



ADAPTIVE PHYSICAL CULTURE AS A MEANS OF PHYSICAL REHABILITATION AND SOCIAL ADAPTATION

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Annotation

The article reveals the role of adaptive physical culture for a person. The purpose of this discipline is the development of the physical abilities of a person with deviations in the state of health, due to the functioning of the motor characteristics released by nature and spiritual forces, for maximum self-realization in public life.

Keywords: adaptive physical culture, development of human vitality, methods and components, physical culture of children.

Introduction

Adaptive physical culture is a type of general physical culture for people with disabilities. The main goal of this discipline is the maximum possible development of the viability of a person who has stable deviations in the state of health, by ensuring the optimal mode of functioning of his body-motor characteristics and spiritual forces released by nature and available (remaining in the process of life), their harmonization for maximum self-realization. as a socially and individually significant subject [1, 2, 3]. Methods of adaptive physical culture allow every person with disabilities to realize their creative potential, reach certain heights and fulfill their desires. Many examples can be cited from history that prove that various health disorders or limitations do not prevent strong-willed and purposeful people from reaching great heights. For example, Franklin Roosevelt did not give up, despite poliomyelitis, but, on the contrary, began to believe in himself more, mobilized his will, thanks to which he began to walk again [4, 5, 6].

In adaptive physical education, based on the needs of people with disabilities, the following components can be distinguished: adaptive physical education; adaptive sport; adaptive motor response; adaptive physical rehabilitation; creative (artistic and musical) body-oriented practices.

They cover all possible types of directions of physical culture of children with physical and mental disabilities, help them to better adapt to the world around them, since training in various types of movements is associated with the development of psychophysiological abilities, communication, emotions, cognitive and creative activity [7, 8, 9].

Each type of adaptive physical culture has its own purpose: adaptive physical education is designed to form the basic foundations of physical education in children; adaptive motor recreation - for healthy leisure, outdoor activities, games, communications; adaptive sport - for the improvement and implementation of physical, mental, emotional and volitional abilities; physical rehabilitation - for the treatment, restoration and compensation of lost abilities [10, 11, 12, 13].



Adaptive physical education is the most organized type of adaptive physical culture, which covers a rather long period of life, therefore it is the main channel for familiarizing with the values of physical culture. Physical culture is a compulsory discipline in all eight types of educational (correctional) institutions. This is the only school subject focused on the child's respect for his own body, the development of motor abilities, the acquisition of the necessary knowledge, understanding the need for systematic physical exercise, which serves as the basis for increasing self-confidence, self-esteem, and the formation of positive motivation for a healthy lifestyle [14, 15, 16].

The forms of organizing physical exercises are extremely diverse, they can be systematic (physical education lessons, morning exercises), episodic (country walks, sledding), individual (in a hospital or at home), mass (festivals, holidays), competitive, gaming. Some forms of classes are organized and conducted by specialists of adaptive physical culture, others - by public and state organizations, others - by parents of disabled children, volunteers, students, and fourth - independently. The purpose of all forms of organization is to expand the motor activity of children, to introduce them to accessible sports activities, interesting leisure activities, the development of their own activity and creativity, and the formation of a healthy lifestyle.

Adaptive motor reaction is a component of adaptive physical culture that allows satisfying the needs of a person with health problems in rest, entertainment, interesting leisure activities, changing the type of activity, getting pleasure, in communication.

Adaptive physical rehabilitation is a component of adaptive physical culture that satisfies the need of a disabled person with a deviation in health status for treatment, restoration of lost functions.

Creative (artistic and musical) body-oriented practices of adaptive physical culture - a component of adaptive physical culture that meets the needs of a person with health problems in self-actualization, creative self-development, self-expression of spiritual essence through movement, music, image (including artistic), others means of art.

Thus, each of the components has its own functions, tasks, content, degree of emotional and mental stress, methods and forms of organization. They are an integral part of the adaptation of people to the life of an ordinary person.

Of course, its scope is comprehensive, especially in the current conditions of life, when the health of the population as a whole and especially of young people is deteriorating catastrophically. And not only in our country. Adaptive physical education has already become widespread in many foreign countries. Well-trained professionals in this field are expected in polyclinics and hospitals, sanatoriums and rest homes, health and rehabilitation centers, educational institutions, especially specialized ones, in sports teams.

Adaptive physical education allows solving the problem of integrating a disabled person into society. In a person with disabilities in physical or mental health, adaptive physical education forms: a conscious attitude to one's own strengths in comparison with the strengths of an average healthy person; the ability to overcome not only physical, but also psychological barriers that prevent a full life; compensatory skills, that is, it allows you to use the functions of different systems and organs instead of missing or impaired ones; the ability to overcome the physical loads necessary for the full functioning



in society; the need to be healthy and lead a healthy lifestyle, as far as it possibly; awareness of the need for one's personal contribution to the life of society; desire to improve their personal qualities; the desire to improve mental and physical performance.

Adaptive physical culture has been intensively studied in recent years and involves the scientific substantiation of a wide range of problems: legal support of educational, training and competitive activities; load and rest management; pharmacological support for disabled athletes during periods of extreme and near-limit physical and mental stress; non-traditional means and methods of recovery; socialization and communicative activity; technical and design training as a new type of sports training and many others.

The most effective ways of using physical exercises for organizing active recreation for disabled people and people with health problems, switching them to another type of activity, and enjoying physical activity are being studied.

In the physical rehabilitation of adaptive physical culture, the emphasis is on the search for non-traditional systems for improving the health of people with disabilities, focusing primarily on technologies that combine the physical (bodily) and mental (spiritual) principles of a person and focus on the independent activity of those involved (various methods of psychosomatic self-regulation), psychotherapeutic techniques).

Conclusion

In the field of physical rehabilitation of the disabled, there is still an underestimation of the fact that physical education and sports are much more important for a person with disabilities than for people who are prosperous in this regard. Active physical culture and sports activities, participation in sports competitions are a form of so urgently needed communication, they restore mental balance, remove the feeling of isolation, restore a sense of confidence and self-respect, and make it possible to return to an active life. The main task still remains to involve as many disabled people as possible in intensive sports in order to use physical education and sports as one of the most important means for their adaptation and integration into society, since these activities create mental attitudes that are essential for the successful reunification of a disabled person with society. and participation in useful work. The use of means of physical culture and sports is an effective, and in some cases the only method of physical rehabilitation and social adaptation.

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