

HEALTH SCANDINA WALKING METHODOLOGY FOR PRIMARY SCHOOL STUDENTS

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Annotation: This article discusses the importance of applying Scandinavian walking to primary school students, its positive effect on children's bodies and the rules of training.

Keywords: Scandinavian walking, coordination of movements, flexibility, physical tension, sticks, exercise, Scandinavian walking technique.

According to the World Health Organization, an inactive lifestyle is a global problem for public health.

Every year the number of children suffering from cardiovascular diseases, obesity, flat feet, curvature of the spine, speech, vision, respiratory function is growing, which in turn affects the ability of children to resist various diseases. reduces.

Therefore, the issue of finding effective ways to improve the health of the child, correct deficiencies in physical development, prevent disease and increase physical activity is relevant today. The simplest solution to these problems is to use Scandinavian walking for primary school students.

Walking with a Scandinavian stick

In Scandinavia, walking with a stick (Northern walking, Nordic walking, Finnish walking) is a type of walking based on special sticks, similar to skiers. Scandinavian walking is relatively new and is becoming one of the most developing sports today.

Benefits of Scandinavian walking for elementary school

There are several reasons why we decided to use Scandinavian walking for primary school students:

- * can be practiced at any time of the year;
- * Suitable for all children;
- * can walk in any area;
- * promotes the development and functional improvement of respiration, blood circulation, cardiovascular and nervous systems of the body;
- * develops muscle strength, flexibility, endurance, speed and coordination skills;
- * teaches a sense of balance;
- * Increases energy consumption by 5-10% compared to normal walking.

Walking with a Scandinavian stick is almost universal - suitable for children of all ages, genders and levels of physical fitness.

There are no guidelines against Scandinavian walking. Of course, this walk is not recommended in cases where it is indicated (acute infectious diseases, exacerbation of any chronic disease with severe pain syndrome, etc.).

Regardless of the state of health, the increase in load during training should be gradual. Scandinavian walking lessons have a positive effect and do not cause unpleasant feelings, and are a fun activity for beginners.

Scandinavian walking equipment

A mandatory element of Scandinavian walking equipment is special sticks. It should be noted that sticks of incorrectly chosen length increase the load on the muscular system, especially the muscles of the back, knees and legs.

The sticks have tip coatings that help them walk on snow, ice, roads and other, relatively soft surfaces. A special rubber tip is used for walking on asphalt and concrete. There are no special shoes or clothes for Scandinavian walking. Trainees can wear light clothing and comfortable shoes.

In our opinion, the best time to start training is autumn. Healthy lifestyle - 20-25 minutes (two, three times a week). In winter, walking exercises in Scandinavia are held at an air temperature of -15-18 ° C.

Adjust the length of the rods correctly

We use a stick for Scandinavian walking and put the tip on the toes. In this case, the elbow holding the stick should bend at a right angle.

It should be noted that with a change in the length of the rod, the intensity of physical stress during walking can be adjusted: as the length of the rod increases, the load increases.

Scandinavian walking technique

In Scandinavia, the method of walking with a stick is very similar to the usual walking: arms, legs move freely and synchronously: left arm and right leg forward, then the next step right arm and left leg forward, and etc. When walking, you should first put the heel, then the palm of the foot, then the tip, the movements should be performed lightly.

The main thing in a Scandinavian walk is to take the first step: first the arm is slightly bent at the elbow and stretched forward, making sure the stick is at an angle, the second is bent at the elbow, kept at pelvic level and directed backwards, do not rush. The left leg works when transmitting the right arm, and vice versa.

In Scandinavia, walking speed is usually much faster than normal walking. However, the amplitude of the arm movement determines the width of the step and, accordingly, the total load on the muscles of the body. As the load capacity of the arms decreases, the step becomes smaller and the load decreases, and if the walk is to be more intense, the amplitude of the arm movement increases. The Scandinavian walking method offers a variety of options: slow and fast walking, you can switch between wide and small steps. You can also take short walks and relax or exercise with walking sticks. There are special weights for sticks for those who love high physical activity.

When it comes to breathing techniques in Scandinavian walking, there are no clear rules and restrictions. It is recommended to start breathing while walking as usual, i.e. through the nose. Once you have finished walking, you should take a few deep breaths.

Conclusion.

Walking with a stick is almost universal in Scandinavia - suitable for any age, gender and level of fitness. There are no guidelines against Nordic walking.

We believe that Scandinavian walking is the most effective sport for primary school students to improve their health, correct physical development deficiencies, prevent disease and increase physical activity.

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