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and Sport of UkraineTHE BASIC COMPONENTS OF PHYSICAL  
CULTURE OF THE WORKING  
POPULATION**Key words:** *physical education,  
recreation, the working population.***Abstract.** *This review article is devoted to the actual problem of physical recreation as one of the most important components of physical training of the working population. The tasks of physical recreation, its characteristic features and usage. The problem of physical recreation is of great theoretical and practical interest from the point of view of the search for new effective tools, methods and forms of its organization to meet the needs of workers in the town.*

The physical culture as one of types of culture makes development physical and mental abilities of the person. Specifics of physical culture are orientation on development of biological base and physical potentialities of the person. The physical culture, owing to unity and mutual conditionality of functioning of the material and spiritual beginnings of the person, inevitably impacts on other spheres of the personality - as, for example, emotional, spiritual, etc.

In the course of sports activity person transforms its own nature, acting thus not only to the subject, but also to the object of activity, and also its result. Therefore, the physical culture can be considered as activity and qualitative level of this activity, its results on creation of physical readiness of people for life, work, and creativity.

The greatest distribution was gained in the recent years by a point sight that the physical culture consists of four interconnected among themselves components: physical training, sport, physical recreation and motive rehabilitation [2, 13]. Each of these components completely satisfies the specific means and methods only partially. At the same time, each of components are closely connected with all others, and their general basis is the treatment of the theory of the physical culture which is based on concepts of the general culture, allows to open from new methodological positions of the contents and essence of a physical recreation [9]. However, now the physical recreation is the least studied type of physical culture, and that's why there are various points of view. The concept "recreation" includes various semantic loading. In translation from Latin "rekretio" means "to recover health, forces". The word "recreation" is translated from English as follows: restoration of forces, refreshing; entertainment, rest; change. Foreign authors consider "recreation" in two values: first, as "any pleasant pastime, hobby, entertainment, secondly, "as the result which is expressed in relaxation and refreshing after pleasant pastime". In other references physical recreation finds the expression in such terms and concepts as "mass physical culture",

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"improving physical culture", "production gymnastics" etc [14].

By criterion of activity it is necessary to allocate two types of the recreation:

Physical which is connected with performance of physical exercises or other physical actions, and intellectual, assuming certain intellectual entertainments. In a general view the physical recreation is understood as the activity directed on use: physical exercises and natural forces of nature for the active rest, entertainments, restoration intellectual and physical working capacity [4]. Relevance of a physical recreation, as one of the most important components of physical culture, increases in communication with transition to the market relations and emergence of the competition in the market work. It, perhaps, the most available, democratic and at the same time the least regulated component of physical culture, for which is very characteristic lack of dependence from some certain program. Though, of course, in some cases for the certain groups which are engaged are developed and realized the special programs specific to the solution of specific objectives. And it is possible to claim with confidence that the physical recreation will develop and be improved as in the conditions of the competition the solution of the problems connected with need of increase in labor productivity, improvement of quality of production, preservation and promotion of health, and also increase of efficiency of workers becomes aggravated.

Can be private problems of a physical recreation: satisfaction of various needs of people for physical activity, entertainment, switching from one kind of activity on another, prevention of adverse effects and restoration of temporarily reduced or lost functions of an organism [18]. These needs of people are satisfied with everyone and in general all types of physical activity. Thus, prerequisites for normal functioning of a human body in specific conditions of its activity are created. The directed mainly on the solution of improving tasks, physical recreation is considered to be as rather free form of occupations

allowing change of a look, character and the contents depending on motives, interests and requirement of the engaged. Thus it is impossible to forget that the positive effect can be gained only thanks to competent and its skillful organization, knowledge of application of physical exercises and their influence on a human body [12].

Characteristic features of a physical recreation are: existence of large number of versions; availability to people of all age; high emotionality of occupations in which game elements and competitions are combined. As a rule, it doesn't need organizational and administrative control, and occupations are easily adapted for requirements and opportunities of any caused environment, groups of people, to external conditions and subjective engaged requirements. It assumes a big freedom in selection of means and methods of a physical recreation, flexibility and variability in the course of occupations, and also the account not only desires, but also the opportunities which are engaged [29].

Thus, the physical recreation is an organic part of physical culture, set of the free, independent motive activity aimed, eventually, at providing a normal physical state of the person promoting normal functioning of its organism in specific conditions of life and activity. Considering the huge importance of a physical recreation in the sphere of working and free time of workers, according to a number of authors it is necessary to deepen scientific researches of its components, structures, the emergence reasons, stages of development and functioning in interests of satisfaction of individual requirements. The problem of a physical recreation represents theoretical and practical interest from the point of view of searches of new effective remedies, methods and forms of its organization for the purpose of satisfaction of needs of workers for rest, restoration of forces, entertainment, and maintenance of their high intellectual and physical performance [27].

In the course of work and after labor rehabilitation of workers the most important reference points of use of physical exercises are the principles reflecting, on the one hand, regularities of physical training of people, and with another - the general regularities of optimization of labor process [8, 26].

It is known that in the theory and practice of education mean those most important, corner provisions which, generally reflecting fundamental regularities of education in the form of rules and the ordering requirements by the principles, thereby direct activity of the tutor and brought up to the planned purpose. The principles only then lead to really valuable results when are coordinated with objective regularities of education. Their practical value consists that they

allow not wandering in education on the way to the purpose pursued in education, and on the contrary open logic of the solution of the tasks detailing it, outline the main rules of their realization. Rather wide scope of application received the reflection in a number of the principles of regularity of physical training of people [16, 18].

The analysis of available literature showed that in a question of the specific principles of use of physical exercises in the course of work and after work of people authors have no consensus. One author formulates these principles mainly on the basis of the physiological processes happening in a human body in the course of work and rest; others proceed first of all from the principles of physical training and other general methodical principles. Many researchers don't formulate these specific principles, and offer concrete methodical recommendations and rules of their application [21, 28].

It should be noted that in realization of the general principles it is necessary to consider that in the course of work and after its termination first of all there are specific tasks of decrease in exhaustion, maintenance and urgent training of the person for a certain type of work. In what measure it is necessary to realize these all-methodical principles in the course of work and it is rather in detail lit by researchers [5] in a number of scientific works.

When carrying out sports and improving actions both in the work mode and after work especially the importance gets the principle of availability and individualization. Importance and features of this principle in the sphere of physical training are caused, first of all that in the course of occupations by physical exercises motive and other vital functions of an organism are exposed to serious loadings. If thus the feasible measure of loadings is exceeded, there is a threat of emergence of a negative effect and instead of positive improving effect negative impact starts being shown [6]. In This Regard, the program of occupations by physical exercises needs to be built according to opportunities of workers, considering first of all features of age, sex, the level of preliminary physical fitness etc. Full compliance between opportunities of the person and real difficulties means an optimum measure of availability [15]. Concrete definition and observance of a measure of availability of physical exercises is one of actual problems of use of a physical recreation in the course of work and the postlabour rehabilitation working.

By results of numerous scientific researches by professor Yu. P. Galkin [8] the basic specific principles of use of a physical recreation were formulated: principle of compliance of means, methods and forms of occupations to the content of work and dynamics

of efficiency of the person; principle of contrast; principle of waviness.

In theoretical judgment and practical realization of the first principle the special place is taken by scientific works of domestic experts [20, 23]. Now it is rather convincingly proved that ignoring of features of work and any application of forms, means and methods of occupations in the form of a physical recreation in the mode of the working day and on its termination can be not only not effective, but also even harmful in providing an optimum level of efficiency of the working people.

Being guided by modern ideas of physiological influence of active recreation, experts [5] make concrete methodical recommendations about the organization and carrying out sports and improving and recovery actions at many enterprises at the heart of which the requirement of contrast, replacements of one kind of activity with another is put. It is known that in different cycles of labor process of the loudspeaker of working capacity has phase character, wavy changes [23]. Connecting to this situation with realization of the principle of contrast, it is possible to come to conclusion that with increase in labor load of an organism working, increase of his fatigue, the total of in addition carried out physical exercises both in the course of work, and in the period of post work has to decrease and vice versa. Experimental test showed that the most effective in achievement and maintenance of high level of professional efficiency of the working person is uneven, wavy distribution of volume of the carried-out physical exercises both within the working day, and during the whole working week. It is necessary to emphasize that it is possible to be guided by this principle as well when planning and carrying out various forms of a physical recreation in extra working hours [19].

The problems of non special sports education of the working people [1]. But to individualize the program of sports education of the person, it is necessary to individualize control of its functional state [13, 24]. Testing of physical fitness and a functional state has to be mass and be carried out by the standardized techniques that cause the necessity of a computerization of this process. Application of computer facilities, specially developed programs, the analysis of results with the subsequent listing of individual recommendations - a real way to make a stage of independent occupations mass.

Among employees of various enterprises in extra working hours in forms of organized and especially independent occupations motive rehabilitation finds application. Rehabilitation in translation from Latin means "restoration". It is treated as a number of the preventive measures directed to restoration of the

broken functions of an organism and working capacity. The most important problem of rehabilitation in work is needed to achieve not only full clinical, but also functional restoration (i.e. to reach the functional level which was available for the worker to a disease or a trauma) that provides opportunity to join in labor process without negative consequences for health [10, 30].

Based on the above, researchers [25] define the motive of rehabilitation as specially organized and consciously operated process of occupations by physical exercises directed on restoration of the broken functions and working ability of people after transferring of various diseases, injuries, physical and mental retentions, characteristic for some types and factors of work at the modern industrial enterprises. As a rule, motive rehabilitation is carried out in dispensaries, sanatoria, rest houses, hospitals, hospitals [11, 17].

In labor practice physical rehabilitation provides the treatment of the injuries got in the course of work, and also restoration of a physical state after the postponed injuries. Here physical rehabilitation is inseparably linked with medical physical culture. Specifics of medical physical culture consist in use of the main remedy of physical exercises - a stimulator of vital signs of a human body. The basic in application of this method is conscious and active use by patients of physical exercises in medical process. Is necessary in the course of rehabilitation rationally and correctly organize motive mode. Nature of physical exercises, dosage, combination of loadings and rest has to correspond to an objective state of health of the person. Physical activities have to have mainly nonspecific character, with restriction of the exercises demanding power tension and which are carried out with big intensity. Occupations shouldn't be brought to strongly expressed exhaustion [22].

However, at all variety of scientific researches about a place of physical culture in life of the working person it is necessary to recognize that questions of a concrete influence of a physical recreation and motive rehabilitation on increasing of level of a physical condition of workers demand the further studying.

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## ОСНОВНЫЕ КОМПОНЕНТЫ ФИЗИЧЕСКОЙ КУЛЬТУРЫ РАБОТАЮЩЕГО НАСЕЛЕНИЯ

*В.А. Пастухова*

**Резюме.** Данная обзорная статья посвящена актуальной проблеме физической рекреации, как одной из важнейших компонентов физической культуры работающего населения. Рассмотрены задачи физической рекреации, ее характерные черты и принципы использования. Проблема физической рекреации представляет большой теоретический и практический интерес с точки зрения поисков новых эффективных средств, методов и форм ее организации с целью удовлетворения потребностей трудящихся в отдыхе.

**Ключевые слова:** физическая культура, рекреация, работающее население.

## ОСНОВНИ КОМПОНЕНТИ ФІЗИЧНОЇ КУЛЬТУРИ ПРАЦЮЮЧОГО НАСЕЛЕННЯ

*В.А. Пастухова*

**Резюме.** Дана оглядова стаття присвячена актуальній проблемі фізичної рекреації, як однієї з найважливіших компонентів фізичної культури працюючого населення. Розглянуто завдання фізичної рекреації, її характерні риси та принципи використання. Проблема фізичної рекреації представляє великий теоретичний і практичний інтерес з точки зору пошуків нових ефективних засобів, методів і форм її організації з метою задоволення потреб працюючих у відпочинку.

**Ключові слова:** фізична культура, рекреація, працююче населення.

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