

10. ФОРМИРОВАНИЕ ФИЗИЧЕСКОЙ КУЛЬТУРЫ И ЗДОРОВОГО СТИЛЯ ЖИЗНИ ЧЕЛОВЕКА

INFLUENCE OF SPORTS DANCES ON THE PHYSICAL FITNESS OF ADOLESCENT STUDENTS

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Sports dancing is a special direction in the sports system that follows the general laws of the human body and forms a form of movement in a unique style. At present, when the reforms of the “physical education” course of all educational institutions are increasingly progressing, the old sports cannot fully satisfy the requirements of students who need new content of sports and require diversification of methods, means and forms.

Teenagers are showing great interest in modern sports dancing, which includes elements of sports and art. Similar combinations are characteristic of figure skating, synchronized swimming and rhythmic gymnastics. There are a large number of different directions in sports dancing [1].

Sports dances, combining beauty, form and musical beauty, can cause various aesthetic, psychological effects in dancers at the same time as movement.

Long sessions allow dancers to practice with great physical exertion, but at the same time be beautiful in body shape.

The purpose of the study is to study the influence of sports dancing classes on the physical fitness of adolescent students.

Material and methods. We examined 12 students aged 14–15 who have been involved in sports dancing in the institutions of Vitebsk for at least 3 years. Research methods: theoretical analysis and generalization of information sources, pedagogical observation, testing, methods of mathematical statistics.

Findings and their discussion. The program of sports dances is divided into two large groups: European and Latin. The European includes waltz, Viennese waltz, tango, foxtrot. Latin dances include rumba, cha-cha, samba, cowboy and bullfighter [2].

Sports dances require a synchronized and harmonious rhythm for both partners and coordinated cooperation. The dancer's gesture requires straightening the shoulders, straightening the knees, squeezing the hips and buttocks, which is a strict physical requirement that meets the basic requirements of various types of dances.

Practice proves that sports dances are effective with a strong physical form. Sports dances produce a specific load. The frequency of cardiovascular contractions can reach over 170 beats / min. Thus, sports dancing improves the condition of the cardiovascular and respiratory systems. Heart rate readings indicate that sports dancing is no less healthy than other sports that have a noticeable fitness impact.

We conducted a comparative analysis of the results of physical fitness of students of general secondary education institutions who are not involved in sports sections and sports dancing and pupils of institutions who have been systematically engaged in sports dancing for at least 3 years.

As a result of testing, it was found that adolescents involved in sports dancing had significantly higher results in terms of flexibility, long jump from a place and lifting the torso from a prone position on the floor (table).

Table – Indicators of physical fitness

Tests	not involved in sports (n=17)	sports dancers (n=12)	Mean p
Tilt forward from the starting position sitting on the floor, cm	G 19,68 ± 1,60 B 11,29 ± 2,60	22,97 ± 1,08 15,63 ± 1.13	p < 0,05
Standing long jump, cm	G 183,44 ± 1,09 B 203,65 ± 1.12	192,85 ± 1,07 207,60 ± 1,15	p < 0,05
Raising the body for 1 min, count. once	G 47,82± 0,89 B 57,12 ± 0,95	55,61 ± 0,75 62,11 ± 0,77	p < 0,05

With the help of a pedometer, a study was conducted to study the distance covered by dancers in a 15-minute rhythmic sports dance movement, which averaged 8 kilometers.

Conclusion. On the basis of the above research, it is supposed to develop a program of sports dances, which allows to increase the physical fitness of adolescents and increase interest in physical education. Sports dancing as a means of education can not only strengthen the body of the students, shape the physical qualities, develop and improve the coordination of the body, but also develop the expression, creativity and taste of the students.

1. Technique and methodology for teaching exercises of classical aerobics and sports dances: textbook / ed. T.N. Bridge. – M.: Academy, 2018. – 80 p.

2. Sports dances: a reference book / ed. A.N. Mashkov. – M.: Physical culture and sport, 2013. – 180 p.

DEVELOPMENT OF COORDINATING ABILITIES OF TENNIS PLAYERS AGED 17–20

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The ability to coordinate the movements of a tennis player is one of the important factors that determine the competitiveness of a tennis player. This is a complex reaction of a tennis player to speed, strength, endurance, agility, flexibility and other qualities under the control of the central nervous system in space and time [1]. In the literature there are a large number of tennis studies based on the basic theoretical knowledge of tennis, technical and tactical characteristics and the psychological level of athletes [2]. However, there is very little research on coordination training in tennis. Thus, the problem of developing the coordination abilities of tennis players is relevant, since the improvement of their coordination abilities will help increase the level of their technique and training effects, as well as provide professional training in the future. In this regard, the purpose of the study was to evaluate the effectiveness of using the developed exercise program to develop the coordination abilities of tennis players.

Material and methods. The study was conducted at the Heilongjiang Province Tennis Club with a sample of 20 tennis players. The age of the subjects ranged from 17 to 20 years. They were randomly assigned to two groups (table).

Table – Basic information about study participants

Gender	Group	Age	Height (m)	Body weight (kg)
male	experience group	18±0.91	1.70±2.2	55.5±2.66
	control group	18±0.86	1.70±1.95	55.5±3.1
female	experience group	18±1	1.62±3.1	49.8±1.1
	control group	18±0.55	1.62±3.3	50±0.9

The control group participated in each training session of general technical practice, routine training and multi-ball training, and a tennis lesson after finishing any physical training exercises. For 6–8 weeks, one trainer was responsible for the learning and training