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HEALTH, EDUCATIONAL AND EDUCATIONAL VALUE OF FREESTYLE WRESTLING

Today, when the true values and popularization of many types of martial arts are being revived, the use of freestyle wrestling is relevant [1, 8, 9, 10]. Freestyle wrestling makes the same demands on those who practice it as any kind of sports wrestling. Therefore, it is an effective means of physical training and health promotion for children.

According to the Ministry of Health of Ukraine, today there are only 14% of healthy children, 35% of sick children and 51% with various health disorders. The frequency of visual impairment among schoolchildren increases 5 times, digestive and genitourinary system pathology 3 times, posture disorders 5 times, and neuropsychiatric disorders 4 times. In recent years, the number of short children has increased 20 times. Over 40% of young men are medically unfit for military service. That is why human health is now becoming a topical issue for many fields of knowledge, among which a special place is given to pedagogical science, which is called upon to develop and preserve human health through the education system by shaping the culture of the population. In this situation, physical education and sports are of particular importance [2, 5, 9].

Wrestling is an extremely popular sport. Greco-Roman, freestyle wrestling, sambo and judo are becoming increasingly popular among young men [5, 6, 7, 8].

Wrestling was familiar to all peoples and at all times served as a powerful means of physical hardening of young people. It is this circumstance, as well as the opportunity to connect the glorious traditions of the past with the needs and ideals of physical improvement of modern youth, that made wrestling one of the most popular sports in the world [1].

Naturalness, accessibility, emotionality, the presence of weight categories that remove restrictions on wrestling for everyone, high health, educational and educational value – this is not a complete list of the benefits of cultivating various types of wrestling. Wrestling forms the necessary life positions in young

people, promotes intellectual, aesthetic, and strong-willed education, strengthens health, harmoniously develops posture and physical qualities, and equips them with a large amount of special knowledge and technical and tactical actions. [4, 5, 6, 7, 9].

Freestyle wrestling makes special demands on athletes. The art of wrestling is primarily about the ability to effectively control the situation and shape it in your favor. A wrestler learns this art of analyzing a situation in martial arts, trying to use inaccuracies in the opponent's actions, misleading him with deceptive movements, performing complex combinations, and unraveling the opponent's intentions. In these conditions, such intellectual qualities as attentiveness, prudence, become of paramount importance [1, 7].

In order to win, you need to have a high level of speed and strength, great endurance for muscle work performed in a wide range of intensity with large differences. An athlete must be able to rationally alternate between extreme muscle tension and relaxation. It should be added that the multifaceted muscular activity of a wrestler is associated with the need to alternately involve the vast majority of muscle groups in the work. Such alternate and different intensity of muscle work leads to rapid depletion of energy-rich phosphate depots of the body and activation of glycolytic processes of anaerobic energy supply and, as a result, to excessive accumulation of lactic acid in the blood, i.e. to a high level of oxidative processes – acidosis. By the end of the first period, the accumulated oxygen debt is restored, but then it increases intensively again, despite the noticeable activation of the body's vegetative reactions in the fifth or sixth minute of the fight. Thus, wrestling contributes to the harmonious improvement of all three processes of energy supply of the body: aerobic, anaerobic-lactate and anaerobic-alkalate [3, 11, 12].

Technically, wrestling is a very diverse type of motor activity. Wrestling in a stance and on the ground with different grips is replete with many techniques of lightning attack, defense, power movements, etc. In a variety of wrestling techniques, grabs and throws, you have to overcome the weight of the opponent's body and his opposition. This requires speed and agility and, of course, considerable strength. Special endurance is also required to withstand a great physiological load during a fight. Thus, wrestler training has a very versatile effect on the body.

Prolonged tension of large muscle groups associated with a disturbance in the rhythm of movement or with a delay in breathing causes «tension». At the same time, the pressure of the chest cavity increases significantly, which significantly complicates the work of the heart, and creates prerequisites for its

working hypertrophy, especially right ventricular hypertrophy, under the influence of systematic wrestling training.

The body adapts to training as a result of changes in all systems: central nervous, cardiovascular, neuromuscular, respiratory, hormonal, and others. These changes are specific to each type of wrestling, but there are general requirements for developing a certain level of sportsmanship. These include, first and foremost, a high degree of special endurance and the ability to exert explosive forces. In wrestling, athletes can compensate for an insufficiently high level of some qualities by enhancing the development of others. In particular, the lack of maximum strength is compensated by the development of special endurance, a relatively low level of speed – by increasing power endurance.

As a rule, all outstanding wrestlers have a sufficient development of physical qualities, but one of them always prevails.

The versatile effect of wrestling training makes it an important means of physical education. However, you should be careful when specializing in wrestling. Muscle strength develops later, after adulthood, and premature strength training can sometimes negatively affect the achievements of athletes in their chosen sport specialization. With the right training methodology, young wrestlers may not be afraid of harm to their health, but it is difficult to expect the best results in most cases.

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РУХ – ОСНОВА ЗДОРОВ'Я І ЦІННІСТЬ ЖИТТЯ

*«Рух за своєю дією може замінити будь-які ліки,
але всі ліки світу не можуть замінити рух»*

Ticco

Дослідження умов еволюції тваринного світу показує, що для виживання їм потрібні були все більш досконалі форми руху. І це закономірно, адже саме рух є основною умовою збереження та забезпечення життя: підтримка термостабільності, здобування їжі, захист від ворогів і реалізація інстинкту відтворення потомства (ці чотири аспекти життєдіяльності складають основу життя тварини). Удосконалення форм руху обумовлює більшу адаптацію до змінених умов середовища, що стало пусковим, вихідним механізмом біологічної еволюції. Розгляд еволюційної ієрархії безсумнівно підтверджується тим фактом, що з