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ӘСКЕРИ ЖОҒАРЫ ОҚУ ОРЫНДАРЫНЫҢ СТУДЕНТТЕРІМЕН ЕМДЕУ КУРСТАРЫН ҰЙЫМДАСТЫРУ ЖӘНЕ ҚОЛДАНУ

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Аңдатпа

Бұл мақалада әскери қызметшілермен ЕДШ бойынша сабақтарды дұрыс ұйымдастыру және өткізу мәселелері қарастырылады. Қазіргі уақытта, әдебиеттерді талдау көрсеткендей, дене шынықтыру практикасында әскери қызметшілердің денсаулықтарын нығайту және сақтаудағы қажеттілігі мен әскери қызметшілердің ЕДШ ұйымдастыру және өткізу үдерісінің жоқтығы арасында қарама-қайшылық бар. Осыған байланысты авторлар ЕДШ бойынша дене шынықтыру жаттығуларының әзірленген кешенін ұсынады. Әскери қызметшілердің денсаулығын нығайту және сақтау – дене шынықтыру даярлығының негізгі міндеттерінің бірі. Осындай жағдайларда мұқтаж әскери қызметшілермен ЕДШ бойынша сабақтарды дұрыс ұйымдастыру мен өткізу және оларды барынша қысқа мерзімде кәсіби қызметтеріне қайтару маңызды рөл атқарады. Алайда, әдебиеттерді талдау көрсеткендей, қазіргі уақытта дене шынықтыру даярлығы практикасында әскери қызметшілердің денсаулықтарын нығайту және сақтаудағы қажеттілігі мен әскери қызметшілердің ЕДШ ұйымдастыру және өткізу үдерісінің жоқтығы арасында қарама-қайшылық бар.

Түйінді сөздер: жаттығу терапиясы, денсаулықты сақтау және нығайту, әскери қызметшілер, дене дамуы, жарақат, жаттығулар кешені.

ОРГАНИЗАЦИЯ И ОСУЩЕСТВЛЕНИЕ ЗАНЯТИЙ ПО ЛЕЧЕНИЮ СО СТУДЕНТАМИ ВОЕННЫХ ВЫСШИХ УЧРЕЖДЕНИЙ

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В статье рассматриваются вопросы организации и проведения правильной организации и проведения занятий по ЛФК с военнослужащими. В настоящее время, как показал анализ литературы, в практике физической подготовки обнаруживается противоречие между потребностью военнослужащих в укреплении и сохранении здоровья и отсутствием возможности организации и проведения ЛФК у военнослужащих. В связи с этим авторы предлагают разработанный комплекс физических упражнений по ЛФК. Повышение и сохранение здоровья военнослужащих – одна из основных задач физической подготовки. Важное значение, в этих условиях, имеют правильная организация и проведение занятий по ЛФК нуждающимися военнослужащими и возвращение их к своей профессиональной деятельности в кратчайшие сроки. Однако, как показал анализ литературы, в настоящее время в практике физической подготовки обнаруживается противоречие между потребностью военнослужащих в укреплении и сохранении здоровья и отсутствием возможности организации и проведения ЛФК у военнослужащих.

Ключевые слова: ЛФК, сохранение и укрепление здоровья, военнослужащие, физическое развитие, травма, комплекс упражнений.

**ORGANIZATION AND REALIZATION OF EMPLOYMENTS ON HEALING
FITNESS WITH STUDENTS OF MILITARY HIGHER EDUCATION
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Annotation

In the article the questions of organization and realization of correct organization and realization of employments are examined on HF with servicemen. Presently, as an analysis of literature showed, in practice of physical preparation contradiction reveals between the requirement of servicemen in strengthening and maintenance of health and by absence of possibility of organization and realization of HF for servicemen. In this connection authors offer the worked out complex of physical exercises on HF. Improving and maintaining the health of servicemen is one of the main tasks of physical preparation. In these conditions, the correct organization and realization of employments on HF with servicemen in need and returning them to their professional activities as soon as possible is important. However, as the analysis of the literature has shown, nowadays in the practice of physical training there is a contradiction between the requirement of servicemen in strengthening and maintenance of health and by absence of possibility of organization and realization of HF for servicemen.

Keywords: Healing Fitness, strengthening and maintaining health, servicemen, physical development, injury, set of exercises.

Negative social-demographic factors cause the deterioration of the health status of military specialists, the lack of physical training and the stressful nature of military professional labor negatively affect the success of professional duties. The combat readiness of servicemen can only be ensured if they are sufficiently prepared from all respects, including physical.

Nowadays, in the course of the reforms carried out in the Armed Forces of the Republic of Kazakhstan, significant changes have occurred in the system of physical training of servicemen.

Strengthening and maintaining the health of servicemen is one of the main tasks of physical preparation. In these conditions, the correct organization and realization of employments on HF with servicemen in need and returning them to their professional activities as soon as possible is important. However, as the analysis of the literature has shown, nowadays in the practice of physical training there is a contradiction between the requirement of servicemen in strengthening and maintenance of health and the lack of possibility of organization and realization of HF for servicemen.

Due to the lack of theoretical substantiation of the organization and realization of HF for servicemen, as well as the vagueness of the legal base in determining the functions of a specialist on HF in a military unit, it is necessary to improve the effectiveness of the current system of physical training for servicemen.

The purpose of the study is to substantiate the organization and realization of employments on HF with servicemen theoretically, practical use in the activities of the head of physical training of restorative training to restore the functions of the lower extremities after injury.

In accordance with the purpose of the study, it was necessary to solve the following tasks:

1. To study the characteristics of the organization and realization of employments on HF with servicemen.

2. To develop a set of exercises for Healing Fitness to restore the military after injuries of the knee joint.

3. To test the developed set of physical exercises and give practical recommendations.

The solution of the tasks assigned to the work was carried out in three stages. The study was conducted directly on the basis of the institute (in the classroom, during the sports mass work). The group studied was 3 people. They were students aged from 19 to 22 years old, with previously injured lower limbs.

At the first stage, the main task was, by studying the literature, to analyze the problem posed and, based on theoretical analysis and generalization, to determine the experimental and methodological approaches to its solution. To give a general description of the physical training of servicemen, to consider organizing and conducting physical training classes in the system of physical training.

At the second stage, taking into account the peculiarities of the experimental work, the study consisted in observing and studying the results of changes in the circumference of the hip and lower leg of patients with meniscus injuries that they had previously suffered after rehabilitation training using exercises of HF.

At the final stage of the study, the focus was on the literary style of the text of the work, the statistical processing of the research results.

As a result of the work on the obtained data of measurements of the volume of the muscles of the lower extremities, we were able to analyze the state of their muscle mass.

Measurements were performed on the operated (or simply injured) and healthy legs, on the thigh and lower leg. The data were taken on the upper third of the thigh and tibia, the result was subjected to mathematical processing. Based on the data obtained, it can be seen that the average volume of the thigh of the affected leg decreased by approximately 0.6cm. The lower leg was reduced by 0.5cm compared with the preoperative condition.

Thus, the results of the study showed:

1) In a patient with a meniscus injury, a decrease in the volume of the lower (injured) limbs is observed, which simultaneously characterizes the decrease in muscle tone;

2) The volume of the leg muscles decreased to a large extent than the volume of the thigh therefore, the leg muscles are more capable of atrophy with prolonged absence of exercise;

3) The volume of the leg muscles of the injured leg decreases more, great.

During the questioning of the study group, it was found that the majority of patients had painful phenomena in the knee joint before the injury. Three of the five studied were injured during training sessions.

For the studied were selected physical exercises from the complex of HF. The survey was conducted systematically in the afternoon, during the mass sports work.

The functions of the lower limbs are significantly different from those of the upper limbs. In the functions of the lower extremities force moments prevail: the lower limbs have a large static load while maintaining the weight of the body. The strength of tension varies depending on the nature of the movements: standing, walking, running, etc. For coordination of movements, it is necessary to fully master the restoration of freedom of movement of muscles, strength of muscles. The need to restore force points and ensure that it can withstand a heavy load of heaviness makes the treatment of injured joints of the lower limbs particularly difficult.

In the first periods of training, the leading task is to prevent atrophy of the muscles of the thigh and lower leg. Exercises that are primarily aimed at increasing muscle tone are used primarily; passive exercises are used very carefully.

Then the main task is to restore mobility in the joints. To solve it, use a variety of passive, passive-active and active exercises.

When performing all the exercises, the main requirement is a careful and slow increase in the strength of the interaction of the articular surfaces, while maintaining the greatest possible amplitude of movements and a gradual recovery of muscle strength.

Further, stimulating the adaptation of joint tissues (bone callus, articular cartilage, menisci, etc.) to full function, restoring the strength of the muscles surrounding the joint, restoring

lost motor skills. The complex of motor exercises to restore the muscle tone of the lower limbs and joint mobility of the injured limb.

The following exercises are assigned:

1. Dorsal flexion.
2. Flexing the toes.
3. Static tension of the quadriceps femoris.
4. Exercises for immobilization-free joints.
5. Exercises for the knee joint.

In the first period, the initial effects are aimed at accelerating the resorption of hemorrhage in the joint, accelerating the regeneration of damaged tissues.

In the second period, the main is the restoration of range of motion in the joint and muscle strength of the injured limb. Active movements are mainly used. Sharp movements or extra loads of body weight in stretching exercises should be used very carefully.

In the third period, the focus is on the restoration of spring properties, support ability. Careful use of exercises with sharp movements and significant axial load.

In the course of research and observation of the study group, the results were tabulated. The tables noted the names of the subjects, exercises and results of accomplishments in the research process.

The circumference of the injured leg increased after the complex of exercises, compared to measurements before the behavior of the studies (training on the proposed physical exercises), on average: the circumference of the thigh - by 1.3cm; tibia circumference - 0.2cm.

Studies have shown the need for further work in the treatment of injuries by means of exercise.

In the process of observing the subjects, the recovery process of the joint and muscles of the lower limbs was traced.

The complex of physical exercises was made taking into account the specificity of the injury. Patients were offered mainly exercises for the muscles of the thigh and lower leg, according to the complex of proposed physical exercises. Research results prove the need to start training as early as possible after removal of immobilization, in the absence of complications, in order to prevent muscle atrophy and more quickly restore and strengthen the lower limbs.

Thus, the activation of the neuromuscular apparatus has a positive effect on the work of other body systems and contributes to a more rapid recovery. The proposed complex of special physical exercises should be used in the treatment of injuries of the lower extremities. Further research prospects should be sought in the development of a more optimal dosage of exercises, in favor of more effective exercises, in the use of various gymnastic apparatus and devices.

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