

FITNESS TECHNOLOGIES FOR THE FORMATION OF THE ACTIVE MOTOR MODE OF A CHILD

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One of the main objectives of our experimental research [1] was justification of the influence of fitness Technology (FT) on the efficiency of formation of motor modes for children under 6 years old in different periods of adaptation and we selected (prenatal, the first year of life, period of adaptation to preschool educational institution; learning in the preschool education institution). 394 people took part in the pedagogical experiment.

Formation of the need in the movement is most effective during prenatal period. The efficiency decreases when passing from one period of adaptation to another as the child grows. With each new period, the role of fitness technologies including: sports and health techniques, developmental environment, promotion of physical activity, the parameters of organized and independent motor activity increases.

Stimulation of motor activity through all of the above mentioned technologies is the key position.

In the first period of adaptation (prenatal), we used different sport and health technologies, generally called "Gymnastics before the birth" [1], their main purpose was: to stimulate of motor activity in the prenatal period.

Statistical analysis of basic value (prior to the experiment) between the two groups, according to the Pearson test did not reveal significant differences ($t_p = 0.82$, $P > 0.05$). The difference of indexes between 1-th and 4-th weeks in the experimental group, is reliable ($t_p = 10.1$, $P < 0.05$), in the control group (with a deterioration in performance) - reliable ($t_p = 4.9$, $P < 0.05$) at the end of the experiment between the experimental and control groups - reliable ($t_p = 3.2$, $P < 0.05$).

In the second period of adaptation, we used two main fitness methods: expressive dynamic exercises [3] and G. Doman's program [2].

The effectiveness of Doman's method is confirmed by the results of evaluation of static and dynamic functions of children in the first year of life, so that by the end of the experiment significant differences ($P < 0.05$) between groups were found on the indicators "Began to creep" $t_p = 2.56$ and "Hanging on a bar" $t_p = 7.07$.

In the third period of adaptation to new circumstances, we used a complex technique, the main purpose of which was the removal of emotional stress due to the active motor mode, using active and passive environment. We take into account that there is a close connection between the main indexes of motor activity and children's behavior during the day, the nature of their motor activity.

The obtained results have confirmed the effectiveness of the suggested method and improved the results of adaptation of children in the experimental group: motor activity and its characteristics (size - $t_p = 7.95$ and intensity - $t_p = 5.33$) significantly increased, compared with children of the control group, whose parameters went down a little; the period of adaptation of children has decreased, adaptation (by quality indicators: extents) passed easily.

In the last period of adaptation, which we selected, we have used fitness technologies improving the effectiveness of training, which main purpose was - optimization of motor activity, stimulation of independent motor activity.

The practical implementation of the concept we have developed and tested in the process of physical education of children under 6 includes direct participation of children's parents as a necessary condition for the formation of the active motor mode periods: prenatal and early preschool educational institutions periods, accounting levels of physical activity and type of mobility, the creation of developmental sports and sports media, as a basis for encouraging of the active motor mode, coordination of health department (prenatal), preschool educational institutions and parents efforts.

References

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