



P-ISSN: 2394-1685
E-ISSN: 2394-1693
Impact Factor (ISRA): 5.38
IJPESH 2020; 7(3): 402-404
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www.kheljournal.com
Received: 17-03-2020
Accepted: 19-04-2020

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Effect of aerobic subjects when using the step platform for aerobic exercise

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Abstract

Aerobics steps exploded into the gym scene in 1980, and for good reason. Exercises are a proven win for maintaining weight and cardiovascular health, and make you feel good with a variety of challenging yet exciting movements. At moderate intensity, you can complete your cardiovascular goal with a few minutes 150 per week on a step-by-step basis, following the instructions of the Centers for Disease Control and Prevention. At high intensity, you can cut your workout time in half with the same results. In training, aerobic teaching, effective ways to teach are to adjust the amount of movement of aerobic exercise and to adjust the movements. It has been proved experimentally that teams walk long and the frequency of steps plays an important role in the development of physical qualities.

Keywords: Step aerobics, teaching methods, physical conditions, students, physical education

Introduction

Rhythmic footsteps came from Atlanta, Georgia, where trainer Gin Miller climbed her steps in an attempt to heal her injured knee. She realized the value of this low impact exercise and began teaching classes at health clubs. She soon collaborated with a major sportswear manufacturer to create step platforms for mass distribution. Although the step platform provides a similar exercise to running, it is softer on the joints because one foot is always in contact with the surface, preventing all your body weight from falling on one leg.

Improving aerobics is one of the areas of mass physical culture with adjustable load.

The basis of step aerobics is mainly the choreography of basic aerobics, which does not exclude, however, the inclusion of various dance styles of aerobics, power aerobics and other mixed forms.

The tasks should include the following:

- determine what the effect of step aerobics on the body of those involved;
- find out the methodology for conducting classes and the structure of the lesson in step aerobics for students;
- Summarize the work done, draw conclusions.

Health is the basis of human life, its material well-being, labor activity, creative success and longevity. It reflects the standard of living and well-being of the country, directly affects labor productivity, the economy, defense, moral principles of society, and people's mood.

Moreover, the level of health depends on socio-economic, material, technical, sanitary and hygienic, environmental conditions, culture, education, health care, science, lifestyle, nutrition, and most importantly - the level of human motor activity

One of the varieties of health-improving physical education is step aerobics.

V.A. Karmanova interprets this concept as follows: "Step aerobics are rhythmic ascents and descents from a special platform (step platform) to dance music. This is one of the simplest and most effective styles in aerobics"^[3].

Step aerobics is an aerobic exercise performed with special foundations - it is different from a regular walk on the road.

Aerobics stepping is used for classes during the recovery phase, after illness or injury. The special features of this sport are as follows: you can get a harmonious developmental body, great posture and you can develop beautiful, expressive and accurate movements.

Step aerobics exercise has a positive impact on the entire body, strengthening the respiratory, cardiovascular, muscular and nervous systems, as well as normalizing blood pressure and vestibular apparatus activity. Step aerobics exercise is aimed at training the heart's muscles and developing better coordination of movements. The main difference between classical and step aerobics is that by doing the same exercise, you can achieve a much bigger load and the result will make you feel much faster. Step aerobics affect the body in a complex way, while subtly adjusting the shape of the legs, developing the desired muscle group. The body becomes slender, flexible, flexible and more elastic.

There are several types of step aerobics:

- Step-basic is suitable for beginners. Simple choreography and basic movements allow you to quickly get used to and join the ranks of fans of the step;
- Step is intended for those who have already mastered the basic steps and want to increase the intensity and diversify the movement. Performing original combinations will increase the load, strengthen muscles and increase endurance;
- Step-comb is suitable for more trained people who are already familiar with the step platform, and represents a lot of complex and dynamic combinations of steps and dance movements to incendiary music;
- Step-interval is recommended for people with average and good physical fitness. A feature of this type is the sequence of aerobic and strength exercises. This effectively burns fat and gives muscles a good tone [4].

Step aerobics goal:

- Fat burning;
- Increased stamina;
- Strengthening the cardiovascular and respiratory systems.
- The main advantages of step aerobics:
- The simplicity of the movements - all movements are simple and repeating them to a person who is not well prepared will not be a problem;
- Creating motivation for the trainees - can be organized at the same position in the company of people with the same goals. The coach continuously adjusts the time, amount of exercise and improves the adaptability of the exercises;
- Varied and varied training levels, suitable for all ages, genders and practice levels.
- The exercises are easy to perform and comprehensive development of the body helps the body become balanced.
- Many exercises involving groups can practice to adjust the body;
- Step aerobic exercise has a great effect on a person's emotional state when exercising in combination with music, eliminating stress creates excitement and motivation during exercise [1].

It is very important that this aerobic is quite effective for those muscle groups that are very difficult to use: buttocks, back of the thigh and adductors of the thighs.

Going down with the platform steps will work your core and lower body, as well as improve balance. As an aerobic activity, step also provides important health benefits. Your heart and lungs work more efficiently, making you less likely to have high blood pressure and heart disease. You will be more resistant, and less likely to feel anxious or depressed.

Rhythmic exercise can even prolong your life; Regular participants tend to enjoy a longer life span.



Fig 1.

Features of conducting classes in adulthood:

The age of 18-30 years is the heyday of human motility, as evidenced by the results shown by athletes in various sports. Characteristic for this age is a large employment of people (studying in higher and secondary educational institutions, work, giving birth to children and their upbringing), usually a good state of health. This leads to the fact that many stop regular fitness and recreational sports. From about 30-40 years old, motor abilities begin to decline. The ability to learn movements with age also decreases sharply or even may be completely lost. Regular classes in step aerobics and fitness in general can compensate for this process and slow down aging by about 10-15 years.

The great popularity of step aerobics is caused by: simplicity of movements and accessibility to people without special motor, dance training; the variability of movements is quite high, which allows to arouse great interest of students; the use of a step platform not only for the purpose of endurance training and cardio-simulator, but also as strength training;

Step aerobics has a positive effect on the whole body, strengthening the respiratory, cardiovascular, muscle and nervous systems, blood pressure and the activity of the vestibular apparatus are normalized.

In the process of studying this work, we managed to find out that the structure of the lesson step aerobics is similar to classical aerobics. It is also divided into a warm-up, main part and final part, but the effect on the body due to the presence of the step platform is much greater.

It should be noted that classes with the step contribute to:

- the formation of posture, musculoskeletal corset;
- development of coordination of movements;
- strengthening and development of the cardiovascular and respiratory systems;
- The formation of the ability to rhythmically consistently perform simple movements.

Also, all exercises, their sequence, pace and accompanying music during classes must be carefully selected and verified in order to ensure a smooth transition from one level to another while preserving the natural maximums of the load and preventing loss of efficiency during the transitions between exercises.

The results of pedagogical observations showed that classes in the experimental program of subject classes based on step aerobics contribute to the formation of a steady interest in the process of performing physical exercises in children.

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