

INNOVATIVE APPLICATION AND EMPIRICAL STUDY OF FITNESS YOGA IN PHYSICAL EDUCATION TEACHING IN COLLEGES AND UNIVERSITIES

Zhang Yupeng,

VSU named after P.M. Masherov,

Vitebsk, Republic of Belarus

Scientific supervisor – Khloptsava M.V., Master of Pedagogical Sciences

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With the improvement of health consciousness and diversification of lifestyle, fitness yoga, as a form of exercise that integrates physical and mental exercise, has gradually been welcomed by students in colleges and universities. Fitness yoga can not only enhance physical fitness, but also improve psychological state and quality of life. Therefore, integrating fitness yoga into physical education in colleges and universities is not only in line with the modern education concept, but also can effectively promote the overall development of students [1, 2].

The purpose of this paper is to explore the innovative application of fitness yoga in physical education teaching in colleges and universities, and to verify its effect through empirical research.

Material and methods. In order to systematically analyse the current situation and effect of the application of fitness yoga in physical education teaching in colleges and universities, this study adopts a variety of methods such as literature review, questionnaire survey and experimental comparison. Firstly, the basic theory, teaching method and application effect of fitness yoga are understood by reviewing relevant literature at home and abroad. The main references include Zhu Yaping et al.'s Exploration of Fitness Functions and Advantages of Yoga Exercise (2024) [1], Song Lixia's Exploration of Online and Offline Hybrid Teaching Modes of Fitness Yoga Courses in Colleges and Universities (2024) [2], and Zhao Ningning's Influence of Fitness Yoga Segmentation System Promotion on Yoga Sports Development (2024) [3].

Next, a questionnaire was designed to survey the students of a university in order to understand their knowledge, interest and participation in fitness yoga. The questionnaire covered the students' personal information, attitude towards fitness yoga, frequency of participation and evaluation of effects. Through the questionnaire survey, we were able to get a preliminary understanding of students' perceptions and needs of fitness yoga.

In order to further verify the actual effect of fitness yoga, we chose two groups of students to carry out a semester-long experimental comparison. One group of students continued to receive traditional physical education courses, while the other group of students participated in a comprehensive physical education programme that included fitness yoga. The effectiveness of teaching fitness yoga was assessed by testing the students' physical fitness and mental health before and after. Specific data collection methods included the use of SPSS software to statistically analyse the questionnaire data, as well as evaluating the experimental comparison data through physiological indicators and psychological scales [3, 4].

Results and their discussions. The results of the experiment showed that the students who received fitness yoga courses performed significantly better than the students in traditional physical education courses in the physical fitness test. This was evidenced by significant improvements in cardiorespiratory endurance, muscular strength and flexibility. Psychological scale assessments also showed that students in the fitness yoga programme scored significantly lower than the control group on anxiety, depression and stress management, suggesting that fitness yoga helps to improve students' mental health.

These results are consistent with existing studies. The study by Zhu Yaping et al. noted that fitness yoga can improve cardiorespiratory function and muscle strength, which is consistent with the findings of this study [1]. Fan Ziye's study found that students who participated in fitness yoga on a regular basis showed a significant improvement in emotion management and stress coping ability, which corroborated the findings of this study [4]. In addition, the questionnaire survey showed that most of the students showed a high level of interest and satisfac-

tion in fitness yoga, believing that it not only contributes to physical health, but also enhances self-awareness and psychological state.

In summary, fitness yoga not only excels in physical fitness, but also plays an important role in mental health. This indicates that fitness yoga, as a comprehensive physical and mental exercise, can indeed bring multiple benefits to college students.

Conclusion. In conclusion, fitness yoga, as a comprehensive physical and mental exercise, has significant physical and mental health benefits. The empirical analysis of this study proves that the innovative application of fitness yoga in college physical education is feasible and effective. Incorporating fitness yoga into the physical education curriculum of colleges and universities not only enriches the teaching content and improves students' interest in learning, but also effectively promotes the overall development of students. Future research can further explore the effects of different types of fitness yoga programmes on different student groups, providing more theoretical and practical support for physical education teaching in colleges and universities.

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2. Song Lixia. Exploration of Online-Offline Hybrid Teaching Model for College Fitness Yoga Courses [J]. Journal of Hubei University of Economics (Humanities and Social Sciences Edition), 2024, 21(08): 154-157.

3. Zhao Ningning. Influence of Fitness Yoga Danwei System Promotion on Yoga Development [J]. Neijiang Science and Technology, 2024, 45(06): 137-139.

4. Li Ziyuan. Analysis of the Fitness Value and Industrial Development of Yoga [J]. Contemporary Sports Science and Technology, 2021, 11(24): 151-153.

A COMPREHENSIVE COMPARISON OF TRADITIONAL MARTIAL ARTS AND OTHER FORMS OF SPORTS

Zhang Jingli,

VSU named after P.M. Masherov,

Vitebsk, Republic of Belarus

Supervisor – Yanovskaya V.V., candidate of biological sciences, Associate professor

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Chinese martial arts, with a long history and rich diversity, encompass numerous styles like Xingyiquan, Shaolin, Tai Chi, and Baguazhang, each featuring unique techniques and training methods. Compared to other forms of exercise like aerobic workouts and strength training, traditional martial arts not only offer comprehensive physical benefits but also emphasize mental cultivation, self-defense, and unique cultural aspects.

The purpose of the work analyze the characteristics of various types of traditional martial arts and compare them with common exercises to highlight the unique advantages and efficacy of martial arts training.

Material and methods. Theoretical analysis and generalization of literature sources.

Results and their discussion. Traditional Chinese martial arts are broadly divided into internal (neijia) and external (waijia) styles. Internal styles focus on inner strength, breathing control, and meditative practice to enhance one's internal energy. Examples include Tai Chi, Baguazhang, and Xingyiquan. External styles, on the other hand, emphasize physical strength and speed, often geared towards effective combat techniques. These include Shaolin, Wing Chun, and Praying Mantis [1].

As a hallmark of external styles, Shaolin Kung Fu is known for its power, agility, and explosive techniques. Its training includes strikes, kicks, grappling, and weapon forms that develop strength, endurance, and agility. Shaolin's main advantage is its high degree of practical combat skills, especially effective in close-range self-defense.

Aerobic exercises, like running, swimming, and cycling, primarily improve cardiovascular health, stamina, and metabolism. These exercises are generally straightforward, accessible to