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USE OF FOLK DANCE ELEMENTS IN PHYSICAL AND IMPROVEMENT ACTIVITIES WITH WOMEN OF MATURE AGE

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Keywords: women of mature age, Russian folk dance, physical culture and health work.

Purpose of the study: to theoretically substantiate the need to use the elements of Russian folk dance in physical education and health work with women of mature age

The life of a modern middle-aged woman is full of opportunities, but despite this, the problem of improving the health of this category of the population is quite relevant.

A woman is in constant motion: she works in production, is engaged in household chores and raising children, but all this makes her experience constant stress, and if a woman does not rest or takes insufficient time to recover, then this threatens to disrupt the food culture, a depressive state, and, in general, the deterioration of physical and mental health and the inhibition of the body's reserve capabilities.

Material and methods. V.K. Balsevich, studying age-related changes, noted that in the involution of the functional and physical capabilities of the female body, the genetic program of natural aging of the body has a lesser degree of impact compared to the effect of socio-economic factors [2].

Findings and their discussion. The paramount role in the struggle for physical, psychological and mental health belongs to physical culture programs aimed at improving health, which are able to satisfy the needs of all age groups and segments of the population [3].

If we study proposals for physical culture and health work with women of mature age, we will find dance programs that may include elements of sports and dance aerobics, Latin American dance styles, zumba, yoga, etc., but, unfortunately, there are very few programs using Russian folk dance movements.

Representing a powerful spiritual and physical recharge, Russian folk dances help to improve the functioning of a woman's cardiovascular system. Performing the dance element "fractions" and "crouching" has a positive effect on strengthening the foot. The collectivity of Russian folk dance creates a positive atmosphere and goodwill in the relationship of participants. Shouts, squeals and sentences during the dance not only

relieve emotional stress, improve mood and mental well-being, but are also a good breathing exercise.

The round dance is part of Russian folk dance. Participants join hands, thereby strengthening the overall energy connection.

Thanks to the implementation of the program with elements of Russian folk dance, the woman's body is more intensively saturated with oxygen, muscles and joints are strengthened, metabolism is accelerated, and mental stress is relieved.

Dancing Russian folk dances, a woman performs all movements smoothly and with dignity. Elements of folk dance are theatrical, but have a natural nature, which contributes to the speed of memorization and ease of execution.

Russian folk dance allows a woman to see and realize her individual abilities, to reveal her creative potential, to feel the innate qualities of character.

Conclusion. Performing Russian folk dance or performing its elements collectively, women solve the same tasks related to maintaining health, developing personality and social ties, which contributes to the transformation of individual needs into mass ones, thereby acquiring a public character and resonance [1].

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WAYS OF DEVELOPMENT OF SPORTS GYMNASTICS IN THE REPUBLIC OF BELARUS

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Keywords: artistic gymnastics, development, formation, sports result, athletes.

For many years, Belarusian artistic gymnastics has been famous for its resounding victories. Among the pupils of the Belarusian school of women's gymnastics are the names of such legendary athletes as multiple Olympic champions Nelly Kim, Olga Korbut, Svetlana Boginskaya, Olympic champions Elena Volchetskaya, Larisa Petrik, Tamara Lazakovich, Antonina Koshel. The men's school of gymnastics is glorified by the names of the six-time Olympic champion Vitaly Shcherbo, the silver medalists of the Olympic Games Vladimir Shchukin and Alexander Maleev, the absolute world champion Ivan Ivankov. Since 1994, the team of Belarusian gymnasts has repeatedly won victories at the World and European Championships [1, 3].

Material and methods. Analysis of literary sources, analysis of team performance at competitions of different levels.