

## РОЗДІЛ IV. ДОСВІД РОЗВИТКУ СПОРТУ ДЛЯ ВСІХ В ЄВРОПЕЙСЬКИХ КРАЇНАХ

### RIDING – SPORTS AND HEALTH

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**Purpose of the research** is to form a love for animals and nature, to identify opportunities for the use of ecotourism in the tourism business.

**The task of the research** – promoting riding as a sport and leisure activity.

Riding is one of the noblest forms of sport that few have the opportunity to practice, but from which everyone falls in love from the moment they start to ride. Differentiating mainly by the equipment and the style that it implies, riding is one of the most beautiful sports involving animals, but also a strong connection between man and horse.

Being considered much more than a series of automatically executed movements, riding gives birth to inner experiences that are hard to imagine; the feelings of complete freedom felt when the one on a horse riding starts an adventure that lasts several minutes or tens of minutes in an open, green space, in the fresh air and carries it from one place to another through Specific movements make this sport different from any other.

If the British have their own traditional riding equipment and style and their own corporate sport («hunting cross») that involves hitting a ball with the help of a cross while the players ride, and the Spaniards or Arabs prefer other types of specific equipment and other types of games, the American (or western) style of cowboys is well known and definitely continues to give birth to many sights among the viewers of genre films.

What draws attention first and foremost to this noble sport is the strong connection between man and animal, between man and horse; it is easy to understand that in the absence of communication through gestures and experiences a man could not master a horse so well that he would be able to dictate different commands that he would execute thoroughly, without hesitation and without endangering human life. Of course, it requires some self-control, a certain amount of courage and many hours of practice in the back until a person can say that he has mastered riding to its highest heights. There is also a need for special equipment, and the acquisition of simpler or more complex techniques, and all these are acquired in specially arranged spaces, with the help of trained horses and under the careful supervision of authorized persons, at least at first. But, once you have learned these wonderful techniques to take you away on the saddle of a wonderful horse, and considering that you can afford to go at least once a month in such an outdoor adventure, you will surely be greatly enjoying yourself discovering a new way to move and maintain your young spirit.

Apart from the wonderful benefits mentioned above, riding has other miraculous effects on the body in general. For example, it can help you relax a great deal after a tiring day or week at the office, buried in maps and stuck between four walls. Riding raises your morale and helps you develop your muscles, especially the legs, abdomen and back, but also the arms. Children who practice small riding are predisposed to have a harmoniously developed body, and their posture will certainly be an enviable one. These ideas are generally valid for adults who practice this sport. Besides a high dose of concentration, riding requires a physical form of envy; not only the muscles, but also the joints have to gain from riding sessions. There are people who suffer from multiple sclerosis and believe that riding has miraculous effects on their mobility and balance. The representatives of the beautiful sex also say that they have noticed that the muscles of the legs have

been lengthened, and the stomach or thighs have become much firmer also as a result of these sessions. You can lose up to 600 calories in a riding session, or less, depending on the intensity of your workouts. In addition, the back pain should leave you at the end of a session.

Riding is more than a way to spend your free time, it is a real therapy with beneficial effects on health. For some people it is an essential part of the physical recovery process. Hypotherapy is the therapy that uses the horses as a means of stimulating the motor, emotional and social development of people with disabilities. man does. There are children with problems who have never felt the ground beneath their feet, have never been able to control movement. Climbing the horse the feeling of fear disappears, and the child begins to see things and life a little differently, to have more confidence in his own forces.

Practicing riding improves balance, breathing is deeper, body coordination and posture are improved, reflexes are faster, patience and self-discipline develop, etc. R Zazzo (1970) considers that educating motor skills means preparing the child for professional tasks, but at the same time improving physical and mental balance, grading control over his body, multiplying efficient relations with things and harmonious relations with another person.

«Riding is not just a physical exercise, it is a school of the spirit, where the mind has a lot to learn, and the soul a lot to understand» – Felix Topescu.

**Conclusions:** we recommend the initiation in this sport addressed to all age categories, including persons with disabilities.

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#### **Ardelean G., Vynnychuk O. *Riding – sports and health***

**Abstract.** Horseback riding in the narrow sense is a type of amateur sport or leisure. Horseback riding in the open air contributes to the natural tempering of the body. In addition to the obvious aesthetic and emotional pleasure of communicating with noble and beautiful animals, this sport is also very useful. Thus, during riding, the cardiovascular and respiratory systems are trained, all muscle groups work, weight is reduced, the idea of time, rhythm and speed is formed. In addition, communication with horses helps to get rid of insomnia, depression. There are even therapeutic riding groups - hippotherapy. Riding develops a sense of balance, helps to adjust posture and harmonize coordination of movements.

**Keywords:** riding, tempering of the body, aesthetic and emotional pleasure, hippotherapy, health of children, balance, breathing is deeper, body coordination, posture.

#### **Арделеан Г., Винничук О. *Верхова їзда – спорт та здоров'я***

**Анотація.** Верхова їзда у вузькому сенсі – це один із видів аматорського спорту або дозвілля. Заняття верховою їздою, що проходять на свіжому повітрі, сприяють природному гартуванню організму. Крім очевидного естетичного та емоційного задоволення від спілкування з благородними і красивими тваринами, цей вид спорту також дуже корисний. Так, під час занять верховою їздою тренується серцево-судинна та дихальна системи, працюють всі групи м'язів, знижується вага, формується уявлення про час, ритм та швидкість. Крім того, спілкування з кінями допомагає позбутися безсоння, депресії. Існують навіть лікувальні групи верхової їзди - іпотерапія. Верхова їзда розвиває відчуття рівноваги, допомагає скоригувати поставу та гармонізувати координацію рухів.

**Ключові слова:** верхова їзда, загартування організму, естетичне та емоційне задоволення, іпотерапія, здоров'я дитини, координація тіла, постава.