BULGARIAN EXPERIENCE IN THE METHODS FOR AEROBIC EDUCATION

(Professional paper)

Dimka Nestorova
University for Food Technologies, Plovdiv, Bulgaria

Abstract
By means and forms of physical education, the methods remain the fundamental, the irreplaceable basic element of that triple unity upon which were built the foundations and improvement of the entire theoretic – executive applied part of the sport science. In order to improve the theoretic – practical work of the sport pedagogue and in relation with the executive significance of the methods, we posed a purpose to systemize the basic methods in the aerobics and to discover their practical subject. Based on the specific features of the aerobics and summarizing the knowledge for the methods, in the sphere of the gymnastics and theory of the physical education we are able to reveal the subject and systemize in the classification structure the methods for aerobics education. The experience for systemizing of the methods used in the aerobics summarizes the achievement of common and particular sport sciences and can help the specialists, who teach that type of gymnastics.

Keywords: physical education, sport pedagogue, gymnastics, methods for organization in training, methods for realization of physical activity, methods for control and evaluation in training

INTRODUCTION
By means and forms of physical education, the methods remain the fundamental, the irreplaceable basic element of that triple unity upon which were built the foundations and improvement of the entire theoretic – executive applied part of the sport science. In order to improve the theoretic – practical work of the sport pedagogue and in relation with the executive significance of the methods, we posed a purpose to systemize the basic methods in the aerobics and to discover their practical subject.

METHODS
Our research approach could be defined as bibliographical (historic-pedagogical and comparative-pedagogical) with elements of purposeful analysis of the classification and subject of methods used in the physical education and gymnastics.

ANALYSIS OF THE RESULTS
Based on the specific features of the aerobics and summarizing the knowledge for the methods, in the sphere of the gymnastics and theory of the physical education we are able to reveal the subject and systemize in the classification structure the methods for aerobics education (Scheme 1).

Considering the complexity of the process in theoretical and practical physical skills, it will be more successful to be presented criteria and contact points for the classification of education methods accordingly their purpose.

I. Methods for organization (organization – methodological forms).

II. Methods for realization of physical activity of the participants.

III. Methods for control and score evaluation.

Depending on the priority participation of the subjects in the pedagogical process and its direction, the
Methods for realization of physical activity are divided into methods of teaching and methods of learning.

1. Methods for teaching – on the educator’s side (teacher, instructor)
   
a) Demonstrative methods – that group of methods is based on the natural senses, as through the different perceptions (visual, physical, hearing, etc.), information is received for the objects and movements by the means of the first signal system. In the practice of the aerobic gymnastics are applied the methods below: The demonstration (the presentation) of the instructor is compulsory method in the aerobics. A visual idea for the exercise is made. It is necessary to:
   - The fixed order to allow a good visibility for all participants.
   - The instructor to execute in the opposite side (view-mirror for the participants)
   The exercises are displayed in full-face (for the execution of the face plain) or in profile (for the execution of the transversal plain). The direction of the performance is pointed and if necessary the musical phrases are counted in order to equalize the rhythm of the execution.
   
b) Speech methods – in that group of methods mostly take part the second signal system and directs to the mental rational stage of the knowledge. They give an opportunity for organization of the activity, for guiding of the performance and for understanding of the movements. In the aerobics are used the speech methods below: Terminology, commands, instruction, description, explanation, speech evaluation.
   
The specifics of aerobics sport oblige a simultaneous use of speech and physical methods by the instructor. In the Gymnastics, that approach of teaching is considered as combined method. The usage of that method gives an opportunity for the participants in the aerobic classes to apprehend figuratively and terminologically the movements and the exercises by means of more perceptions (visual-physical).

   Basic method is the method of physical exercising. The repeatedly attempt of particular movements, steps, aerobic movement patterns and combinations is typical. It is directed through assimilating and improving of the movements, for developing the needed skills as well as making better the general capacity for work of the organism. Each attempt must be purposeful, controlled and regulated.
   
The methods used in the physical activity of the participants can be divided into two groups depending on their direction.
   
a) Methods for education for physical actions:

   ![Scheme 2 Methods for realization of physical activity](image)
Integral method – with that method the exercise is completely assimilated. It is used in physical actions with simple structure. It is used for learning exercises and movements with not complicated structure. For example – some of the basic steps in the aerobics.

Divided (analytic) method – it supposes systematically structured division of the tasks in strict logical sequence.

Algorithmic method – variety of the divided method.

It is described explicitly what must be done in order to achieve a definite result, which is attained after subsequent performance of sufficient number of actions, which are combined together at the basis of the cybernetic principle “information-operation-control-correction”.

Methods for control. One of the basic problems of the fitness study is its efficiency. A subject to periodical control is:

- Physical improvement – anthropometrics, height – weight index, somatotype, etc.
- Physical ability – Heart rate (pulse) measurement at the beginning of the activities and at the end of the aerobics classes.

Methods for organization. The expediency of the classes at a high level depends on the way of organizing the activity of the participants.

a) For organizing the activity (execution of the exercises) are applied:
- Flow, serial – flow methods - the exercises are executed consecutively without break.

b) For organizing the participants (location, placement and order) are used:
- Frontal method – all competitors execute at the same time equal movements. The combined execution of physical activities allow to be managed the loading and to be controlled the time of the classes and provides equal work conditions for everyone.
- Group (team) method: differentiation of the loading – the group of the beginners work without load and the group of advanced with additional load, etc.

CONCLUSION

1. By bibliographical check up concerning the examined problem can be summarized that the theories of general physical preparation with elderly people. The experience for systemizing of the methods used in the aerobics summarizes the achievement of common and particular sport sciences and can help the specialists, who teach that type of gymnastics.

REFERENCES


Correspondence:
Dimka Nestorova
University of food technologies
26 Maritsa Blvd, 4000 Plovdiv, Bulgaria
E-mail: nestorova_uft@abv.bg