs that underlie all voluntary motor activity of a person.

The most positive effect had on the emotional sphere and physical activity, this is testing without an instructor in which visitors saw recorded video programs on the projector in their own performance.

The processing of the results showed that the average rate before the inclusion of adaptive physical recreation of video programs per hour for independent activity of visitors to the day care unit of the disabled of the territorial social services center was 49.2%, after 69%.

According to the results of the Romberg Sample, 83% of the subjects improved their static coordination indicators, while 17% remained at the same level.

After the Palzenosovy test, 75% of visitors to the day care unit for the disabled registered an improvement in dynamic coordination indicators, and 25% of visitors showed the same indicators.

According to the results of the analysis of the neuropsychological examination, all those involved in the study experiment at the beginning of classes showed a low level of test indicators, by the end of the experiment, 83% of the study participants had better results, 17% remained unchanged. Studies have shown the effectiveness of the implemented program, and its beneficial effect on the motor activity of this contingent.

**Conclusion.** Based on the conducted studies, classes with the help of video programs can significantly increase the independent motor activity of people

with intellectual disabilities and solve many problems of the correctional and recreational orientation, which was confirmed by the results of our studies.

The results of the study allow us to draw the following conclusions:

1. The program we developed, implemented in the daily mode of visitors of the day care unit for the disabled of the territorial center of social services, allows you to change the lack of motor activity of people with intellectual disabilities in the direction of increase, as well as have a positive corrective and healing effect on the body.

2. Classes with these video programs are positively reflected in the improvement of the basic indicators of the functional state of the Romberg test, finger test, neuropsychological tests.

A specially developed program for fitness systems, implemented on a day-of-day basis for people with disabilities at the territorial center of social services, has made it possible to change the lack of motor activity of people with intellectual disabilities in the direction of increase, and also had a positive corrective and healing effect on the body of those involved.

1. Rhythmic gymnastics for children [Electronic resource] / Portal for the whole family. - Minsk, 2015. - Access mode: <http://bebi.lv/html>. - Date of access: 25.10.2019.

## **MOTIVATION IN SPORT ORIENTEERING**

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Early sports specialization, characteristic of orienteering, contributes to the fact that by the age of 14-15, athletes, with a long experience of orienteering, achieve relative success in sports. And here often there is such a situation: young orienteers, who have not yet reached the peak of physical strength, lose interest in orienteering. And he leaves the sport without realizing all the opportunities available to him.

When working with children, developing measures to increase the motivation of orienteering, it is necessary to proceed from the fact that their sports activities are a logical continuation of school activities. At the initial stages of sports, and in the future, children perceive it as a game, conditioned and regulated by a strict system of rules and competitions, i.e. sports activities of children should be considered as a game activity. From the very first days of orienteering, children should feel that they have come here to play and the necessary conditions have been created for them. Everything around should be interesting, bright, unusual, memorable.

The purpose – to study the motivation of students of sports schools and extracurricular associations to the need for orienteering.