

Reviews, Chronicles and Personals

REVIEW

on the collective monograph entitled “Social-pedagogical and biomedical basis of different population groups’ physical activity”

(author: Anatoliy Tsos, Anatoliy Khomich, Andrzej Soroka and others;
under scientific supervision of prof. A.V. Tsos)



The collective monograph is ordained to the topical issue of searching for effective system-based and scientifically grounded measures for the rational physical activity organization of different population groups (children, young adults and working people) in order to improve their physical and intellectual capacity and biosocial functioning. In return, these measures can help optimally increase the motor activity levels, develop self-sustainability and individualize PE classes and recreational activities depending on a person’s physique.

The monograph is intended to be used as the basic material to substantiate rational contents and methods of different population groups’ physical activity, to track the sequence of its execution at different recreational activity stages and to monitor over the results.

The structure of the monograph itself is science-based and logically defined. It is divided into six parts, each covering the main problems in population’s health-improving physical activity planning.

“Theoretical principles of development different population groups’ physical activity” is the first part. It theoretically demon-

strates usual and specific physical activity organization of a person; gives exact reasons behind the lack of physical activity; develops specific physical activity programs for children and youth, as well as the criteria for physical activity normalization.

The second part entitled “Organizational and methodical principles towards physical activity of preschoolers”, investigates the physical condition of preschoolers, their morphofunctional development and fitness levels. As a result, it helped determine the daily stint of physical activities for preschoolers aged 5-7 y.o. and disclose the organizational and methodical principles of health-improving physical education for preschoolers.

The third part, entitled “The condition and planning methodology of secondary school pupils’ physical activity”, describes a variety of health-improving fitness programs for different population groups; determines the physical activity condition, morphofunctional development and fitness levels of both girls and guys aged 15-17; suggests the fitness program’s general structure which can be adjusted depending on the class’ aim, health condition, fitness levels and motivation development of the girls aged 15-17; shows the methods which can help creating individual fitness programs that girls can perform by themselves. The fourth part, titled “The characterization of Polish pupils’ physical activity and approach towards health based on motivation and values ”, gives analyzes on Polish school children’s physical load; discloses the most common forms of physical activities; defines how Polish pupils chose to lead a healthy lifestyle in prior.

The fifth part, “The conditions and planning methodology of high school students’ physical activity”, reveals the factors which influence the physical activity of girls and guys; determines the physical and

psychological components of health in student's life quality; shows the creation of the pattern which helps to construct an individual physical and health-prone class based on execution of certain successive actions; students' psychophysical features helped adapt the pole walking and reserving the measures, methods and stages of training.

The sixth part, "The condition and planning basis of the elderly's physical activity", shows the results from physical activity investigations conducted among men of different age groups; displays that consideration of anthropometric markers plays an important role in calculation the individually generated physical load; suggests the overall index of steps per one gram of consumed food which has a correlation with the physical condition of men.

In addition to the main part, there are also extras with some theoretical material. Each part gives references and literature sources which allows the seekers to organize their work in the chosen category on their own. It is recommended for teachers of higher education establishments, teachers of secondary schools, postgraduates, students and scientists who are interested in problems regarding the planning of the health-prone physical activities for population.

Reviewer:

Head of PE Department

Lesya Ukrainka Eastern European

National University,

Doctor of Education, professor

N. O. Belikova