

TECHNIQUE OF AEROBIC EXERCISES FOR AL-FARABI KAZAKH NATIONAL UNIVERSITY STUDENTS.

Health of the nation is an economic, politic, category, which determines social stability of society. Labor potential and defensive capacity of the country depends on it, and, not less important - reproduction of the population. Thus, the actuality of aerobic exercises is positive and motivating for life and health of Al-Farabi Kazakh National University students.

Aerobic is the gymnastic, which consists of aerobic exercises with rhythmic music. At the present time term "aerobic" mean fitness, rhythmic gymnastics, step-aerobic, tai-bo, aqua-aerobic, Pilates, functional training and so on. Nowadays Aerobic is very popular type of fitness, i. e. word "fitness" already has the meaning as "be fit" healthy lifestyle, combining doing exercises and healthy nutrition, what finally makes health better, gives perfect state of health and mood. In addition, there exist following popular and widely spread types of aerobic:

Step-aerobic– steps with elements of choreography with using the step-platform. During such classes accentuations are used - dumbbells, body-bars, gymnastic sticks of different weights.

Aqua-aerobic – this kind of exercises are done in small and big pools. Usually special equipment is used, which increases the water resistance. Water is perfect environment for exercises, because it makes extra resistance, but does not traumatize joints and ligaments, makes body stronger, develops flexibility, stretches the muscles, burns off extra calories, recovers successfully after injuries, is useful for all ages and for pregnant women.

Pilates – exercises for rehabilitation, recovering and strengthening of musculoskeletal system.

Functional training – physical activity in life, walking stairs with heavy bags in hand, washing windows and other.

Rhythmic gymnastics – the most mass type of physical exercises, the system of exercises, where the series of gymnastic exercises follow continuously each other, with single dancing components with rhythmic music. Rhythmic gymnastics is great way to train and recreation of people.

Slide-aerobic is the most optimal type of aerobic for women, willing to eliminate fat in the hips. It serves to strengthen main body muscles.

Pamp-aerobic is directed to figure correction and strengthening the body muscles.

Tai-Bo-aerobic serves for taking off stress, increases tonus and mood, regulates the work of the heart, improves common mood.

Box-aerobic and karate-aerobic are directed figure perfect and was so constantly.

Kick-aerobics is necessary to improve endurance overall, coordination and adroitness. Develops strength and flexibility.

Tai-kick-aerobics is recommended for those who want to burn as much as possible fatty deposits.

Spinning or cycle aerobics strengthens muscles of arms and legs, buttocks and abdomen. Allows you to lose weight.

Fitball training is a complex of various movements and static poses with support for a special ball. Has a positive effect on the muscles of the back, pelvic floor, lower and upper limbs, the spine, the main muscle groups and the vestibular apparatus

Aerobics is generally available. Highly effective, emotional. Aerobics classes help to get a good physical shape, improve metabolism, improve immunity to various diseases, strengthens the respiratory, cardiovascular and other body systems when combined with walking, running, swimming, sports games. Normalizes weight, improves figure, posture, well-being, sleep, removes nervous voltage. Such integrated training contributes to the development of no less important than strength, healthy, but also socially significant, that is able-bodied. The positive influence of aerobics on the health of people is provided by the complex impact of music and movement, their cohesion among themselves. This is its appeal to wide masses of the population. Types of aerobics classes are classified according to the tasks of the morning, pro-

industrial gymnastics. Classes in health groups, a specific warm-up in sections by sport. The choice of quarrels and the nature of occupations depend on the time spent and the physical preparedness of those involved. Under the influence of regular physical exercises, the muscles of a person are reared in volume, become stronger, and their elasticity increases. Movement has a significant impact on the development and shape of the bones to which the muscles are attached. Exercise positively affects all the links of the motor apparatus, preventing the development of degenerative changes associated with age and hypodynamia. The mineralization of bone tissue and the calcium content in the body are increasing, which hampers the development of osteoporosis. Increased lymph flow to the articular cartilage and intervertebral discs, which is the best prevention of arthrosis osteochondrosis. All these data testify about the health effect of exercise fitness on the human body. It is necessary to acquaint listeners with the principles of dosing loads and rules of self-control, to tell about the method of selection of musical accompaniment and practical recommendations for composing complexes lessons. One of the most popular types of motor activity is health aerobics. To date, health-improving aerobics is developing intensively in fitness clubs, sports and physical culture and health-improving complexes.

It should be noted that these institutions in most of the region have a good material and technical base and appropriate equipment for aerobics classes. Sufficiently diverse and a large range of means and methods of recreational aerobics allow you to conduct classes with different contingents engaged. Classes with children, adolescents and adults in diverse specialized and integrated programs. including classes in various areas of recreational aerobics (classical aerobics, step, funk, aqua-pamp, latin aerobics, aerobox, slide aerobics, etc.). Festivals, contests, competitions and other sports and mass events on aerobics are held, which promote the popularization of this kind of physical and educational activities. However, these institutions are not able to cover everyone who wants to study. Perspective: the development of health-improving aerobics, we are given a wider use of it in the physical culture and health work of educational institutions.

At the Al-Farabi National University, aerobic classes began held since 2003. Selection in groups is conducted among all those wishing to do aerobics. At selection it is considered: - ability to move. - the lack of health problems. Classes are held twice a week on a schedule. In the classroom, students learn to dance in aerobics. And also at the end of the first semester, female students engaged in aerobics take the test standard for the chosen sport. The standard consists of: - out of the exercises on the press (number of times per 1 min) - complex in aerobics. In the shock of 2 semesters, the test standard for aerobics is the participation of female students of the group aerobics in the annual "Festival of Aerobics", which is conducted on the basis of KazNU named after Al-Farabi and the involvement of higher education institutions of Almaty city. The classes also train instructors in aerobics, various areas of aerobic exercise

as:

-city-gam

-street-gam

-Funk-aerobics

Latino-afro-aerobics

The positive side of aerobics is that it motivates students to pursue aerobics, the reason is that it is very useful for health and helps to lose weight and to maintain a stable weight. Conclusion: Aerobics is very popular among females, and now there are a lot of popular destinations like the above. Aerobics classes in at the Al-Farabi National University considering that, in the current conditions of development of our society, there is a sharp decline in the health of the population and life expectancy. According to various studies, only about 10% of young people have a normal level physical condition and health. continued life decreased by 7 - 9 years. As a result, the productive potential of society is also reduced, and thus the call to healthy lifestyle, motivation for aerobics, fitness is favorable affects the health of our students and the whole society.

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