

TYPES OF MEDICAL AND PEDAGOGICAL CONTROL IN GERONTOLOGICAL PHYSICAL CULTURE CLASSES

E. Safronova
BSUFC, Minsk, Belarus

The process of women's organism aging gradually leads to decrease in its functional activity. There appear some changes in systems, organs and functional preparedness of women. All these things need to be considered during medical and pedagogical control and the admission of women to gerontological physical culture classes.

One of the most important issues of medical and pedagogical control is the issue concerning the classification of its main types.

The research aim is to study the types of medical and pedagogical control used by instructors-methodologists during gerontological physical culture classes with women, and also the way they keep self-control diaries.

Material and methods. During the research the following methods were used: the analysis and synthesis of theoretical literature, a survey, a poll, the method of comparison, statistical analysis.

In the course of carrying out the survey the following issues were studied and analyzed: the types of medical and pedagogical control used by instructors-methodologists, the way the instructors-methodologists and the women who attend gerontological physical culture classes keep their self-control diaries.

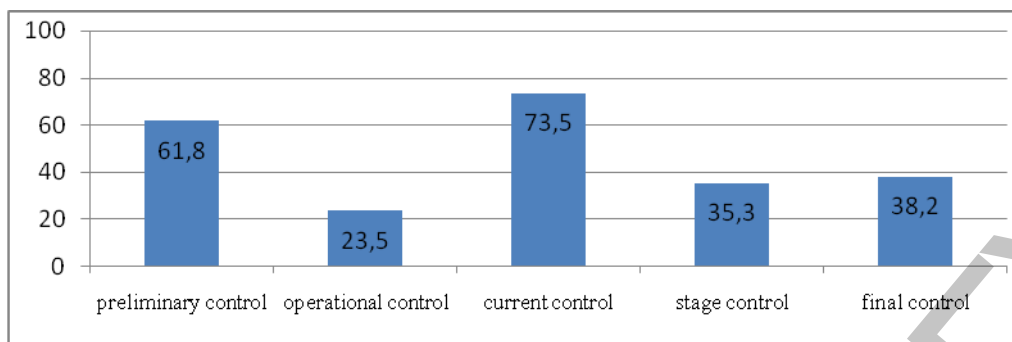
54 instructors-methodologists and 70 people who attend various fitness clubs, studios of dance and fitness, sports centers of Vitebsk have been questioned. Instructors-methodologists of different age and different experience have taken part in the survey.

Among the participated in the survey instructors-methodologists 85,3% are women and 14,7 % – men.

Findings and its discussion. During the survey the instructors-methodologists named the following directions they work in: pilates (17,6 %), water aerobics (11,8 %), yoga (11,8 %), zumba (2,9 %), Latina (2,9 %), stretching (26,5 %), bodyflex (8,8 %), oriental dances (5,9 %), exercises in the gym (32,4 %), aerobics (41,2 %), others (47,1 %).

The answers to the question on the use of pedagogical control in gerontological physical culture classes are the following: 64,7 % of the instructors-methodologists have answered that they use medical and pedagogical control during gerontological physical culture classes, 26,5 % of them sometimes use it, 8,8 % of them do not use it at all.

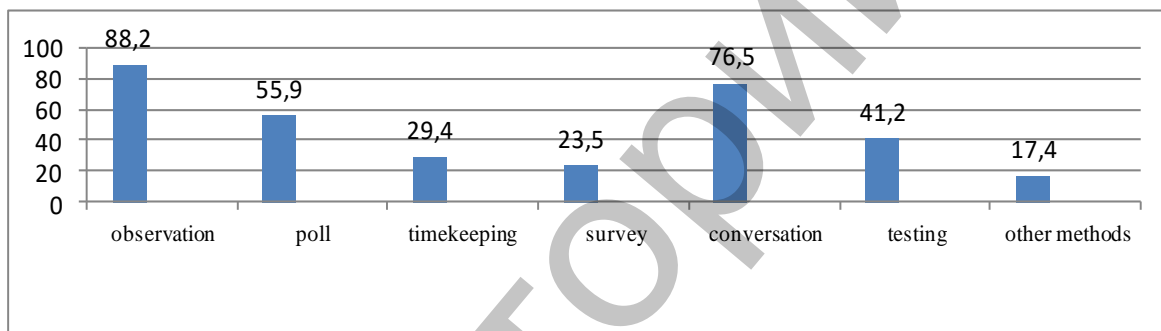
The types of medical and pedagogical control used by instructors-methodologists during the classes were distributed in the following way (picture 1).



Picture1 – Types of medical and pedagogical control (in %)

Analyzing the instructors-methodologists' answers we can make a conclusion that current control (73,5 %) and preliminary control (61,8 %) are given great importance when carrying out medical and pedagogical control.

At the same time in the answer to a question: "What methods of pedagogical control you use?" answers were distributed as follows (picture 2).



Picture 2 – Testing methods of the level of physical fitness (in %)

According to the results of the poll on the use of self-control diaries 55,9 % of the instructors-methodologists answered that their students don't keep self-control diaries, 23,5 % – keep self-control diaries, 20,6 % – couldn't answer this question.

74,3 % of the interviewed women answered that they want to keep self-control diaries, 14,3 % – don't want to keep them, 11,4 % – find it difficult to answer the question.

At the same time 55,9 % of the interviewed instructors-methodologists would like their students to keep self-control diaries, 23,5 % – find it difficult to answer the question, 20,6 % – don't want to use self-control diaries.

Conclusion. Thus, we can make a conclusion that in gerontological physical culture classes with women instructors-methodologists use a wide range of types of medical and pedagogical control of functional condition of their students. Keeping self-control diaries by women who attend gerontological physical culture classes shows the interest of instructors-methodologists in medical and pedagogical control.