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## SCIENTIFIC-METHODICAL BASES OF LOAD STANDARDIZATION IN EDUCATIONAL AND MASS SPORTS REHABILITATION EXERCISES

**Abstract.** The article presents a method of health fitness classes based on the selection of individual optimal training loads, which contributes to positive changes in the level of physical development, functional state and motor readiness of young people, which indicates the effectiveness of the proposed approach.

**Keywords:** youth, health activities, fitness technologies, physical development, functional state, motor fitness.

### INTRODUCTION

The state of human health largely depends on the organization of rational motor activity. The nature and volume of muscle load largely determine the physiological reserves of the cardiovascular, respiratory, neuromuscular systems of the human body [2, 3]. Currently, various types of fitness are the most popular and attractive forms of health-improving physical culture for women of different ages. Fitness has great potential for organizing a healthy lifestyle, introducing people to the culture of movement, and expresses the desire of those involved to be attractive and healthy [4].

### MATERIALS AND METHODS

The purpose of the study is to study the effectiveness of modern fitness technologies in the process of health-improving activities with young people.

Analyzing the age periods of girls' lives, it should be noted that when organizing physical education and health-improving fitness classes, it is necessary to take into account morphological and functional changes. Throughout life, these changes are progressive. Many authors call the age of 18-20 years one of the critical periods.

Conducted studies indicate that age-related changes in girls begin in the process of disruption of the central nervous system. This leads to neuroses, depression and rapid fatigue. Changes in the parameters of the cardiovascular and respiratory systems are also noted, the pulse quickens, jumps in blood pressure, uneven blood flow velocity and minute blood volume are observed.

### RESULTS AND DISCUSSION

The analysis of scientific and methodological literature shows that the involvement of student youth in modern physical education and fitness classes is determined by a number of factors, among which the leading place is occupied by the needs and motives of individuals in systematic physical activity classes, which ensure the strengthening of health and the development of motor functions necessary in educational and sports activities.

It is noteworthy that for student youth, the main motive for engaging in various types of fitness is the correction of physique with the help of strength types of motor activity, as well as the use of aerobic-anaerobic exercise, which provides significant changes in the functional state of the body.

It has been established that physical education and fitness classes contribute to more active motivation of girls aged 18-20, aimed at body shaping, strengthening health, expanding their social circle, neutralizing the manifestation of cellulite; increasing the range of motion; maintaining motor activity; improving the functional state of the cardiovascular and respiratory systems. As a result of the formative pedagogical experiment, in which two groups of girls aged 18–20 participated, valuable

information was obtained for organizing and conducting physical education and fitness classes. A feature of fitness classes with girls in the first group was the active use of shaping and aerobics, which are almost always provided with musical accompaniment when performing motor tasks, which has a positive effect on the psycho-emotional state of those involved. In the second group, strength exercises were used in combination with step aerobics, which, on the one hand, are aimed at strengthening the muscular system of girls aged 18–20, and on the other, provide an aerobic-anaerobic mode of work, which has a positive effect on strengthening the cardiovascular and respiratory systems of the body. The leading place in physical education classes is occupied by the selection of optimal training loads, which, first of all, should correspond to the individual level of physical fitness of girls. Training loads are determined by the following factors:

- rehabilitation after chronic diseases;
- restorative and health-improving activities to relieve psychological and physical fatigue after educational activities;
- maintaining the rhythm and pace of performing motor tasks;
- development of motor qualities and abilities;
- improving the functional state of the body.

It has been established that when choosing training loads, there are no serious difficulties in the second and third cases. Increasing the functional capabilities of the body of girls aged 18-20, as well as achieving a high training effect are ensured in the process of introducing a rational and systematic training load.

The current state of the functional capabilities of the body of girls aged 18-20 largely determines the choice of threshold loads that ensure the achievement of a positive training effect. It has been established that the same training load can be effective for a poorly trained person and completely ineffective for a trained one.

When individualizing loads, it is necessary to be guided to a greater extent by the principle of threshold loads. It follows from this that the definition of training loads is determined, first of all, by knowledge of one's functional capabilities.

## CONCLUSION

The level of physical fitness of girls who were engaged in the complex method increased at a higher rate than that of girls in the aerobics and shaping group. The fact that morphological, functional and motor indicators of girls aged 18–20 years improved indicates the feasibility of using modern fitness technologies to improve the health of young people.

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