THE USE PHYSICAL EDUCATION ARRANGEMENT TO PREVENT DISORDERS IN 7-10 GRADE PUPILS

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ABSTRACT

The article highlights the problem of the effectiveness of specialized exercises and the regular use of therapeutic gymnastics in the prevention of scoliosis (anxiety disorders) common in primary school children.

Keywords: Scoliosis (spinal curvature), a set of exercises, scoliosis in the frental and sagittal plains, therapeutic physical training, and physical education.

INTRODUCTION

Observations of schoolchildren show that a lot of research has been done on the prevention of curvature of the spine in students with postural changes. During the years of independence, special attention has been paid to the development and popularization of physical culture and sports in our country. In recent years, the country has been taking consistent measures to promote physical culture and sports, promote a healthy lifestyle among the population, create the necessary conditions for physical rehabilitation of people with disabilities and ensure the country's worthy participation in international sports. {1}

LITERATURE REVIEW

It is the large-scale scientific work on the organization of the system of proper development of posture or other issues that is relevant to schoolchildren. Due to the lack of extensive scientific and methodological work, students with postural disorders often have spinal curvatures as a result of improper sitting at the desk, lifting various loads with one hand. It should be noted that the lack of scientifically based recommendations on the teaching aids and loads that are appropriate for the learning process of students with disabilities determines the relevance of the chosen direction of work. Extensive research is being conducted in many countries around the world to prevent stature disorders. Today, there are people with spinal curves in many countries around the world. Therefore, it is important to scientifically substantiate the system for the prevention of stature disorders. Observations of school children suggest that a great deal of research has been done to prevent spinal curvatures in students with postural changes.

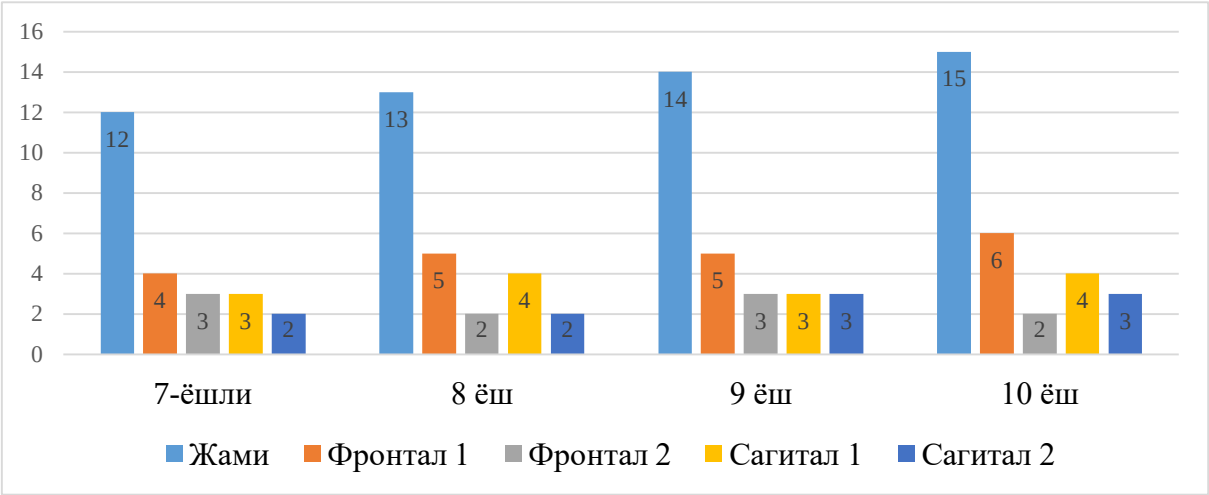
Initially on the use of physical education tools in the prevention of postural disorders, L.M. Buts, A.A. Patapchuk, V.V. Ikova., Lyubchenko V.Yu. , L.F. Asacheva, O.V. Gorbunova, L.P. Kandakova, E. P. Stromskaya, X. Xamzin, I.S. Krasikova, Z.Yu. Gazieva et al., Conducted a study in which E.A. Abalmasova, V.G. Abdushkina, V.Yu. Kraxalev, E.V. Belenkiy, M.Yu. Papova, E.I. Reflected in Yankelivich's research. {3.60-67-p}

DISCUSSION

Pupils in grades 1-2 of scoliosis in grades 1-4 were selected for 1st grade, ie 12 students with spinal cord injuries at the age of 7, 13 students at the age of 8, 14 students at the age of 9, 15 students at the age of 10, a total of 54 participants in the experimental group. selected.

During the study, anthropometric parameters of 7-10 year olds and complications in the body structure of the organism were determined. (Table 1)

Complications in body structure in 7–10-year-old pupils in the experimental group prior to the research(n=54)



A specific schedule was developed to facilitate the use of a special set of exercises developed during the study. According to the schedule, 3 groups of students were trained on a set of special exercises 2 times a week in class and 3 times in extracurricular time, and their duration ranged from 30 to 35 minutes.

Special exercises were selected that affected the local muscles at the site of the complication in the spine. Special exercise standards have been developed for students 'age, gender, functional status, and spinal curvature levels. The results obtained show that certain muscles have an effective effect on the muscles in places.

Thus, in addition to the exercises to correct the distortion of the body in the frontal plane, the following 4 exercises were included:

1) Muscle relaxation exercises;

2) Exercises that strengthen the muscles (affecting the muscles of the back, buttocks, waist and lumbar spine, straight and curved muscles of the abdomen);

3) Asymmetric and symmetrical exercises (asymmetric loading of the movement support apparatus on the movement structure);

4) Movement coordination and balance exercises.

wo additional exercises were selected to correct the distortion of the body in the sagittal plane:

Exercises that correct the body, develop static endurance (bringing the shoulders closer, further away, pulling, hanging with arms bent);

1) Exercises that develop the strength of the back and front of the body and the muscles of the shoulder.

When using special exercises to correct the kyphosis condition of the body, the main focus was on correcting the thoracic part of the spine. Analysis of physical fitness indicators showed that the results improved after pedagogical experience in medical groups on the anthropometric indicators of participants, complications of spinal curvatures (postural disorders) in the frontal and sagittal plane, ie a positive change was observed. {4. 178-180-b; 5.65-68-b; 6.244-245-b)

In the experimental group, 1 pupil from group II changed to grade I in terms of sogital status of 7-year-old students, and 2 students from group I with complications of grade I scoliosis were found to be healthy. In the frontal group, 2 pupils were transferred to group I, and 4 pupils of group I were transferred to the main group without any complications of scoliosis. The fact that 6 of the 12 pupils at the beginning of this research were transferred from group to group means that 50% of the pupils had no complications of scoliosis.

According to the sagittal status of 8-year-old pupils, 1 pupil was transferred from group II to group I and 3 pupils from group I to the main group. 1 pupil from Frontal Group II to Group I and 3 students from Group I to Group I can continue their training with the main group, improving their health. The fact that 6 of the 13 pupils at the beginning of the research were transferred to the group meant that 46.1% of the pupils had no complications of scoliosis.

From 9-year-old pupils, 1 pupil was transferred from group II to group I and 2 pupils from group I to the main group. On the complication of scoliosis in the frontal plane, 4 pupils were transferred from group to group, 2 of them were transferred to the main group. This study showed that 42.8% of pupils were able to engage in physical education and sports without the complications of healthy scoliosis through the use of specific exercises.

RESULTS

Another high rate was in 10-year-old pupils. Because they themselves acted consciously. So they didn't bother us either. From the process of conducting classes in 2 groups with 7 pupils on the sagittal condition, 4 were transferred from group to group, of which 4 pupils were transferred to practice in the main group. There was a change in frontal position, but there was not enough growth to transfer to the group. 1 pupil was transferred from group II to group I and 3 pupils from group I to the main group. Of the 15 10-year-olds, 6 were transferred to the core group, accounting for 40.0%.

Changes in the complication status of the body structure in the experimental group of students aged 7-10 years during the research (Table 2).

the experimental group											
The degree of scoliosis		total	The number of distortions in the frontal plane				The number of disturbances in the sagittal plane				
			I (1^0-10^0)		II (11^0-25^0)		I (1^0-10^0)		II (11^0-25^0)		
age	group	number	n	%	n	%	N	%	n	%	
7	beginning of the experiment	12	4	33,33	3	25,00	3	25	2	16,7	
	end of the experiment	6	2	33,33	1	16,67	2	33,3	1	16,7	
8	beginning of the experiment	13	5	38,46	2	15,38	4	31	2	15,3	
	end of the experiment	7	3	42,86	1	14,29	2	28,6	1	14,2	
9	beginning of the experiment	14	5	35,71	3	21,43	3	21,4	3	21,4	
	end of the experiment	8	3	37,50	1	12,50	2	25	2	25	
10	beginning of the experiment	15	6	40,00	2	13,33	4	26,7	3	20	
	end of the experiment	9	4	44,44	2	22,22	2	22,2	1	11,1	
Total	beginning of the experiment	54	$\overline{X}$ =5,00	36,88	2,50	18,79	3,50	26,03	2,50	18,35	Average
			0,707	2,558	0,500	4,661	0,500	3,451	0,500	2,452	Σ
			14,142	6,937	20,000	24,810	14,286	13,262	20,000	13,363	V, %
	end of the experiment	30	$\overline{X}$ =3,00	39,53	1,25	16,42	2,00	27,28	1,25	16,75	Average
			0,707	4,409	0,433	3,662	0,000	4,153	0,433	5,160	Σ
			23,57	11,15	34,64	22,31	0,00	15,23	34,64	30,80	V, %

CONCLUSION

Scoliosis is more common in children aged 5-15 years. Early prevention of this disease makes it possible to identify and eliminate the risk of developing chronic pathology. It was found during the experiment that the use of a set of special exercises developed during the research has a great effect on the prevention of postural disorders in children. In conclusion, we started the research with 54 pupils at the beginning of the study, and for 6 months, 30 pupils remained in 2 groups. 24 pupils were transferred to the main group. This is an increase of 44.4% overall.

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