

Peculiarities and Perspectives of Physical Rehabilitation Within High School System

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ABSTRACT:

The aim of the study was to substantiate the necessity of physical rehabilitation within the High School curriculum, individualized according to the assessment of health, physical development and physical fitness of the students from physical rehabilitation academic sport group (special medical group), in order to improve the students' life quality. The study engaged 362 students aged 18-20 years. Among those surveyed in the group of physical rehabilitation (PR) (special medical group) was attributed 143 students. The students from the PR academic group were divided into 4 subgroups according to their medical charts analysis, in order to differentiate rehabilitation physical education means and the activity regimen. The students of groups I and II were recommended sparing physical exercise regimen, groups III and IV – sparing and sparing-training physical exercise regimen. The implementation of the offered method improved both students' somatic health (the poor health level group decreased by 25.6% of the students, the average health group – by 9% of the students upon completing the study) and physical fitness level (the average health group increased by 18% of the students, 4.8% in the end of the study showed health level which exceeded the average one; the share of the students with poor physical fitness decreased by 22.9%). This made possible re-distribution of the students into different physical education groups (finally the physical rehabilitation group decreased by 13.2%). These data provide the basis for implementing physical rehabilitation into the High School curriculum within physical education classes.

KEY WORDS: Somatic health, Physical rehabilitation academic group students, Differentiation of physical education methods, Physical fitness.

Reference:

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