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THE STATE OF THE CARDIOVASCULAR SYSTEM OF BOYS AGED 16-17 YEARS WHO ARE ENGAGED IN THE ATHLETIC GYMNASTICS SECTION

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The reason for the decline in physical activity among schoolchildren is the large amount of academic workload in schools. This has a negative impact on the state of children's bodies and their level of physical fitness. One of the ways to solve this problem is to increase physical activity, physical fitness and comprehensive development of motor abilities through physical exercises and sports [5]. In physical education lessons and sectional classes, elements of different sports are used to maximise children's interest and motivation for physical activity [2].

Currently, athletic gymnastics is being popularised. It is widespread among different groups of the population, especially teenagers and young people. Most people come to the gymnastics section to have a beautiful body, muscles and strength. But it is incorrect to think that athleticism is about building muscle. Athletic gymnastics is a system of exercises aimed at developing strength abilities in combination with comprehensive physical conditioning and maintaining and improving health [4].

The basis of weightlifters' training is the development of strength, as the main indicator of an athlete's level is his or her strength abilities [1].

Diagnostics of the functional state of the body during physical education and sports are important for assessing the degree of impact of physical activity on the body, selecting corrective measures when its functional capabilities are insufficient to adequately respond to physical activity of different amounts and intensities. All these processes help to solve the main task of physical culture and sports - maintaining and improving human health [3].

Therefore, it is important to conduct diagnostic tests of the body systems of both qualified and young athletes and schoolchildren who participate in sections. This will

allow to assess the state of the body, diagnose the current level of its functioning under the influence of physical activity and predict functional reserves [4].

The purpose of the study is to determine the state of the cardiovascular system of boys aged 16-17 years who are engaged in the section of athletic gymnastics

To evaluate the impact of strength training loads on the body of high school students who were involved in the gymnastics section, we measured body weight, height, cardiovascular system (heart rate (HR), blood pressure (BP)) and calculated adaptive potential (AP). The study involved 12 boys aged 16-17 years who attended sectional classes in kettlebell lifting and athletic gymnastics at the secondary school №2 in Rakhiv, Transcarpathian region. Measurements were carried out in the preparatory period.

The average HR in young non-trained people is 70-76 beats per minute. Heart rate fluctuations ranging from 60 to 90 beats per minute are normal. With training, especially with increasing endurance, the HR decreases significantly [3]. The average group heart rate of the boys surveyed was 71.3 beats per minute. This is in the normal range. Individual HR at rest was also within the normal range (Fig. 1).

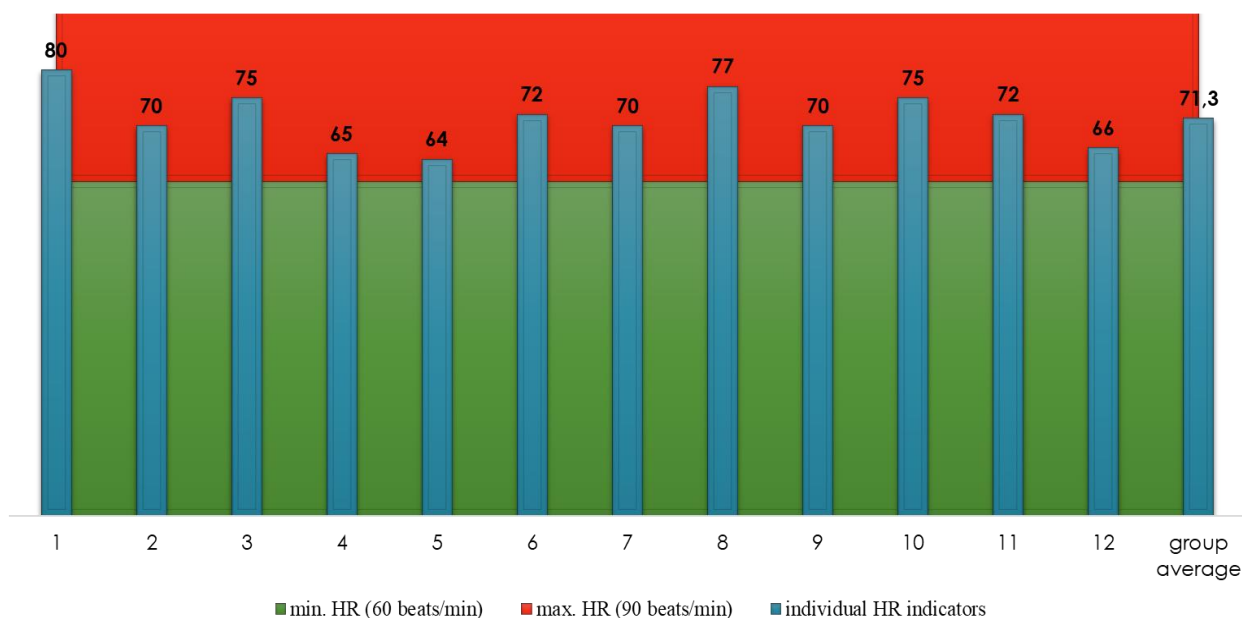


Fig. 1. Results of measurements of heart rate of students attending athletic gymnastics section, beats/min

All boys' BP (systolic and diastolic) values were within normal limits. Some of them were close to the upper limit of the norm (Fig. 2). This may be due to age-related peculiarities of changes in the body, as well as specificity of training sessions. Gymnastics involves considerable exertion during the exercises, which leads to an increase in BP. But at rest, the body, as a self-regulating system, controls blood pressure fluctuations.

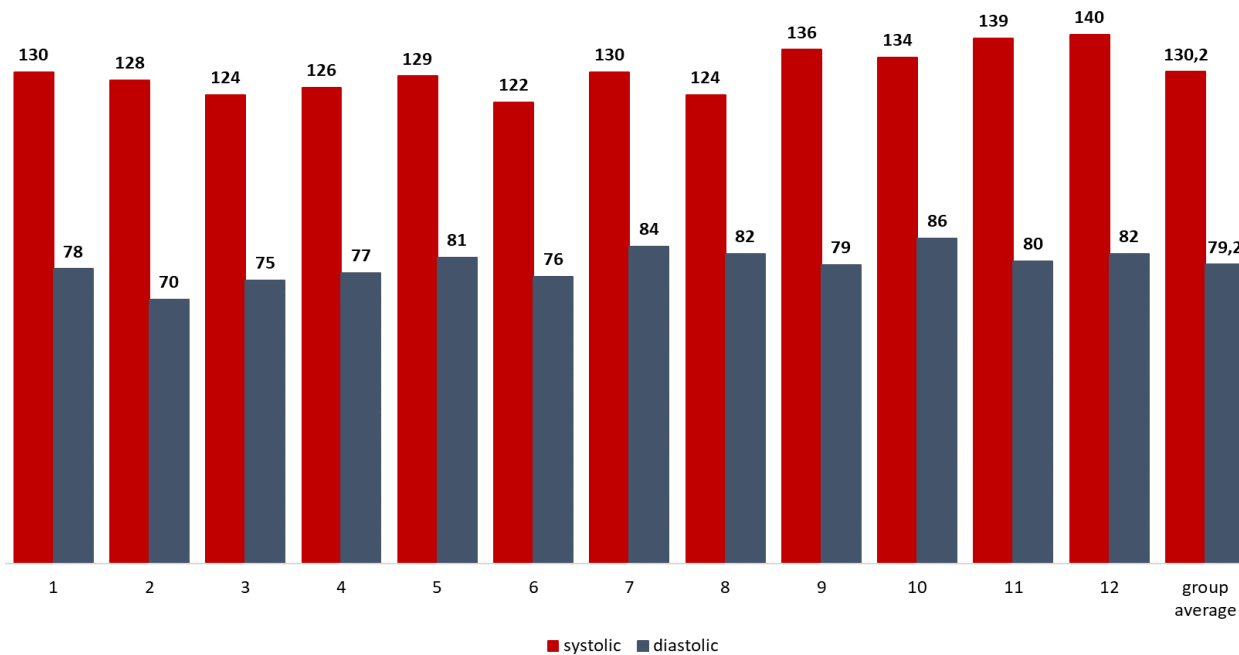


Fig. 2. Results of blood pressure measurements of students attending the athletic gymnastics section, mmHg.

Under the influence of systematic training loads at sectional classes, boys undergo morphophysiological changes that affect the body's condition and lead to an increase in functional reserves. AP allows to estimate reserve capacities of the body and to determine the level of its functional state.

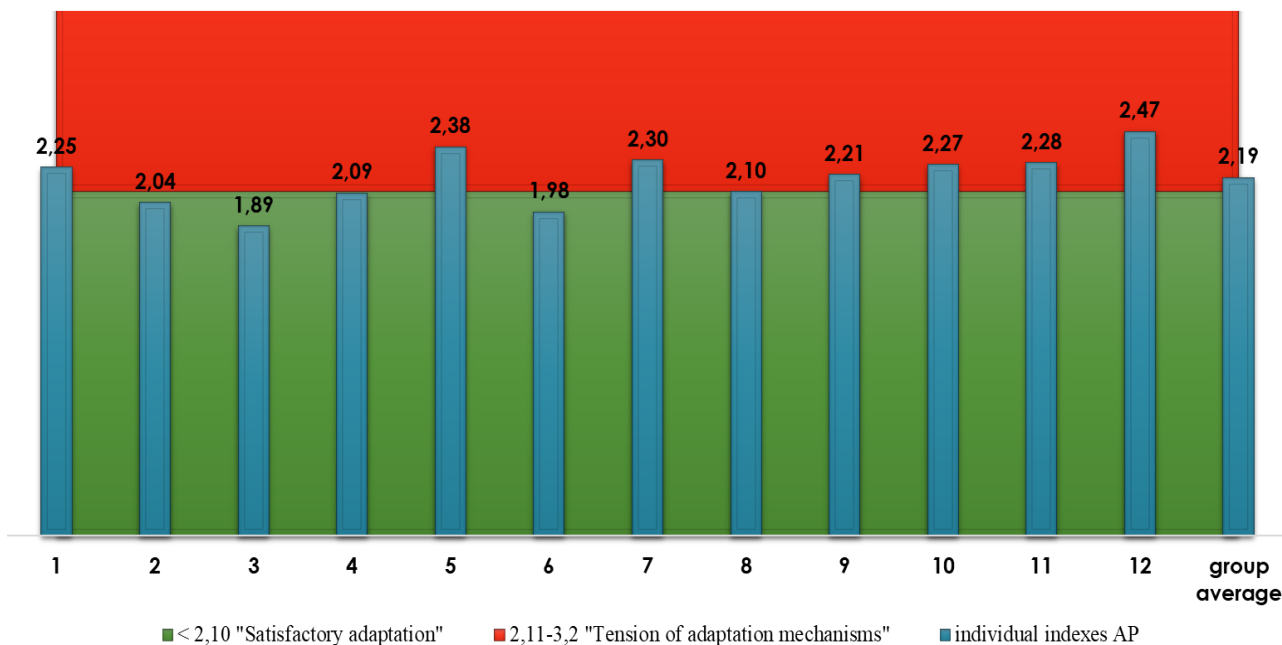


Fig. 3. Indicators of adaptive potential of pupils attending the athletic gymnastics section, un.

The indexes of AP of the examined indicated the satisfactory character of adaptation and tension of mechanisms of adaptation with sufficient functional capacities. Therefore, we can speak about a high level of functioning of the boys' organism who are engaged in the section on athletic gymnastics.

The obtained results of indicators of cardiovascular system state and calculated integral indicator of AP in boys of 16-17 years old attending a group of athletic gymnastics show the following:

Indicators of heart rate, arterial pulse (systolic and diastolic) were within the normal range.

Adaptive potential as an integral indicator of the organism's state indicates high and sufficient capabilities of functional capacities.

Thus, systematic trainings in athletic gymnastics section and performing strength exercises positively influenced the state of cardiovascular system and contributed to the improvement of functional capacities of the body of students aged 16-17 years.

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ФІЗИЧНИЙ РОЗВИТОК ТА СТАН КАРДІОРЕСПІРАТОРНОЇ СИСТЕМИ УЧНІВ ПОЧАТКОВОЇ ШКОЛИ

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