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Conclusion. Low physical activity of young people in Russia is a complex problem that needs to be solved by the State, local authorities, the public, working teams of educational and sports organizations.

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CHANGES IN WOMEN'S HEALTH AT THE AGE OF 40 YEARS THAT REQUIRE CONSIDERATION WHEN CHOOSING A FITNESS DIRECTION

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According to the classification of the World Health Organization, the age of up to 44 years is considered young today (previously – up to 40 years). Nevertheless, at the age closer to 40 years, the aging processes of the body begin, which are inherently irreversible. It should be noted that aging begins to occur at different ages for each person – this is naturally influenced by heredity and the lifestyle that a person leads from a young age [1].

The main processes that occur in the human body at the age of 40 years: the reaction rate decreases, the condition of blood vessels worsens, metabolic processes slow down, muscle volume decreases and growth shortens, the risk of osteoporosis and diabetes mellitus increases, visual acuity decreases, hormonal restructuring is triggered [3].

Material and methods. Analysis of scientific and methodological literature, applied research – observation, interviewing (oral survey) on the anamnesis of women engaged in fitness halls, study of the proposed modern directions in fitness by sports complexes and various fitness clubs in Vitebsk [2].

Findings and their discussion. The main methods of preserving health and prolonging the quality of life for middle-aged people are the following: rational balanced diet, moderate physical activity, observance of the daily routine, exclusion of bad habits,

timely treatment of existing diseases and their prevention, minimization of stress factors, etc. Rational balanced nutrition in combination with regular physical education, selected taking into account the peculiarities of health, will allow to delay (and in some cases exclude) the onset of most of the above age-related problems.

Physical activity aimed at developing and strengthening human skeletal muscles makes it possible to have a more fit, strong and at the same time slim body. A larger volume of muscle tissue requires more energy to maintain this mass, which means that calories are spent additionally to ensure homeostasis. Another advantage that muscle mass gives is the opportunity to maintain health and strength for a longer period. Due to the fact that muscles deliver nutrients to the bone tissue, the risk of developing osteoporosis, osteochondrosis and other similar diseases is reduced.

Regular physical training is indispensable in adulthood to normalize metabolic processes in the body and prolong the period of working capacity. They guarantee the maintenance and preservation of not only physical, but also mental health. Well-chosen training allows you to prevent, and in some cases even cure mild forms of depression, which are especially susceptible to middle-aged people (the so-called "midlife crisis"). Any methods of active recreation can be attributed to anti-stress methods. Based on the above, the expediency of physical education by middle-aged people is beyond doubt [4].

There are many different areas of fitness: basic aerobics, step aerobics, jumping (trampoline fitness), dance aerobics, joint gymnastics, rhythmic gymnastics, athletic gymnastics, strength training, functional training, tabata, high-intensity interval training, cross-fit, pilates, yoga lathes, stretching (stretching) and others. Active recreation (recreation) in the form of outdoor games in volleyball, basketball, football, hockey, tennis is also a certain fitness training: it loads the muscular apparatus, develops endurance and coordination and performs a health-improving function. Classes in choreography, dance stretching, hatha yoga and breathing exercises in combination with physical exercises (bodyflex, oxysice) can also be classified as fitness training.

Taking into account the fact that the activity and endurance of all functional systems of the body decreases with age, and individual systems (such as respiratory) decreases significantly, not all types of fitness are suitable for people over 40 years of age.

When exercising in the gym, middle-aged people can use almost all types of simulators (with the exception of the gakk-squat simulator and the Smidt's simulator – especially if there are problems with the spine – to minimize the load on the vertebral column), but with less weight of shells and weights. It is recommended to use an exercise bike, a treadmill and walking on an Ellipse simulator with a lower degree of load, installed and controlled by electronic control within 1-7 out of 12 possible programs or 1-5 out of 9 possible.

The most optimal option when choosing and building fitness classes for middle-aged women is combined directions, such as "Aero-mix", "Fitness-mix", "Flexible body", "Body-balance", "Body-sculptor". They optimally combine, moderately dosed and complement each other several types of physical activity.

For example, the fitness program "Flexible Body" combines elements of yoga, Pilates and stretching. A set of stretching exercises in combination with Pilates allows you to prepare the body for the subsequent (better, and therefore more effective) performance of asanas from Hatha yoga.

The fitness program "Body-balance" includes elements of yoga, Pilates and isostatic balance exercises. Exercises for the fitness program "Body-sculptor" combine a moderate cardio load with elements of functional training. Elements of light stretching as a preparatory part of the class (warm-up) for 3-5 minutes, the use of various types of

aerobic exercise for 12-15 minutes and gymnastic exercises to strengthen muscles in the main part of the workout for 20-25 minutes allow you to bring a share of diversity to fitness classes in the "Aero-mix" and "Fitness-mix" directions.

Such a combination of various fitness directions and types of exercise allows you to develop all physical abilities in a harmonious and balanced way, without concentrating on working on only one physical quality: endurance with the help of long (up to 40-50 minutes) aerobic loads, strength with the help of training with weights, jumping speed or only flexibility due to stretching.

Conclusion. Recommended types of directions for fitness for middle-aged women in the absence of chronic diseases and health problems: basic aerobics, dance aerobics, joint gymnastics, rhythmic gymnastics, pilates, yoga lathes, stretching (stretching). It is possible to engage in step aerobics, jumping (trampoline fitness), athletic gymnastics, functional training with good physical fitness and taking into account the existing features in the state of health. It is not recommended to engage in too active high-intensity types of fitness, such as: strength training, cross-fit, tabata and high-intensity interval training.

We consider "Aero-mix", "Fitness-mix", "Flexible body", "Body-balance", "Body-sculptor" to be the optimal types of fitness training for group physical culture of the recreational direction recommended for middle-aged women, which are held in fitness clubs "VIP-dance", "Golden dragonfly" and "Zebra" in Vitebsk.

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THE USE OF PROBLEMATIC TEACHING IN THE FORMATION OF SOCIAL IDEAS ABOUT LIFE SAFETY

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At the current stage, in order to organize the educational process for people with intellectual disabilities, they are increasingly resorting to creating special conditions in the formation of social ideas. As shown in the field of special pedagogy by a number of foreign and Belarusian researchers, social ideas of children with intellectual disability are formed in those spheres of life that are narrowly focused on the development of self-service skills, educational and labor activities [1]. Consequently, such a narrowly focused approach impoverishes the opportunities of the social experience of children and adolescents with intellectual disabilities, which requires improvement of the educational and educational process in auxiliary schools.