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Influence of occupations by production gymnastics on indicators of physical development and cardiovascular system of office employees

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Abstract

© 2016, International Journal of Pharmacy and Technology. All rights reserved. The article shows the positive impact of production gymnastics on the functional status and physical development of people involved in mental activity. One of the study objectives is the monitoring of the remote influence of industrial gymnastics on the health and physical development of students. The first survey was conducted prior to the production gymnastics exercises, a repeated survey was performed after one year of exercise. The production gymnastics was held in the form of sports breaks twice a day, first time-before lunch two hours after the work start and the second time-half an hour after the lunch break, as the fatigue occurs sooner in the second half of the day. During the examination, the power of a right and a left hand, the chest circumference on inhalation, exhalation and pause were studied, its tour was calculated, the vital capacity of lungs, arterial pressure, heart rate and cardiovascular system reaction to the dosed load (20 squats) were determined. The comparative analysis of health surveys among the accountants allows to make the following conclusions: 1. The exercises during a work day helps to increase lung capacity and the development of chest mobility. 2. The functionality of the cardiovascular system is increased slightly. 3. The number of complaints on headaches, heart pains, muscles, arms and back are reduced. 4. The motor-coordination abilities are improved.

Keywords

Cardiovascular system, Industrial gymnastics, Physical education, Physical exercise