



HEALING PHYSICAL EDUCATION AS A MEANS TO OVERCOME CHILDHOOD HYPODYNAMICS UNDER LOCKDOWN CONDITIONS

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ABSTRACT

The article examines the possibility to find ways to maintain physical capacity at home through flexibility under the conditions of limited activity of children. The study was done not only on the purpose to prove this possibility, but also to report the specific qualities of the family environment as a constant in upbringing children.

Key words: healing physical education, flexibility, family environment qualities

Healing physical education includes a set of exercises selected according to the individual characteristics of each student. The importance of therapeutic exercise for the health of human body is great. Moderate activity has a beneficial effect on almost all organs and systems, such as improving the functions of respiratory and cardiovascular systems and neuromuscular system. It increases the endurance of immune system, heightens the enzyme activity and improves the natural resistance to viral diseases. It activates metabolism, stimulates the endocrine system and tissue metabolism. Moderate activity makes the compensatory functions of the body normal and has a general tonic effect. It helps to build proper posture. Along with the above mentioned, we should add that it solves not only pure medical problems, but also problems of psychological nature.

The healing physical education classes create and develop valuable psycho-social and volitional qualities, strengthen the psyche and create motivation of the child.

Research has shown that nearly 60% of the children under 13 in Bulgaria have a spinal

curvature. According to neurologists, the problem is extremely serious and if not managed in time, it can lead to serious diseases with age. Therefore, it is considered necessary to apply preventive measures related to improving the physical development and hardening of children. From an early age, a child should be taught to keep proper posture when sitting, walking and standing. Another common phenomenon is overweight and obesity of children and students. These increase the risk of diseases such as diabetes, hypertension, etc. at a later age. Their timely diagnosis and treatment It is extremely important to timely determine diagnosis and treat the diseases [4, 3].

The imposed epidemiological situation and the restrictions related to it, especially the full lockdown, has become one of the biggest challenges to the educational system in Bulgaria during the past few. For months during two consequent academic years it has been determined to imply distant education in a real electronic environment. All subjects in the educational system have been severely limited to perform their specific tasks, but the very nature of physical education turned to be the biggest

challenge it has faced to, so that students can fully participate in the educational process.

One of the most attractive and useful forms of physical education – healing physical education – could contribute to minimizing the consequences of pandemic and lockdown imposed. No special equipment or large area is required to perform the tasks set by the teacher. The classes are not competitive in their nature, exercises are performed at a calm, slow pace.

Our experience in online activities, in the electronic environment, has proved the extremely important role of home, family environment. Tracking the attitudes of children and parents, some important qualities that help to perform the activities properly have been revealed:

- goodwill – providing optimal conditions for classes;
- responsibility – performance of the assigned tasks both qualitatively and quantitatively;
- purposefulness – setting daily, small goals that are accessible to achieve;
- moderation – the pursuit of fast results or heavy loads is limited.

The indicated positive qualities of family environment, the professional presentation of individual exercises and the monitoring of achieved results increased the effectiveness of the healing physical education classes.

As a good practice from our experience This article presents the development of the physical quality, which is especially related to healing physical education – flexibility. According to the theory, flexibility is the ability to perform movements with a large amplitude [2]. Decreased flexibility in certain joints can cause musculoskeletal problems, and it is considered that flexibility exercises reduce the occurrence of such conditions.

In practice, we used one of the standardized tests of Eurofit - "tilts sideways with the torso" [1]. Participants in the study were children aged 7-11 – 10 boys and 10 girls. The performance was monitored individually through the cameras of home computer devices.

The test consists of tilts sideways taking into account the initial position of palms before the exercise and the position of maximum inclination, subtracting the first value from the second one where the result obtained shows the depth of lateral inclination. The attempts performed are three, of which the maximum achievement is considered. The test was initially applied at the beginning of distance learning to establish the current status of this indicator. After the completion of e-learning, during the class attendance, a new test was conducted to report the positive or negative change. The results of the two tests are presented in **Table 1** and **Table 2**, respectively.

Table 1. Test results "tilt sideways with the torso" – distance learning

Girls		Boys	
Qualitative evaluation	Quantitative evaluation - %	Qualitative evaluation	Quantitative evaluation - %
Poor	20	Poor	10
Satisfactory	20	Satisfactory	20
Fair	10	Fair	20
Good	30	Good	40
Excellent	20	Excellent	10

Table 2. Test results "tilt sideways with the torso" – face-to-face learning

Girls		Boys	
Qualitative evaluation	Quantitative evaluation - %	Qualitative evaluation	Quantitative evaluation - %
Poor	10	Poor	-
Satisfactory	10	Satisfactory	20
Fair	30	Fair	30
Good	30	Good	30
Excellent	20	Excellent	20

The analysis of test results leads to the following conclusions:

1. Distance learning may be an accompanying form to the face-to-face learning but it is not an adequate substitute for it. The problems are many and can be divided both into pure physical – e.g. hypodynamics – and psychological – lack of face-to-face contact and normal feedback.
2. The achievements of testing obtained after work in this abnormal environment have shown that it is possible to get good results but only with the joint efforts of teachers, students and families.

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