Substantiation of methodological approaches to compiling complex recreational programs

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Purpose: substantiation of methodological approaches to compiling up recreational programs, as a form of activity of a specialist in the field of physical education.

Material & Methods: analysis of available literature and system analysis.

Results: analysis of the peculiarities of recreation and health improvement allowed substantiating the content of the corresponding recreational and recreational programs.

Conclusions: the core of these programs should be a modified mode of the day, a significant place in them occupies food and motor activity. The organization of recreation and health improvement of children belonging to 1–2 groups of health also needs to make changes and additions that take into account the state of health, the fulfillment of hygiene requirements, and the correction of the main components of recreational and recreational systems. This will ensure adequate and effective optimization of schoolchildren’s health.

Keywords: recreation, rehabilitation, schoolchildren, comprehensive programs.

Introduction

Formation of the foundations of the health of the younger generation is one of the priority directions of the development of society. This is due to the fact that today’s children in 10–15 years will determine the economic, cultural, scientific and social potential of the state, and the level of their health will largely determine the possibility of their self-realization. Currently, the state of health of the children’s population of Ukraine is unsatisfactory, there is a significant increase in the prevalence of chronic non-infectious diseases such as hypertension, neuroses, obesity, and during school education the incidence rates of schoolchildren are increasing in almost all nosologies [4]. In the conditions of an unfavorable ecological situation, social and economic tension, diminishing the role of moral values, deepening the tendency to reduce the level of health, a special role in the training of a physically and spiritually healthy generation, belongs to physical education [5; 6].

The current situation in society is characterized by the increasing complexity of economic and social relations in the labor market, which in turn necessitates the improvement of the quality of training of specialists in higher education, especially when it is related to the preservation and promotion of public health [2; 8]. The solution of this problem can be achieved primarily by giving practical training to the training, mastering the skills and abilities that enable us to apply the theoretical knowledge obtained in real conditions, which necessitates a certain restructuring of education [8]. Changes in the health status of the population make it necessary to improve the level and quality of training specialists in the field of recreation.

Socio-economic prerequisites for this restructuring are primarily due to the fact that the deterioration in the health status of the population, including children, causes the urgency of creating a network of recreational and recreational facilities with different focus and patterns of ownership. The combination of recreation and recreation in their field of activity requires qualified personnel who have both medical (clinical and preventive) and physical education and training. Moreover, the level of knowledge of experts in the field of physical culture should be expanded through issues of recovery, prevention and recreation, that is, practically have an intermediate character with medical qualifications. It is the presence of such specialists that can significantly improve the effectiveness of these institutions by supplementing medical rehabilitation and rehabilitation with the means and methods of physical culture, fitness, etc.

The need to create special recreational programs is beyond doubt. So, in the USA for more than 30 years the “Schoolchild’s Health” program has been operating, in which physical culture occupies a large place [13]. It is noted that regular exercise interferes with the development of heart disease, lungs, hypertension and obesity; facilitate diabetes, asthma, epilepsy, and, in addition, are an antidote to physical stress in the modern world. The main ways to develop the habit of regular, during life, playing sports are sports games, which take all the time 3 times a week. Much attention is paid to individual, conscious, choice of games (contact, contactless, stressful or calm). Sports games have a beneficial effect on the formation of personality: in games a person acquires skills to settle conflicts, to find constructive compromises, to feel the collective as an absolutely necessary condition for existence. It is assumed that there are 3 types of motor activity regimes, to some extent similar to the domestic “groups of occupations” – basic, preparatory and special medical.

A. Yu. Aghyppo, G. P. Artemyeva, N. V. Buren and others [1] note the importance of constructing a system of physical fitness on the basis of taking into account the individual characteristics of physical development and physical condition of the population.

A. G. Platonova, L. V. Podrigalo, K. M. Sokol [11] emphasize that the leading criterion for the effectiveness of recreation should be the level of motor activity, which is interrelated with many indicators of physical development and functional state.

Given the high efficiency of nutrition as a factor in health effects, analysis of nutritional status can also be used as a criterion for recreation. Monitoring of vitamin status, conducted by L. V. Podrigalo, A. G. Platonova, M. Cieslicka [12], confirmed the validity of this conclusion.

Developed by A. Yu. Aghyppo [2], the model of attracting schoolchildren and young people to physical culture and rec-
reational activities is based on the formation of positive moti-
vation, the creation of a favorable public opinion regarding the
conduct of a healthy lifestyle. 

Alexandr Aghyppo, Sergii Tkachov, Olena Orlenko [10] emphasize the importance of physical training in the forma-
tion of a healthy lifestyle.

The available data in the literature and determined the re-
levance of this study.

**Purpose of the study:** substantiation of methodological
approaches to the formulation of recreational programs, as a
form of activity of a specialist in the field of physical educa-
tion.

**Material and Methods of the research**

The main methods used were analysis of available litera-
ture and system analysis [9].

**Results of the research and their discussion**

In accordance with the Law of Ukraine "On the improve-
ment and recreation of children" [3], recreation is defined as
a complex of special social, educational, hygienic, sporting
activities that ensure the organization of children’s free time,
restore the physical and mental functions of the child’s body,
promote the development of spirituality and social activity of
children carried out in the children’s health and recreation
center during the rest period (not less than 14 days). Wellness
is also defined as a complex of special social, educational,
medical, hygienic and sporting measures aimed at improving
and strengthening the physical and mental state of children,
carried out in a children’s health and recreation center during
a health-improvement session (at least 21 days).

The basis of any recreational or recreational system is the
regime of the day. The use of different options for the regime
makes it easier to adapt to the conditions of stay, ensures that
the intensity of the applied natural and performing factors
corresponds to the functional capabilities of children. How-
ever, the shortening of the rest period practically does not al-
low to apply different variants of the regime, in this case for
practically healthy children only a training regimen having a
significant effect on the functional state can be recommend-
ed. Observance of the general hygienic requirements in this
case allows to provide an effect due to formation of a dynamic
stereotype.

In conditions of recovery, they use sparing and training
options, replacing each other. So, the first 3–5 days the chil-
dren are on a sparing schedule, which is characterized by
the restriction of motor activity, quiet games, the prohibition
of staying in the open air during the hyperinsolation period
(11–15 hours), the minimum duration and load of physical
education. Under the condition of normal adaptation, chil-
dren are transferred to a training regimen, which is maintained
throughout the rest of the period. It includes the whole com-
plex of medical and recreational activities, tempering proce-
dures, games and excursions. Changing the components of
the regime most often consists of lengthening the rest time
(both night and daytime sleep), switching to a fractional diet
and reducing outdoor exposure during the period of hyperin-
surance, including recreational and recreational procedures
as a separate component.

Proceeding from the basic functions of food, the aliment-
tary factor becomes essential. In practically healthy children,
nutrition should correspond to the basic principles of rational
nutrition. Energy consumption increases by 10–15% com-
pared with physiological norms, the diet regime is usually
4–5 times, with the distribution of caloric content according
to hygienic requirements.

The nutrition of the preventive orientation, used in the
recreation and rehabilitation of schoolchildren in the state of
donosology, is also based on the observance of the principles
of rational nutrition. The diet is enriched with biologically ac-
tive substances, to eliminate the deficiency of vitamins and
microelements. With the improvement of children living in
ecologically unfavorable areas, the consumption of dietary
fiber and pectin for the excretion of xenobiotics and fecal
passage increases, additional injection of a liquid is provided
to stimulate urinary excretion [7]. To normalize the intestinal
microflora, the diet includes lactic acid products, functional
foods. Given the key importance of activation of free radical
oxidation in the mechanism of most unfavorable factors, the
diet is given antioxidant and adaptogenic orientation [7]. This
is achieved due to the additional intake of multivitamins and
premixes, the use of plant adaptogens, the use of phytodetics
and phytoergonomy, the alkalizing diet, the widespread use of
salads dressed with unrefined oils and citric acid, dishes from
seedlings of grain, green tea.

To reduce the load on the gastrointestinal tract, the so-
called sparing diet is used [7]. The provision of physical,
chemical and mechanical shining is achieved through the
consumption of dishes of optimum temperature, the exclu-
sion of sharp, irritating foods and dishes, the lack of such cu-
inary methods as frying, the use of dishes in puree form, etc.
As already noted, motor activity (MA) belongs to one of
the key places in rest, rehabilitation and rehabilitation [11].
The level of MA should be the maximum in practically healthy
children, and its duration in the period of recreation is at least
half the time of wakefulness. In case of recovery, a motor op-
timal is recommended, which corresponds to the functional
possibilities, including morning hygienic gymnastics (MHG),
mobile games, regular physical culture and health classes.

It is physical education (PE) that is the main form of MA
implementation, which is due to its training influence on or-
gans and systems. The main tasks of PE are harmonization
of physical development, increasing reactivity and resistance.
Achieving the maximum MA in the period of recreation is real-
ized by the maximum variety of forms, the use of loads in full,

During the period of recovery, the basic hygiene princi-
ples of PE remain valid. In the sparing period, the loads are
reduced, especially those having a “ragged pace” (sports
games, etc.). Based on the need to eliminate ecotoxican
ts, as well as to enhance the functional state of the main organs
and systems responsible for their removal from the body, spe-
cial exercises are used [7]. So, to activate and train HR ap-
ply exercises for the muscles of the hands and feet, isometric
stresses of 3–5 seconds duration, exercises for the muscles
of the back of small intensity, performing exercises in the sit-
ting and lying positio.

Tempering, as an integral part of PE, also has its own
characteristics, depending on the health of children. His or-
ganization is closely connected with the use of natural and
preforming factors of recovery and rehabilitation, which have
a pronounced effect on reactivity, resistance and resistance.
In the period of recreation, their use is maximum, the volumes
and intensities allow providing a sufficient quenching effect
and practically the only limitation is the reduction of the im-
 pact during the adaptation period. During recovery, the con-
Conclusions

The analysis of the peculiarities of recreation and health improvement allowed to substantiate the content of the corresponding recreational and recreational programs. The core of these programs should be a modified mode of the day, a significant place in them occupy food and motor activity. The organization of recreation and health improvement of children belonging to 1–2 groups of health also needs to make changes and additions that take into account the state of health, the fulfillment of hygiene requirements, and the correction of the main components of recreational and recreational systems. This will ensure adequate and effective optimization of schoolchildren’s health.

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**Annotatio. Alexander Azhippo. Obgruntuvannya metodologichnykh pidходів do skladannia kompleksnykh rekreaційних proгram.** Metoty: обґрунтувати методологічні підходи до складання рекреаційних програм як форми діяльності фахівця в галузі фізичного виховання. Матеріал i методи: аналіз наукової літератури i системний аналіз. Результати: основою будь-якої оздоровчої або рекреаційної системи є режим дня. Використання різних варіантів режиму дозволяє полегшити пристосування до умов перебування, забезпечує відповідність інтенсивності застосованих природних i природовинних чинників функціональним можливостям дітей. В умовах оздоровлення використовують щодневний i тренчний варіантi, якi змінюють одне одного. Харчування превентивної спрямованості, що зосереджується при рекреації та оздоровленні школярів, які перебувають у стані донозології, також базується на дотриманні принципів раціонального харчування. Рацион збагачується біологічно активними речовинами для усунення дефіциту вітамінів і мікреф'єментів. З огляду на ключеве значення активації вільнорадикального окислення в реалізації механізму більшості негативних факторів, рацион надається антиоксидантна і адаптогена спрямованість. Рівень рукової активності повинен бути максимально у межах здоров’я дітей, їх тривалість у період рекреації становить не менше половини часу неспання. При оздоровленні рекомендується рукової оптимум, відповідний функціональним можливостям. Фізичне виховання є основою форми реалізації рукової активності, що обумовлено його тренчним впливом на органи i системи. Висновки: проведення аналізу особливостей рекреації та оздоровлення дозволяє обґрунтувати зміст відповідних оздоровчих, рекреаційних програм. Якість даних програм повинна бути модернізованим режим дин, значуще місце в них займають харчування та рукова активність. Організація рекреації та оздоровлення дітей, що відносяться до 1–2 груп здоров’я, також потребує внесення змін і доповнень, що враховують стан здоров’я, виконання гігієнічних вимог, корекції основних компонентів рекреаційних та оздоровчих систем. Саме це забезпечить адекватну і ефективну оптимізацію здоров’я школярів.

**Ключовi слова:** рекреацiя, оздоровлення, школярi, комплекснi програми.

**Acknowledgements. Alexander Azhippo. Обоснование методологических подходов к составлению комплексных рекреационных программ.** Цель: обоснование методологических подходов к составлению рекреационных программ как формы деятельности специалиста в области физического воспитания. Материал и методы: анализ имеющейся литературы и системный анализ. Результаты: проведенный анализ особенностей рекреации и оздоровления позволил обосновать содержание соответствующих оздоровительных, рекреационных программ. Выводы: вдом данных программ должен быть модифицированный режим дня, значимое место в них занимают питание и двигательная активность. Организация рекреации и оздоровления детей, относящихся к 1–2 группам здоровья, также нуждается во внесении изменений и дополнений, учитывающих состояние здоровья, выполнение гигиенических требований, коррекции основных компонентов рекреационных и оздоровочных систем. Именно это обеспечит адекватную и эффективную оптимизацию здоровья школьников.

**Ключевые слова:** рекреация, оздоровление, школьники, комплексные программы.

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