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PREVENTION OF CHRONIC NON-INFECTIOUS OF DISEASES BY MEANS OF HEALTH AND RECREATION MOTOR ACTIVITY DURING QUARANTINE LIMITATIONS

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Annotation. *One of the most important indicators of healthy way of life is the amount of physical activity, and one of the most common risk factors for the development of chronic non-infectious diseases are insufficient motor activity.*

Key words: *aging, preventive health classes, motor activity, men, old age, chronic non-infectious disease, pandemic.*

Population aging is one of the most characteristic features modernity. By 2050, the number of people over 60 will grow to 2 billion - that is, it will be 15% of the entire population planets. For the next 50 years, as much as four times is expected increase in the share of the elderly population [2]. Features of the course aging depends on a number of factors, in particular, genetic conditions environment (ecology, nutrition), socio-cultural (access to medical drugs and opportunities maintain a level of health), etc.

Today, the situation worsens due to the introduction quarantine restrictions caused by the COVID 19 pandemic. For according to WHO, the limitation of medical resources during a pandemic led to a decrease in the quality of medical care population with chronic non-infectious diseases cancellation or reduction of coverage of the population by screening programs and other important support activities public health [9].

The leading risk factors that contribute to the development of NCDs include include unhealthy diet, smoking, insufficient physical activity. Hypodynamia, the degree of which in the period of hard quarantine increased among the population, to the greatest extent - in the elderly, along with forced dietary changes diet provoked weight gain in a significant proportion of people, which, of course, had a negative impact on the situation regarding chronic conditions non-infectious diseases [7].

One of the main tasks of health and recreation activities in old age - slowing down of the processes of aging, creation the basis for normal, active human activity according to age [1].

According to most researchers, the best form of organization of recreational classes there are health groups where classes are held qualified methodist instructors who have special education according to specially developed programs.

Activities for the formation of a healthy lifestyle, hygienic education and health and recreational motor education activities of elderly people are suggested to be carried out by implementation of the "School of Active Longevity" project. Functional the purpose of such organizational structures should be based on seven key signs of a healthy nation: high life expectancy; active lifestyle; healthy food culture; psychological health; environmental friendliness; active tourism; social interaction. The implementation of this project provides development of a mechanism to encourage a healthy lifestyle for everyone age groups as prerequisites for active aging and longevity and, in particular, promotion of physical activity of elderly people; adaptation of the health

and recreational motor system activity to the needs of the elderly population (training of specialists in in this area, improving the state of the relevant infrastructure; increasing the "health literacy" of the elderly, their relatives and voluntary helpers); accident prevention among the elderly (increasing the population's awareness of factors of accidents and about effective preventive measures activities; introduction of programs of physical exercises, physiotherapy and training; expanding access to group preventive measures high-risk elderly people); development of a set of indicators and monitoring mechanism regarding the level of involvement of the elderly to physical education and sports; implementation recommendations for appointments by doctors, in particular family doctors, motor activity as an effective means of reducing risk non-infectious diseases, primary prevention of chronic diseases non-infectious diseases and physical rehabilitation; introduction and stimulation of productive aging - continued stay on the labor market - through coordination interests of stakeholders using such a tool dialogue as "Bulletin of Productive Aging" [3].

Aerobic motor activity contributes to the reduction risk of cardiovascular diseases and management overweight and obesity because metabolism naturally slows down with age. Motor activity aerobic direction helps to increase metabolism and build muscle mass, helping you burn more calories through aerobic work.

Regular exercise is also helpful for improvement psychoemotional state. V. T. Barbosa also points to positive effect of aerobic exercise for psycho-emotional state of the elderly, in particular such exercises improve sleep, which is vitally important for everyone exchange processes.

Pilates is one of the best ways to exercise for the elderly as control and stability have crucial for the elderly, especially for improving functional movements, including balance and posture [6].

Aquafitness program, as a type of aerobic training, too recommended for elderly people. Researchers apply attention to the benefits of using aquafitness for people elderly [8]: increases flexibility and improves work cardiorespiratory

system; improves balance and reduces risk of injury from falls; relieves pain in the joints, and also symptoms of arthritis and problems with blood circulation; popular activities that are not restricted to any age group or level of qualification; accelerates exchange processes. It is recommended to visit aquafitness for the elderly twice a week, class duration – 30-45 minutes.

To date, it has been developed and practically tested a number of author's complexes and programs of physical exercises health-oriented, which are intended for a wide using. Their main advantage: accessibility, simplicity implementation and effectiveness. This is, first of all: controlled running load (Cooper system), mode of 1000 movements (system Amosov), 10,000 steps daily (Mihao Ikai system), running for the sake of running life (Lidyard's system). Just 30 minutes of physical activity per week against the background of daily physical activity, taking into account the rules: if you can sit, and not lie down - sit, if you can stand, not sit - stand, if you can move - move (Morghaus system); arbitrary alternate reduction body muscles without changing their length during the entire active part days (hidden isometric gymnastics according to Thompson), gymnastics: a program of 30 exercises for women with an emphasis on stretching (Pinkney Kalane system), etc. [4].

Scientists note a positive effect in the process strength training classes for mature and elderly men, in particular, this applies to functional training. By according to the conclusions of a systematic review [5], it is recommended low an intense combination of the following types of exercises: resistance exercises to strengthen the muscles of the arms and legs (power can be useful ribbons); functional exercises ("sit-stand", walking with obstacles, climbing stairs); balance exercises (standing and walking on a line, multidirectional weight lifting, walking on heels and socks, standing on one leg, transferring body weight from one feet on the other); endurance exercise, including walking or climbing stairs.

According to the WHO strategy, prevention of chronic non-infectious diseases due to lifestyle adjustments, such as the direction of preserving the health of the

population is gaining more and more value. One of the most important indicators of healthy way of life is the amount of physical activity, and one of the most common risk factors for the development of chronic non-infectious diseases are insufficient motor activity. The situation is exacerbated by restrictions on participation in health centers programs during the period of quarantine restrictions caused by the COVID 19 pandemic.

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DEVELOPMENT OF AGILITY OF YOUNG FOOTBALL PLAYERS IN THE PROCESS OF SPORTS TRAINING IN SPORTS SCHOOL

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Анотація. У публікації розкриваються основні вихідні положення експериментальної методики розвитку спритності юних футболістів у процесі спортивної підготовки в ДЮСШ, уточнюються завдання, конкретизується зміст цього цілеспрямованого педагогічного процесу, визначаються умови підвищення його ефективності.

Ключові слова: спритність, юні футболісти, спортивна підготовка.

Abstract. The publication reveals the main initial provisions of the experimental methodology for developing the agility of young football players in the process of sports training in the Youth Sports School, clarifies the tasks, specifies the content of this purposeful pedagogical process, determines the conditions for increasing its effectiveness.

Keywords: agility, young football players, sports training.