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## **Section: Physical Culture and Sports**

# **RECOVERY AS AN INTEGRAL COMPONENT OF THE TRAINING PROCESS OF ATHLETES**

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Modern sports requires not only intensive training and physical preparation, but also quality recovery, which plays a key role in achieving success. Many athletes recognize that rest is no less important than the training itself, since it is during rest that the body restores strength and improves its performance.

Constant stress, physical and mental overexertion can lead to emotional burnout, decreased motivation, and poor athletic performance. Rest helps relieve stress, improve mood and maintain high motivation for new achievements.

Rest (change of activity, days off, vacation, sleep, etc.) is a very important factor that increases the efficiency of life, increases its duration, and affects human health. It has been proven in practice that deprivation of full rest in any type of activity, including sports, leads to a deterioration in sports performance, labor productivity, an increase in errors and poor-quality products. This also affects the well-being of those who train or perform any other activity, which manifests itself in irritability, tension, inaccuracy, etc. Continuous work can lead to burnout. According to studies, our brain becomes overtired if it performs a task for more than 1.5 hours with concentration. Therefore, every 1.5 hours it is necessary to take a break for 10-15 minutes. After that, you can start working again. Scientists have found that up to 40% of productive ideas appear when we are relaxed, and the mind works as if on autopilot. This activates our subconscious and non-linear thinking. By disconnecting from work, you become more productive and return to your tasks full of energy and interesting ideas.

In nature, all living beings, including humans, live according to the rhythms established by it. Just as day gives way to night, so work must necessarily be replaced by a period of rest, during which the body restores strength and can continue to function normally. Not only living organisms in general, but also human organs are examples of the balance between rest and activity. For example, the heart, which is the strongest and most important muscle in the body, pumps blood through the body at a speed of about one beat per second, pumping 8 tons of blood per day, contracting 100,000 times. In its work, the heart alternates contractions, called systole, with periods of rest, called diastole. Other organs also work, alternating work with rest. Each cell of the body corresponds to its cycle of work and rest, performing an important function: pancreatic cells produce insulin, liver cells - albumin, globulin and cholesterol. The substances that work in these cells are called enzymes, although they are not related to digestive

enzymes. Enzymes are produced during periods of rest, so insufficient rest leads to depletion of the cell's working power.

Active recovery involves using light physical exercise to improve circulation, relax muscles, and reduce tension. This can include walking, yoga, swimming, stretching, etc.

Passive recovery includes methods such as sleep, meditation, and relaxation. Sleep is one of the most important factors that affect the body's recovery. During sleep, cell regeneration processes occur, the nervous system is restored, and the immune system is strengthened.

Modern technologies also play an important role in the recovery process. For example, the use of cryotherapy, massage using devices, the use of compression clothing to improve blood circulation - all these tools allow you to recover faster after intense training.

Effective recovery should be integrated into the overall training process. To achieve high results, it is important to correctly alternate training loads with rest periods. This will help avoid overload, injuries and ensure a sustainable increase in athletic performance.

Recovery has a direct impact on achieving high athletic performance. With proper recovery, athletes can maintain a high level of physical activity for a long time, avoid injuries and overexertion, which in turn increases the chances of winning competitions.

Thus, effective recovery can be achieved during rest, which will positively affect health and productivity. Despite the trends of the modern world, which instill in us the rule that we should not waste precious time on rest, since this is perceived as a sign of laziness and counterproductiveness, we should not adopt the false beliefs of the masses.

For athletes and other representatives of physical and mental activity, the following recommendations will be useful:

- To feel less tired and work more productively, take short breaks throughout the day.
- Choose one day a week to recover and rest.
- Make time to travel. Regular travel reduces the risk of heart attacks and increases life expectancy.
- Be sure to take a vacation every year to truly recharge. Studies show that vacations are not only enjoyable, but also good for the body: a properly spent vacation can benefit the brain, make life more meaningful, and provide pleasant memories.
- Include in your plans the time you will spend with your family.
- Be in friendly relationships with the world around you: friends, colleagues, nature, etc.

Therefore, recovery during rest is an integral part of the training process. The right approach to recovery, which includes both physiological and psychological aspects, allows athletes to achieve high results and maintain their health. The use of modern technologies and properly selected means of rest helps to make the recovery process more effective and enjoyable, which contributes to achieving new sporting peaks.

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## ПСИХОЛОГО-ПЕДАГОГІЧНІ АСПЕКТИ ЕСТЕТИКИ ЗДОРОВ'Я

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**Анотація.** У статті доведено, що здоров'я людини є сукупністю духовного, тілесного й зовнішнього естетично-виразних складників, котрі формуються в процесі навчання, виховання й розвитку. Зважаючи на це, педагогічну сутність поняття естетики здоров'я людини ми інтерпретуємо як психічну, фізичну, духовну й соціальну досконалість особистості, що формується завдяки естетичному досвіду самопізнання, адекватному використанню естетичних форм саморозвитку.

**Вступ.** З давніх часів люди замислювалися над проблемою людської краси в її тілесному, фізичному й духовному аспектах. Про це свідчать прадавні малюнки на стінах печер, де зображено гармонійно пропорційні фігури чоловіків і жінок, що випромінюють динамізм подій життя тих часів, зумовленість його якості від здоров'я людини. Античність також дає нам широкий спектр таких уявлень.

**Метою статті** є дослідження психолого-педагогічних аспектів естетики здоров'я.

### **Задачі дослідження:**

1. Проаналізувати психологічні та педагогічні аспекти естетики здоров'я.
2. Визначити єдність фізичного, психічного та естетичного здоров'я.