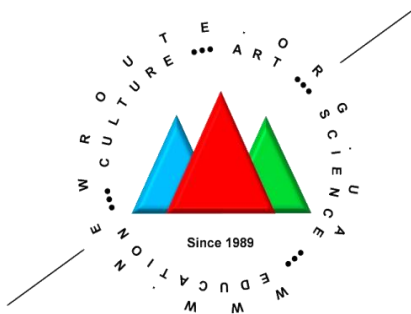


НОВІ РЕАЛІЇ СУЧАСНОЇ УКРАЇНИ ТА СВІТУ

Колективна монографія

СГ НТМ «Новий курс»

2023



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Колективна монографія присвячена актуальним питанням розвитку України та світу в нових реаліях трансформації суспільних відносин. Досліджуються сучасні проблеми в сфері педагогіки, психології, соціології, соціальних комунікацій, філософії, культурології, мистецтвознавства, архітектури, історії, філології, фізичного виховання, спорту, географії, рекреації, туризму, економіки, національного та світового господарства, маркетингу, менеджменту, державного управління, політики, юриспруденції, національної та цивільної безпеки. Монографія буде корисною науковцям, викладачам, здобувачам вищої освіти, а також широкому колу осіб, які цікавляться питаннями сучасного розвитку суспільства.

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3.1. Physical fitness systems using isotonic exercises

Isotonic exercises are exercises in which a constant tension is maintained in the muscles. Isotonic exercises involve the tension of several muscle groups while changing their length. In such a muscle contraction, two phases are distinguished: concentric - with shortening of the muscle and eccentric – with its lengthening (for example, from the position «arms to the sides» take them as far back as possible and hold them in this position, performing springing movements). Isometric and isotonic exercises are performed at a slow pace, smoothly, but with constant maintenance of tension in the muscles until slight pain or inability to maintain tension further. These exercises have become the basis of isotonics, callanetics, and pilates [1].

Factors of the health-promoting effect of isotonic training:

1. Isotonic training creates a state of so-called controlled stress in the body, which, together with a targeted effect on the muscular system and ligamentous apparatus, effectively increases the functional capacity (productivity) of cellular structures (various parts of the hormonal system, bone marrow and immune system organs, bones and joints (mainly the spine) and the ligamentous-tendon and muscular apparatuses serving them), on which health directly depends.

2. Creating local hypoxic areas in the body and bringing working muscles to fatigue promotes the release of acidic metabolic products into the blood and an increase in the concentration of carbon dioxide. This is a means of regulating the reactions of the peripheral vascular system, which improves blood microcirculation.

3. Selection of exercises in isotonic training, the whole system of movements and poses provide consistent workout of all major muscle groups, fascia, ligaments, tendons and have a mild, most physiological mechanical and reflex effect on internal organs and on the main nerve centres reflexively connected with them. Neurogenic activation of these organs, together with creation of anabolic hormonal background in the organism, accelerates regenerative processes in them, which leads to normalisation of the central and peripheral nervous and vascular systems, gastrointestinal tract, liver, kidneys, genitals, hormonal glands responsible for metabolism, as well as the immune system as a whole.

4. Normalising effects on metabolic processes, on the one hand, and the maximum possible degree of stimulation of mechanisms that mobilise fat depots during training, on the other hand, allow isoton exercises to actually change the amount of fat deposits in the body. In addition, the high anabolic potential of isotonic training together with targeted nutritional regulation and the use of catabolic techniques of local action (e.g. stretching of tired muscles) allow to change the volume of selected muscles (increase or decrease). This brings isoton closer to bodybuilding [1, 8].

All of the above allows us to characterise isotonic training as a programme of sports training, physical therapy, corrective gymnastics, massage and reflexology combined.

Isoton is a system of health-improving physical culture. Isoton exercise as its ultimate goal implies improvement of well-being, physical health, appearance (body shape, body composition), efficiency, social, domestic and labour activity of men and women of a wide age range [8].

The system was named "isoton" after the type of physical exercises that occupy the central place in the activity – isotonic, i.e. those in which constant tension is maintained in the muscles.

Isoton is a holistic complex of health-improving effects, each element of which is logically connected with others. Isoton as a system includes several elements:

1. A combination of the following types of physical training:

a) Isotonic training, in which isotonic, statodynamic and static exercises are used, and those in which there is no muscle relaxation phase. Isotonic training is used to increase or decrease muscle volume, change their strength and endurance, improve hormonal mechanisms responsible for the reaction to stress; reduce fat deposits, create a general anabolic background to ensure positive restructuring in the body; reflex and mechanical effects on internal organs in order to normalise their work; training vascular reactions and improve tissue nutrition; improve trophics of intervertebral discs and reduce hypertonus of the gluteal muscles; and improve the quality of life of the body.

b) aerobic training of various types: cyclic exercises, basic, funk, step and other types of aerobics, sports games, etc. Aerobic training is used to improve aerobic performance of muscles, activate metabolism, improve

coordination of movements, choreographic training. Aerobic training is a recommended but not obligatory part of the system, the optimal load implies the use of two aerobic workouts per week for 30-50 minutes at the comfort threshold level (heart rate – 110-150 beats/min); isotonic training is used on separate days from aerobic training or on the same day but after it;

c) stretching as a means of improving flexibility, elasticity of muscles and tendons, joint gymnastics, relaxation, a way to regulate the volume of muscle and fat mass, the activity of endocrine glands, internal organs and nervous system by reflex;

d) asanas (postures), which are borrowed from hatha yoga and adapted to the requirements of the Isoton training programme. They are used to regulate the activity of the central nervous system, cardiovascular system, internal organs and psychoregulation;

e) breathing exercises are used to normalise the work of abdominal organs, to prevent lung diseases, and for psychoregulation [8].

2) Organisation of rational nutrition. The combination of physical training and nutrition, organised in a certain way, is the key point of the system. The principle of nutrition organisation is as follows: selection and dosage of exercises determine, firstly, the object of influence (i.e. on what system of the organism, muscle or part of the body the influence is directed), and secondly, conditions for synthesis or catabolism of tissues are created; the organisation of nutrition, in its turn, provides the course of processes providing «ordered» changes. For example, various tasks can be set (normalisation of the work of one or another system of internal organs, reduction of the fat component, reduction of muscle volume, increase in muscle volume, increase in muscle strength and endurance without changing their volume and the fat layer above them, etc.), which can be solved with the same set of exercises, but with different selection of foodstuffs. Regulation of nutrition in isoton usually implies not a simple restriction of the amount of food and its caloric content, but a certain selection of foods and their combinations to ensure, firstly, a balance in the intake of various food ingredients (mainly essential amino acids and fatty acids, vitamins and microelements), and secondly, to stimulate and ensure the required restructuring in the organism.

3. Extra-training components of the isotone:

a) means of psychological relaxation and adjustment;

b) means of physiotherapeutic influence (massage, sauna and other);

c) hygienic cleansing and hardening measures.

4. Methods of control of physical development and functional state (anthropometric testing to determine the constitution, type of build, tissue composition (bones, muscles, fat), body proportions; functional testing to assess the cardiovascular system, muscle endurance).

The guaranteed effect is achieved only if all the requirements of the system are fulfilled. The central place in the system is occupied by isotonic (statodynamic) training, which distinguishes isoton from other systems

attributed to health-improving physical culture and ensures its high efficiency. Selection of exercises in isoton, the whole system of movements and postures provide consistent workout of all major muscle groups. Exercises are localised, i.e. not many muscles are involved simultaneously. The lower the fitness, the smaller the number of muscles should be involved in each exercise.

In all exercises, muscle tension is kept within 30-60% of the maximum. The mode of muscle contraction is isotonic, statodynamic or static (the latter sometimes), i.e. without muscle relaxation. This is achieved by slow pace of movements, their smoothness, but constant preservation of muscle tension.

Exercises are performed «until failure», i.e. impossibility to continue due to muscle pain or inability to overcome resistance (such condition is the main factor of stress creation). This moment should come strictly in the range of 40-70 s after the beginning of the exercise. If fatigue does not occur – the exercise technique is incorrect (there may be a phase of muscle relaxation). If "failure" occurred earlier – the degree of muscle tension is higher than 60% of the maximum.

All the main muscle groups are exposed in sequence. Exercises in each series (8-25 min) are performed without pauses for rest. The rest between the series is filled with stretching. The duration of training is 15-75 min.

During the exercises the attention is concentrated on the working muscle group. Breathing during the whole complex is done strictly through the nose, deeply, with maximum use of the diaphragm muscles (belly breathing).

Muscle stretching in the form of stretching, as a rule, is performed before working the muscles (to warm up and increase their elasticity, increase mobility in the joints). To reduce fat and muscle mass by increasing the intensity and duration of painful sensations, stretching is used after working out a given muscle group. However, it should be taken into account that this option is a way to create a catabolic effect, so it is not recommended to be overly fond of it during isotonic training in order not to traumatise the muscles [8].

Callanetics is a slow, relaxed form of calisthenics with static loading. It is highly effective and promotes muscle development and rapid reduction of weight and body volume, activates the body's immune system [3, 9].

The creator of this exercise system is Dutch ballerina Callan Pinckney. Since childhood, Callan had problems with her figure, and to get rid of her flaws, she developed her own methodology to improve her figure. As a result, Callan Pinckney at the age of 60+ has a beautiful figure that is to be envied. She claims that the exercises she developed have a rejuvenating effect on the whole body: «after 10 sessions you will feel 10 years younger, because one hour of Callanetics is comparable to 24 hours of aerobics» [1].

Imagine picking up an orange and squeezing the juice out of it. In the same way, callanetics "squeezes" excess fat and toxins out of the body. At the same time, joints are strengthened, the heart is not overloaded – callanetics has no contraindications. In many countries people of different ages from 16 to 60

years old are fond of it. Moreover, this system of exercises is popular not only among women, but also among men who work out in health clubs.

Callanetics is ideal for those who prefer thoughtful, relaxed exercise to active and coordinated dance fitness. This surprisingly effective exercise programme helps to create a harmonious balance between body and mind, helps you get fit, develop concentration and avoid injury [5].

Slow and calm gymnastics implies at the same time enormous intensive work of muscles during the exercise. It is built on the basis of static loads to be held for up to 90 seconds, classical yoga postures, and on stretching after each exercise, the role of which is to prevent muscle pain and prevent excessive relief.

In static exercises, the muscles remain in a state of arousal for a long time and do not change their length (isometric muscle tension). Static exercises are aimed at microcontractions of muscles. There is no difference in the tension of neighbouring muscle groups, and all muscles, including small muscles, are involved. Based on stretching (stretching) and static exercises cause the activity of deeply located muscle groups, so deep areas of "stale" fat tissue quickly start to lose weight.

The physiological effect of callanetics exercises is based on the fact that with prolonged static load on the muscle increases the level of its metabolism (increases the rate of metabolism), which is much more effective than with cyclic loading, because it burns more calories. The metabolic rate increases as the load increases. As a result, muscle mass is not built up, but muscles acquire a natural aesthetic shape that corresponds to a healthy body.

The complex of callanetics does not involve sudden movements, high pace, excessive tension, the exercises are absolutely safe for knee joints and back. Basically, the complex uses bends, stretches, bends, half twists and swaying, which makes callanetics accessible to people of different ages. The emphasis is on stretching the muscles, which are just as stressed as if they were loaded with heavy weights or dynamic exercise.

Americans call callanetics «gymnastics of uncomfortable poses», as the exercises are composed in such a way that all the main muscles of the body work simultaneously. This is a huge advantage and a fundamental difference from other types of fitness, where the hard work of only certain muscle groups leaves other parts of the body unused.

Some authors do not recommend performing movements to music. It is better to do them in silence, so as not to obey the musical rhythm and not to lose control. At first, it is advisable to rest more often during the complex of exercises, breathing deeply. You don't need any special equipment, special clothes or shoes (you can practice barefoot).

After a few weeks of training, you can get the following results:

- all muscles develop evenly;
- posture improves and back pain disappears;
- the metabolism is improved and the immune system is strengthened;
- improves body tone;

- improves flexibility and lengthens muscles without excessive volume;
- joints are strengthened and muscles become stronger;
- the metabolic rate of muscle mass increases dramatically, resulting in more calories being burned;
- weight loss;
- stress exposure is reduced and self-confidence increases.

Another safe, non-impact exercise programme that stretches and strengthens the major muscle groups without neglecting smaller weaker muscles is the Pilates system.

Pilates is a unique system of exercises aimed at coordinated muscle work, correct natural movement and mastery of one's body. For a long time this system was the privilege of a few dedicated people, it was practised by actors, artists, famous athletes, rich and famous people of America. The system was formed in the early 20s of the twentieth century, its author is Joseph Pilates (1880-1967), his system was named [4]. Pilates practice is based on the principles developed by the author: 1) relaxation; 2) concentration; 3) alignment; 4) breathing; 5) centring; 6) coordination; 7) smoothness of movements; 8) endurance.

There are three types of Pilates training:

1. training on the bed. These complexes of exercises are performed on the bed, mostly sitting or lying down. Complexes can be focused on achieving different goals, for example, relieving pain syndrome in different parts of the spine to improve the position.

2. training with specialised equipment. Straightening is also performed on the bed, but with the use of different equipment: Pilates Ring, dumbbells, hum shock absorbers, m'yachiv.

3. training on special simulators. The main difference between Pilates simulators and ordinary ones is that the support on which you stand while performing a movement is not rigidly fixed. While performing a forceful movement you have to report additional forces in order to keep the balance on the unstable surface, at the same time your body is forced to include in the work a great number of useful muscles, which do not work during ordinary training [6, p. 84].

The methodology of Pilates combines the best of Western and Eastern methods. Pilates gymnastics as a method of body control leaves nothing untouched. Pilates changes the character of using one's body, changes the character of movements. The body returns to a state of equilibrium, it will move as nature intended it to move, «as you moved as children before you got bogged down in bad habits of posture». This newfound freedom of movement ensures that not only the musculoskeletal, but also the cardiovascular and lymphatic systems work efficiently. The person not only starts to look good externally, but also internally, at the cellular level. This becomes possible due to improved blood circulation, which nourishes the tissues and removes toxic waste. Like eastern health systems, Pilates trains the mind in addition to training the body.

By learning to listen to and be aware of your body, developing coordination and balance between body and mind, you become able to control your body. Pilates gymnastics helps to control one's body, turning it into a single harmonious whole [2, 7]. Thus, the Pilates method is based on the idea of the unity of mind and body, which indicates a holistic approach.

In Pilates gymnastics movements are performed smoothly and slowly, there is no need to use force to avoid strain and injuries. But it is thanks to slow movements that weak muscles are trained, short muscles are lengthened, joint mobility is increased and weight is normalised.

Pilates develops joint flexibility, ligament elasticity, strength, intermuscular and internal coordination, strength endurance and mental qualities, but the main difference between Pilates and all other types of fitness is the lack of possibility of injury and negative reactions, it is the best fitness for pregnant women and young mothers [10].

Many exercises are performed with special exercise machines. The workout is so safe that it can be used for rehabilitation therapy after injuries. That is why there are practically no contraindications for Pilates, it can be practised at any age and in any physical shape. Pilates is recommended for men and women of all ages who want to improve their physical shape, posture and appearance, and especially for athletes who have been injured as a result of muscle imbalance (tennis players, golfers, etc.), people of art and «artistic» sports for which good posture is important (dancers, actors, musicians, skaters, riders, etc.); people suffering from chronic back pain due to poor posture; people suffering from so-called «repetitive strain injuries»; people suffering from stress and related disorders; overweight people; elderly people.

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Наукове видання

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Нові реалії сучасної України та світу

Колективна монографія

Видання українською та англійською мовами

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Свідоцтво про внесення суб'єкта видавничої справи до Державного реєстру
видавців, виготовлювачів і розповсюджувачів видавничої продукції:
серія ДК № 6392 від 07.09.2018.

Свідоцтво про державну реєстрацію інформаційного агентства як суб'єкта
інформаційної діяльності КВ №894-716Р від 16.08.2022.