

DEVELOPMENT OF WELLNESS CULTURE THROUGH CORRECTIVE GYMNASTICS

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INTRODUCTION

Corrective exercises are very necessary for today's immobile and physically unprepared teenagers (Dimitrova, 2024;; 2023; 2023a, Dimitrova & Nesheva, 2021). Physical education, along with moral, aesthetic, mental, and work education, support the all-round development of the personality, so that it is equally useful for itself and society (Dimitrova, 2024a; Ignatova, 2021; Ignatova, 2023; 2023a; 2023b; Ignatova, 2018). Different types of corrective exercises are present in each of the presented lesson units. Emphasis is placed on proper execution to achieve the goals and objectives of the research (Ignatova, 2022; Ignatov, 2022; Ignatov, Petkova, 2022).

METHODS

The assessment of the level of motor activity is carried out in the following order:

- Evaluation of the results of individual tests.
- Calculation of the final assessment for physical capacity.

The evaluation of the results of the individual tests was carried out in two ways:

- 20-point scale;
- by determining intervals according to the six-point scoring system.

To evaluate the results of the individual tests on a 20-point scale, the following steps are taken:

- The number of points obtained for a result achieved in a specific test is determined depending on the age and gender of the students. We find the appropriate table for age and gender and establish the points the student receives.

In the same way, we find the number of points for the other tests.

- The number of points obtained for each test is equated to the six-point grading system. The final assessment of physical ability is calculated as an arithmetic average of the scores for the individual tests.

RESULTS

The dynamics of motor activity indicators based on spinal straightening complexes between boys and girls were monitored in five motor tests to determine the level of motor capacity. A comparative analysis of empirical values was carried out between the beginning and end of the

study period from September 2023 to May 2024. The object of study is the process of pedagogical interaction and the influence of corrective exercises on posture correction. Immobility leads to a decrease in the adaptive functions of the body, which is expressed in a weakening of the immune system and disorders in the psycho-emotional state. In addition, it harms the musculoskeletal system. Different types of sports stress different muscle groups, so progress is different in tests. All adolescents should be encouraged to play sports. The students in the study group are heterogeneous, showing progress in different tests. At the end of the school year, some students show no progress in results or maintain the levels from the beginning of the school year. Grading individual test scores on a 20-point scale suggests good comparability between individual tests, as well as how much (in number of points) is missing to get a higher score. To evaluate the results of individual tests by determining intervals by the six-point system is passed through the following steps:

- The assessment according to the six-point system is determined depending on the age and gender of the students. We find the appropriate table for age and gender and establish the rating. In the same way, we find the marks for the other tests.
- The final assessment of physical capacity is calculated as an arithmetic mean score from the scores on the individual tests.
- The final assessment of the student's physical ability is calculated only if the results of all 5 tests are available.

A final grade should not be calculated if a result is missing from any of the tests. Table 1 presents the research methods and tools used in the study.

Table 1.

Research methods and tools




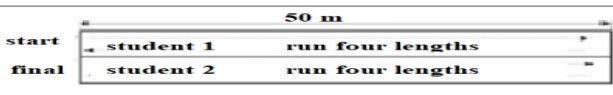
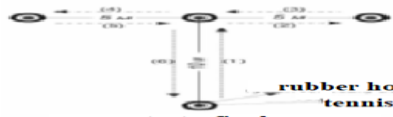
Research methods	Research tools
Modified method	 Run 30 m
Modified method - sequentially	 long jump from a standing position with two feet
Modified method - sequentially	 Throwing a solid ball
Group method in pairs	 50 m start student 1 run four lengths final student 2 run four lengths Shuttle run 200 m
Modified method	 rubber hoop tennis ball start - final T-test - agility test

Figure 1 shows the study participants who achieved the maximum number of points in the individual tests at the beginning of the experimental period. According to data from the same chart, expressed in percentages, the participants do best in the standing long jump.

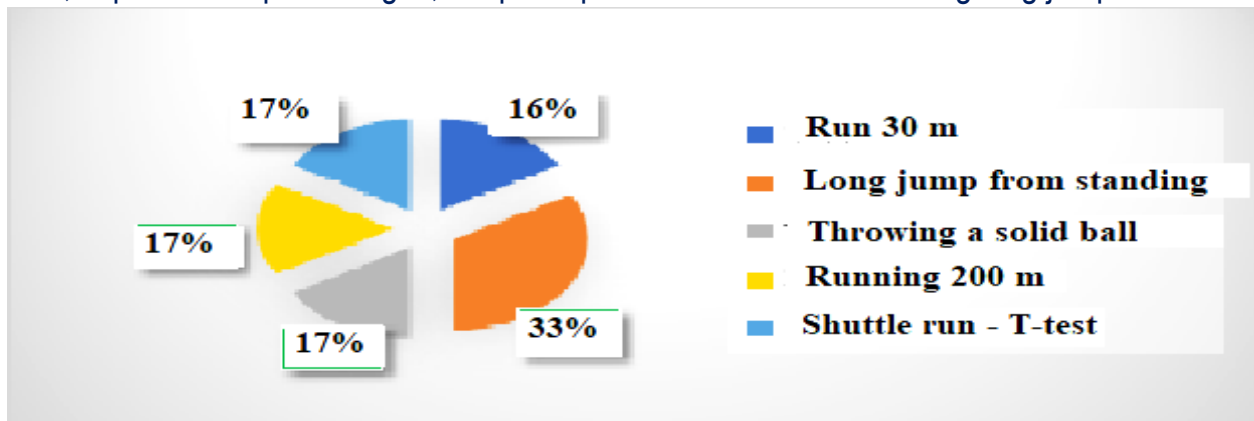


Figure 1. Comparison - boys and girls

Figure 2 shows the ratio in the dynamics of motor activity indicators based on complexes for straightening the spine, between boys and girls in the five tests to determine the level of motor capacity at the beginning of the school year - September 2023. Comparative is analyzed with the empirical values from the end of the researched period - May 2024.

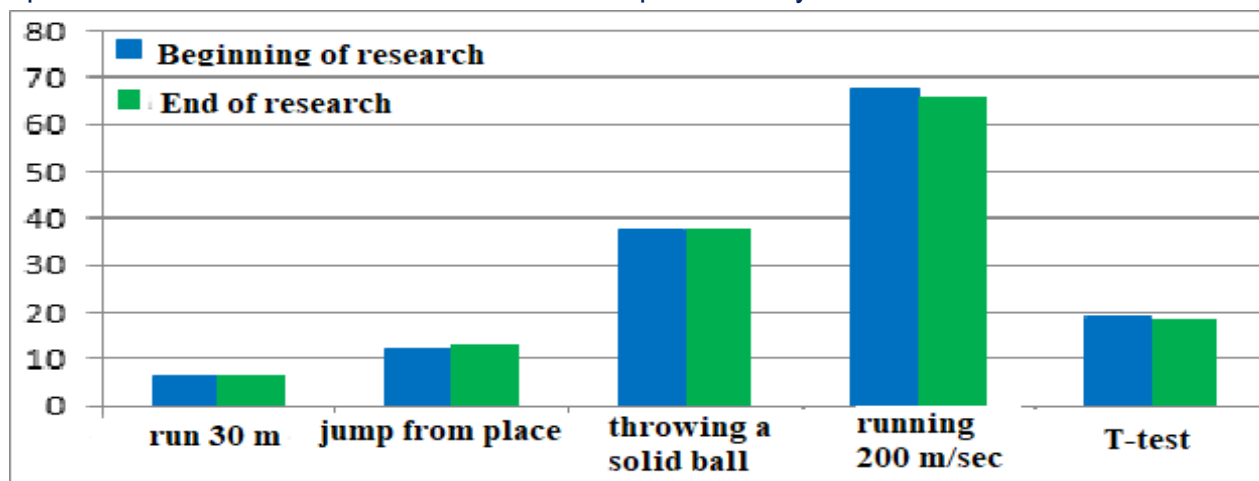


Figure 2. Achievements in individual tests - beginning/end

Figure 2 shows the difference in the dynamics of the indicators at the beginning and the end of the school year. The reported results clearly express the difference in the results of boys and girls in the two stages of the study period, on each of the tests in the motor activity battery. Students in the elementary stage are usually active and enjoy participating in all motor activities, as well as in games composed of exercises with elements to straighten the spine. With them, a high density of the lesson is achieved, the set research tasks are solved and postural corrections are actively worked on. Some children do not progress. Many factors can influence the results, morphological,

genetic, and level of motor activity. Students have different motor abilities. They are extremely diligent and hardworking, but their motor and physiological characteristics limit them. It is these that should be encouraged both verbally and in assessment. Some children play sports but do not have good motivation to participate in class. Here is the role of the teacher, the lesson should be presented in an interesting and accessible way and the appropriate methods and approaches should be sought for each group of children. Playing sports in their free time is also a factor, children who play sports will invariably improve their results. Their overall results are good. Different types of sports stress different muscle groups, so progress is different in different tests. All adolescents should be encouraged to play sports. The students in the study group are heterogeneous, showing progress in different tests and ways. The active sportsmen stand out, their progress, and the points they collect on the respective tables stand out compared to the rest of the class. At the end of the school year, some students show no progress in results or maintain the levels from the beginning of the school year. This is due to absences from physical education classes. According to the arithmetic mean values of Diagram 1 and Diagram 2 at the beginning of the academic year 2023-24 both genders give better results in the 30m run, 200m run, and T-test, and at the end of the school year in standing jump and 1kg push. dense ball. At the end research stage, boys give better results than girls. Motor activity based on corrective gymnastics is one of the main issues that is open to all specialists in physical education and sports training. The assessment of motor readiness is carried out based on quantitative information on the degree of development. A characteristic of motor development is that it is a measurable activity according to objective criteria established as a result of the research activity of the relevant specialists. Thanks to this, the physical performance can be controlled and directed in the desired direction. Children's sports performance has an impact on children's motivation and interest in physical exercise. Athletic exercises, combined with the means of other disciplines, contribute to a very large extent to creating the necessary minimum of physical capacity.

DISCUSSION

The point of active participation in physical education and sports classes is to experience pleasure from such motor activity. This feeling is not only a prerequisite, it can be the result of personal achievements and is a stage of personal physical and personal improvement. Students acquire skills to overcome and overcome setbacks in losses and form social and spiritual personality qualities. A peculiarity in the development of physical capacity is that it develops purposefully with the means of assimilation to the necessary degree of motor skills and habits. In this way, one of the main didactic principles of physical education and sports - the unity of technical and motor training - is realized in practice, affirming the Wellness Culture. The curriculum for individual

classes and stages includes training in disciplines in which the leading motor qualities are of increased sensitivity, and on the other hand, the assimilation of motor skills and habits becomes maximally effective. The baseline tests reflect the results of the training during the past school year, in which the students regularly practiced complexes of exercises of a spinal corrective nature. At the same time, conclusions are drawn for the practical solution of the set research objectives. This becomes an important link between the beginning and the end of the school year, which contributes to the continuous and systematic realization of the tasks of education and upbringing. Additional processing creates an opportunity for teacher self-monitoring. He is obliged to ensure the solving of tasks with high efficiency, protecting students from accidents and injuries, sports must serve above all for the overall development of the personality and improvement of health, actively affirming the Wellness Culture in this age period. The decisive improvement of students' motor development is of extreme importance for their general working ability and their future realization in various areas of life. For this reason, complex effective measures are needed, especially in schools, so that physical education becomes a truly decisive factor for the high level of motor development, comprehensively affirming the Wellness Culture. The degree of progress in the results within a school year is measured based on the difference between the test scores obtained at the beginning and the end of the school year, and for this period the ontogenetic factor is not taken into account. The decisive improvement of students' motor development is of extreme importance for their

CONCLUSION

Based on the results obtained from the exercises with spinal gymnastics, a quantitative and qualitative assessment is made - individual and collective. Motor training tests in physical education and sports classes should be thoroughly prepared, and the practical details necessary for the successful running of the annual training should be appropriate.

Systematic work on the application and development of the spinal-rectifying complexes is carried out every hour in the lessons of physical education and sports. Data from motor fitness tests are interpreted in:

- information on the development of individual qualities gives an idea of the strengths and weaknesses of each student, as well as of the class;
- tracking the dynamics in the development of physical qualities;
- the individual or complex analytical assessment of motor development orients the teacher on the effectiveness of the means and methods of training he applies;
- the control of the system makes it possible to discover athletically talented students aimed at active training activities;

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