

Название публикации:

Management and didactic provisions for industrial gymnastics in modern socio-economic situation

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Аннотация:

Positive experience of industrial gymnastics accumulated by different public and private companies acting in the new economic situation may be applied to improve the economic process efficiency on the whole, facilitate healthy lifestyles, habitual physical practices and sport services for different population groups and, hence, attain the objectives set by the relevant programmatic and regulatory documents. To facilitate solutions and offer practical toolkits to mitigate harmful environmental conditions and improve working capacity of industrial personnel, the industrial professions were classified into four groups as provided by the V.I. Pyinich (2000) classification, and a special set of exercises was recommended for each of the groups. Authors of the study conclude that this industrial gymnastics model implemented by different public and private companies will help improve the economic process efficiency on the whole, facilitate healthy lifestyles, habitual physical practices and sports for different population groups and, hence, attain the objectives set by the relevant national programmatic and regulatory documents. © 2018 Teoriya i praktika fizicheskoy kul'tury i sporta. All rights reserved.

Ключевые слова:

Active breaks, Active rest pauses, Beginner gymnastics, Industrial gymnastics, Physical training minutes, Professional physical culture