

Two thousand seventeen

The theme of the final qualification (diploma) work: "Organization and methodology of physical recreation of students through the use of comprehensive fitness programs"

ABSTRACT

The diploma work consists of introduction, two chapters, conclusion, bibliography containing 53 name, 4 figures and 3 tables.

In the student's environment currently, there is dissatisfaction with the academic content of physical culture lessons, which negatively affects the level of physical fitness and health. Therefore, the urgent task is the search of new effective ways of making healthy of students, improve their physical development and preparedness, attaching to the active lifestyle. In this regard, it is relevant to look for effective ways of making healthy of students, increase their level of physical development and preparedness, attaching to a healthy way of life and their practical implementation in the educational process. One of the most acceptable solution to this problem is to diversify the educational process by introduction of various fitness programs, for example, on the basis of martial arts.

In the introduction substantiates the relevance of the chosen topic, formulates the goal and objectives of the study, specifies the object and subject of research.

The first Chapter is devoted to the theoretical and methodological aspects of physical recreation of students, the principles of organization of physical recreation of students, a characteristic of the modern types of fitness, especially fitness programs.

In the second Chapter of the study presents the organization and methodology of physical recreation of students through the use of a comprehensive fitness program Ki-Bo.

Conclusion contains the main conclusions and proposals aimed at improving the efficiency of the organization and methodology of physical recreation of students through the use of a comprehensive fitness program Ki-Bo.

Author: Babakishiev Polad Elshad oglu

Scientific supervisor: candidate of pedagogic Sciences, associate Professor Galina Shiyanova Vinirovna

49.03.03 - Recreation and sports tourism

Orientation (profile): the Recreational activity

Qualifications: Bachelor

Institute of romance and Germanic languages, information and humanitarian technologies

The Department of physical culture and sports