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Features of modern fitness program

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Abstract

The Physical Education Program is built on the theoretical and practical basis, updating the achievements of modern sports science and pedagogical science, namely: Research results on education study, psychology, physiology, method of physical education and sports training. The Physical Education Program is open and creates conditions for students to choose activities appropriate to their physical strength, aspirations and school conditions; at the same time, create conditions for schools to develop an education plan that is appropriate to the educational requirements, practical conditions and specific characteristics of the students. This paper discusses the characteristics of the physical and training programs and influence of such programs on the physical and psychological health of a person.

Keywords: Wellness physical programs, health, exercise, health effect, human body, physical culture

Introduction

Everyone is familiar with such a concept as physical education. Physical culture (physical education) - a system of strengthening the physical and psychological health of a person through physical exercises in combination with natural factors, as well as personal hygiene measures. But it is also worth knowing what physical education and health programs mean. A fitness program is a way of implementing physical activity aimed at developing, achieving and maintaining the physical well-being of the body, as well as prevention aimed at reducing the risk of developing diseases by physical culture. The program is aimed at using, as well as special knowledge and skills, as well as ways of organizing and implementing specific actions necessary to carry out physical fitness activities. In such modern programs, the methods of conducting programs for new types and forms of classes, and technology of conducting are important.

At the moment, fitness programs are not only a set of personal experience of any specialists, but are developed in accordance with the research of medical sciences. Any sports and fitness program has goals and objectives: improving and maintaining the physical and psychological state of the human body, and the very implementation of sports and fitness activities of a person in any form. The program includes not only the implementation of healing and maintaining human health, but also the determination of the state of the body, as well as the verification of physical fitness.

The main component of a healthy lifestyle is an active motor mode. In turn, the main component of the motor regime is a system of targeted physical education health classes, which consists of several interconnected parts.

The positive effect of such regular classes is known to many people. But unfortunately, physical culture is not a solution or a cure for any disease. It has not yet been conclusively proven what exactly is compensated by physical training and to what extent, and what features and factors of a person's lifestyle (harmful and often strong habits, frequent stresses, etc.) reduce the health-improving effectiveness of classes. A thorough systematic analysis, a qualitative and quantitative assessment of a person's lifestyle is required, which significantly affects his state of health as these components are interconnected.

To assess the effectiveness of fitness programs, various tests and tests can be applied, the choice of which depends on the specific tasks of such an assessment. The rational construction of such a set of checks should be based on the norms of physical activity, which characterizes the optimal balance in the development of motor qualities and functional capabilities of the human body. To do this, it is necessary to assess the human body by summing up the necessary individual norms of physical activity to ensure this balance and maximize the healing and strengthening properties of the health-improving physical program and not cause dama.

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Optimal motor is also one of the main criteria for health-improving physical programs, since this mode of a certain period of time should include the necessary types of physical exercises that ensure the maintenance of all parts of the body these include:

1. Exercises of an anaerobic cyclic nature (necessary to maintain a certain normal level of a person's cardiorespiratory system, as well as thermoregulation and metabolism).
2. Gymnastic exercises (allow a person with the help of such exercises to maintain a good condition of the spine, muscles of the trunk and joints).
3. Hardening procedures (these procedures have a general strengthening effect on the body, because of this, the tone of the human nervous system increases, blood circulation improves, metabolism is stabilized, and the body also adapts to adverse environmental conditions, which increases its endurance and normalizes impaired body functions).

Also try to maintain a healthy lifestyle, as bad habits reduce the effectiveness of fitness programs.

It is also worth paying attention to the state of the air environment when performing physical exercises, since with a favorable environment pulmonary ventilation improves, which is important during physical exertion.

In order for physical education classes with a health-improving orientation to give the human body a positive effect, several rules must be observed.

The first is a gradual increase in the intensity and duration of the loads. With a poor initial level of training, additions to exercises should be no more than 3 or 5% per day in relation to the achieved level, so it will be easier for a person to adapt to a gradual increase in loads and the ability to cope with long and complex exercises.

Second - The variety of physical ones used. In order to try to develop and strengthen as many muscle groups, joints, etc. as possible, about 7-12 exercises of various exercises that are very different from each other are necessary so that the load is distributed evenly.

Third is the systematic nature of the classes. Systematic physical exercises just give the very effect of healing and strengthening. A person who devotes enough time to exercise throughout the whole time constantly strengthens his body, which allows him to achieve a certain healing effect.

Thus, the positive effect of health-improving physical education classes is associated with the improvement of the aerobic capacity of the body and the level of general physical and psychological performance. At the same time, with an increase in physical performance, a prophylactic effect will be manifested in relation to risk factors for various diseases (cardiovascular diseases, etc.), as well as a decrease in body weight and fat mass. The implementation of physical health programs has a positive effect on the organs of the musculoskeletal system, preventing the development of various degenerative changes.

Conclusion

From all of the above, we can see that health-improving physical culture programs, with the right criteria for physical exercises, can have a developmental, strengthening and healing effect. In the current situation in the country, such programs will increase the level of physical fitness and

improve public health. This is especially true for young people as the level of physical fitness has been falling dramatically in recent years.

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