

Крошка С.А. METHODOLOGY OF CARRYING OUT HEALTH AND HEALTH WORKS ON BADMINTON FOR PERSONS WITH VIOLATION OF VISION // Система надання освіти дітям з особливими потребами в умовах сучасного закладу освіти : Збірник за матеріалами V Всеукр. науково-практичної конференції (12 грудня 2017 року). – Лисичанськ : ВП «Лисичанський педагогічний коледж Луганського національного університету імені Тараса Шевченка» – Лисичанськ : ФОП Чернов О. Г.– 2017. – С. 177-179.

Анотація. У статті розкрито основи занять бадмінтоном для осіб, які мають порушення зорової системи. Визначені форми та методи роботи з дітьми різної складності захворювання.

Ключові слова: бадмінтон, нозології, здоров'я.

METHODOLOGY OF CARRYING OUT HEALTH AND HEALTH WORKS ON BADMINTON FOR PERSONS WITH VIOLATION OF VISION

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Mass development of badminton, as a sport, helps to solve the main task facing the physical culture movement: to achieve physical perfection of students, to strengthen their health, to instill skills of a healthy lifestyle.

Badminton is a kind of university teaching a person the movements of the body, a means of teaching his diverse motor skills. Activities badminton allow a variety of effects on the human body, develop strength, endurance, coordination of movement, improve mobility in the joints, contribute to the acquisition of a wide range of motor skills, bring up strong-willed qualities.

Studies by many authors prove that badminton is an effective tool for maintaining a healthy lifestyle, improving the functional state of a person and his performance.

Badminton as a sports game develops the accuracy of visual perception, the speed of movement and the spatial representation of its body on the site. It is a mobile game that gives a lot of load to many muscle groups, contributing to the harmonious development of the body, "dressing" a person in "muscular clothes", thus decorating it. The body formed by the game causes admiration and promotes the entertainment of the game.

A significant intellectual principle of badminton is determined by the fact that it is a game by hand. Its role in the mental development of man is well known. It is not for nothing that I. Kant defined the value of the hand as a "brain that went out". Thanks to the "clever" hand, the player carries out the finest conceived blows, which not only bring the desired point, but can also trigger a surge of intellectual joy from a successfully realized design. In addition, it is believed that the movement of the brush at the time it touches the handle of the racket activates the

activity of the cerebral cortex. The game entices that it provides rich opportunities to switch from one mental activity to another mental activity - sports. Badminton is a kind of means of changing the kind of activity under the law of change of labor, fruitful for human life.

Simplicity, accessibility give the opportunity to engage in badminton to schoolchildren of any gender and age, using a site or a place for this. The wide possibility of load variability allows the use of badminton as a rehabilitation tool, and in particular for people with nearsightedness, to prevent the onset and progression of myopia.

The method of conducting physical education classes by means of badminton includes the preparatory, basic and final parts of the classes.

Particular attention is paid to the acquisition of skills for using exercises to develop a sense of a shuttle, which consists in the selection of individual and group exercises with a shuttlecock or two flounces. The starting position in most exercises is a stand with two shuttlecocks (in each hand in a shuttlecock) and holding them in front of you for the head, the exercises are selected in the following sequence: individual exercises with a flounce, individual exercises with two flounces, pair exercises with a flounce, two flounces

The selection of such exercises increases not only the density of activities, but also increases the number of movements performed by each hand, which in turn develops harmoniously the right and left parts of the body, learns to quickly switch attention (sight) from one object to another, develops speed and agility.

The uniqueness of the developed methodology of VG Turmanidze is the application of the principle of gradualness, and in particular the exclusion at the initial stage of training of such exercises as blows in the shuttlecock in jumping, rapid movements on the site and directly playing badminton, which is especially important for persons with visual impairment . Particular attention is paid to exercises during exercise, persons with visual impairment, tracking the movement of shuttlecocks, which has a beneficial effect on the functional state and hemodynamics of eyes with myopia and helps prevent the occurrence and progression of myopia.

The application of the developed methodology also contributes to improving the health of those engaged and improving the functional reserves of the body.

Thus, badminton is not only an effective tool for the physical development of the human body, but also contributes to improving the working capacity and functional condition of students, the prevention of various diseases, and most importantly affects the increase in the intelligence of schoolchildren.