

Two thousand seventeen

The theme of the final qualification (diploma) work: "Methods of recreation and fitness classes on the basis of streetball in the process of physical education of students of the Pyatigorsk state University"

ABSTRACT

The diploma work consists of introduction, two chapters, conclusion, bibliography containing 57 items, 4 tables and 4 figures.

Topicality of the research lies in the fact that at the present time training in higher educational institutions is characterized by a growing, excessive study load of the student, adversely affected the health of a future specialist. In this regard, the search and implementation of new gained popularity among the youth physical activity (sports) is of paramount importance to increase interest and, accordingly, efficiency of process of physical education students. Of particular importance for young people of alternative forms of health condition focus, have a complex effect on the functional status, mental sphere, having a low financial cost of classes and does not require the necessary logistical equipment and inventory. An example of such new types of motor activity is the passion of today's youth quickly gaining popularity modified types of classic sports - streetball classes.

In the introduction substantiates the relevance of the chosen topic, formulates the goal and objectives of the study, specifies the object and subject of research.

The first Chapter deals with the theoretical substantiation of necessity of introduction in the process of physical education of students of higher educational institutions of innovative techniques for carrying out recreational and fitness activities.

The second Chapter presents the experimental substantiation of the method of the recreational classes on the basis of streetball. Conclusion contains the main conclusions and proposals aimed at improving the efficiency of methods of recreation and fitness classes on the basis of streetball in the process of physical education students.

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Orientation (profile): the Recreational activity

Qualifications: Bachelor

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