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## THE USE OF MEANS AND METHODS SWIMMING SPECIFIC FOR THE CORRECTION OF THE ATTITUDES AND THERE IS A LONGING FOR THE SHORTCOMINGS OF THE POSTURE IN CHILDREN (12 - 14 YEARS)

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### **Summary:**

The Work tries to present a complex program of specific means swimming for the purpose of correcting the attitudes and the shortcomings of the spine in children (12-14 years), because lately,

more and more persons suffer from obesity and his sedentary ways were because has become one of the characteristics of our lives day by day. Leading pediatricians are worried for as many children have more than a normal weight from the tender age and the desire to do movement is still low, little preferring the TV or the computer as a means of enjoying your free time. Because of the lack of physical activity, growing more striking the deficiencies in the physical development, and in particular the shortcomings of the spine.

**Key words: physical deficiencies; specific means**

**Introduction:** The posture of the body is influenced by three factors: heredity, statuses pathological and habit. The general appearance of the body is the dismissal of the attitude of the body (determined by the ratios of the component parts of the musculoskeletal system), the growth of the body (the quantitative accumulation in height, size and weight, in relation to the age and sex), Global Development in relation to the age.

It is important to be insuflate children healthy habits to help to achieve the maximum potential in the activities in which they are involved, to make sport and should not be limited by a disability acquired such as those which they can cause distortion of the spine.

In her teens, it is found the manifestation with a frequency much more increased of a suffering as well as discopatia cervical, dorsal or lumbar, neuralgia, crises contractura muscular and limitation of mobility, who normally are characteristic of certain ages above. The main cause of the manifestation of this pathological range is a rough handling in the vicious disposition of the body, be segmentar, either globally. It overwork may meet either in the static (position vicious to the computer), as well as in the dynamic (incorrect lifting of weights).

In order to stop the installation of these shortcomings should be an extra effort with a view to identifying children, adolescents and young people with disabilities posturale localised or of those predisposed to the manifestation of the deficiencies in the spine. In this way shall be carried out programs of physical exercises, to correct the evolution of functional deviations, called there is a longing for attitudes toward the structural changes, which will require a more complex, or, in the most serious cases, even the surgical intervention with a role corrector.

The right attitude of the body is the sign of the balance mental and physical and depends on the health of the organism and the nervous system.

Motivated by the above, we have chosen as the subject of the work of the license: *"The use of means and swimming methods specific for the correction of the attitudes and there is a longing for the shortcomings of the posture in children (12 - 14 years)"*

The aquatic environment offers advantages indisputable retriever process, through the machinery, chemical and thermal indices of water.

Practicing swimming helps to correct the deficiencies of physical damage caused by various factors, reducing certain deficiencies set.

Exercise in the water used for the purpose of the treatment, have a specialized content of reeducation check, the correction of the physical shortcomings, restoration of the volume and the properties of the muscle of the apparatus, playback normal mobility in the hinges with small movements tonic, under conditions of Shortening or lengthening of the muscle groups.

Swimming offer the persons tired the possibility to relax in its entirety and to charge the batteries after a work day restless.

The athletes of performance shall be laid down more quickly after one hour of relaxing swimming.

Swimming engages all muscle groups, all grades wheel drive specific basis and combined, are developed: Speed, resistance, force, skill, mobility. Psihomotrice qualities and mental such as: courage, the persistence, strength, will, self-control develops practicing regularly swimming.

The purpose of research:

The improvement of the process of recovery of physical deficiencies in children through the implementation of a model (program) the recovery activities which includes specific swimming means in order to reduce the time of restoration.

Objectives:

1. The training and the strengthening of the righting reflex right attitude of the body.
2. Muscle toning the spine.
3. The improvement of the functioning of the cardio-breathing.
4. The correction of the posture and the volume body is

5. Increasing mobility joints;
6. Improve coordination role, checking and balance of the body;
7. Learning from the capacity of relaxation;
8. Toning of the body.

Tasks:

- Determination of the assumptions of the work and of ways through which will be examined.
- Consultation of the literature specialized for to establish the extent of the spotlight of the theme.
- Selection of the representative cases to assist in the achievement of the purposes and objectives of the proposed.
- The data recording obtained.
- The organization of the business by following a logical progression.

The hypothesis of work

In this work we started from the hypothesis according to which if the action in the recovery of the attitudes and physical deficiencies to enforce a specific swimming program will get a recovery almost normal in a shorter period of time.

The choice theme of the

Multitude of cases of attitudes and the shortcomings of the spinal column to the children of 12-14 years has led to the completion of a project.

It should be noted that these attitudes and deficiencies raises problems doctors, kinesiotherapists , patients, and people close to them.

I chose this theme for:

- to give a unitary concept of the concept of impairment;
- the concept of a complex program for the correction of the attitudes and shortcomings;
- establishing the role of recovery by means of swimming specific means;

The main attitudes and the shortcomings of the spinal column:

Scoliosis surgery is a deformation of the trunk of the frontal plane (baby looked from the rear). In 93 % of cases scoliosis surgery appears in the period prepubertara and it may be the worse in the period pubertara through mechanisms disorders in children with genetic predisposition. The 100 patients with scoliosis surgery, 80 are girls. Scoliozele by vertebral malformations or ribs are observed since the birth and represents only 2 % of all cases. The detection of the disease must be carried out early in order to be able to be dealt with effectively. Any form of physical activity should be encouraged (including sports performance). Not be contraindicated physical education from the school. Scoliosis which at the age of 14-15 years exceed 30 degrees are considered diseases and will worsen with 1-2 degrees annually in all the time of life.

Kyphosis and lordosis are deviations of the spine sagittal and are in most cases changes occurring either by elevating the physiological curburilor normal (cifoza dorsal, lumbar lordoza), or by a tendency of decline of these bends and their tendency to invert

In terms of the causes which affect the backbone, we can speak of:

- primary deviations which affect directly the components of the locomotor system (muscles, vertebrae, joints and nervous system) and secondary deviations determined by mechanical compensatory needs for balancing the statics or dynamics of the backbone, following the accentuation of the primary deviations.

This is how kyphotic curvatures are compensated with the lordotic ones and generate kypho-lordoses.

The attitude of the cifotica appears frequently during the period pubertara and in his teenage years due to this outburst of growth. It is characterized by incurbare spine sagittal with convexity back, with enlarging cifozei toracale normal. Appear and compensatory changes of the attitude of the other segments of the body: the head and neck are pitched forward, shoulders are brought the tilted backwards, his knees in the flexie.

The research subjects:

For the verification of the assumptions of the work, I took in the study 10(ten) subjects were what attitudes and physical deficiencies of the spine, aged between 12-14 years.

From a batch of experimental form part 5 (five), and from the batch are part 5 (five) subjects.

The characteristics of the batch experiment:

Nr. Crt.	Name and surname	Sex	Age	Occupation	Affection
1	B.A.	F	13 Years	Student	At.Kyphosis
2	C.T.	F	12 Years	Student	Lordosis
3	A.A.	F	12 Years	Student	Scoliosis
4	T.M	M	14 Years	Student	Lordosis
5	B.C.	M	13 Years	Student	Kyphosis

The characteristics of the lot light:

Nr. Crt.	Name and surname	Sex	Age	Occupation	Affection
1	U.A.	F	12 Years	Student	At.Kyphosis
2	S.C.	F	12 Years	Student	Lordosis
3	B.A.	M	12 Years	Student	Scoliotic at.
4	N.V.	M	14 Years	Student	Lordosis
5	C.R.	M	12 Years	Student	At.Kyphosis

#### The stages of research

The research activity has been carried out in several stages as follows:

The 1st stage – it is the stage of the theoretical documentation through the exploration of the specialty literature. The attention focused on the way in which specialists approach the correction of postures and physical deficiencies.

The 2nd stage – in this stage we applied exploration and evaluation methods for observing subjects and their evolution, for comparing initial and final tests in order to check the efficiency of the used means.

The 3rd stage – in this stage exercises were applied for correcting postures and physical deficiencies.

The 4th stage – it is the stage of the final tests.

The 5th stage – it is the stage in which we processed and interpreted the results obtained from the research, followed by the presentation of the conclusions.

#### Used means:

Dynamic exercises which consist in swimming in the four techniques specific to swimming contests (crawl, backstroke, butterfly, east stroke), as well as combinations of these procedures (double arm backstroke swimming, butterfly arm swimming with leg kick, arm stroke with crawl legs, etc.)

Exercises for the muscles of the backbone which consist in backstroke swimming, double arm backstroke and back leg kick, blocked movement of the arms on the back, float and butterfly undulations, etc.

Exercises for shortening abdomen musculature which consist in the east stroke swimming technique and butterfly swimming technique and combinations of the two.

Exercises for developing the respiratory function which consist in swimming in all techniques but with a limited number of breaths on a pool, or with special masks.

Exercises for the upper limbs which consist in blocking the action of the legs with the help of floats, movement being made only using the arms, or with hand paddles.

Exercises for the lower limbs which consist in the block the action of the arms using the cork and the movement will be done only by the action the feet, or using their forepaws.

The highlighting of the attitudes of the correction you shortcomings in the vertebral column

#### Conclusions and proposals:

The work hypothesis was confirmed by the chosen experiment, proving the evolution of the subjects and noticing a clear correction of the postures and physical deficiencies of the backbone, as well as an improvement of mobility:

- kyphosis was totally corrected, muscular strength grew, breathing was improved, recording a 1 cm increase of the thoracic elasticity and a clear improvement of the backbone mobility;
- in the case of subjects with lumbar lordosis, positive results were noticed, the lumbar lordosis being reduced with 2, respectively 1.5 cm, muscular strength increased as the number of means and the complexity thereof increases also, breathing got better, thoracic elasticity increasing with 4 cm, respectively 3 cm;
- in the case of the subject diagnosed with unstructured C scoliosis, we noticed a reduction of the curvature with 10 ° Cobb, muscular strength increased, breathing improved, thoracic elasticity increased with 2 cm, the mobility of the backbone improved visibly;
- in the case of the subject diagnosed with thoracic kyphosis, we noticed a correction of the kyphosis with 2 cm, muscular strength increase, breathing improved, thoracic elasticity increased with 3 cm, the mobility of the backbone improved visibly;

All the subjects acquired the habit of correcting their posture when walking, as well as when standing.

In conclusion propose that this sport complex, swimming, to be used for the correction in the shortest time of deficiencies and attitudes of the body, but and in order to maintain the correct posture and a optimum state of health.

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## HARMONIOUS PHYSICAL DEVELOPMENT OF PRIMARY SCHOOL STUDENTS THROUGH CERTAIN METHODOLOGICAL PROCESSES AND SPECIFIC EXERCISES STRUCTURES

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**Abstract:** The research aims harmonious physical development of primary school students, which is the general objective of physical education and sports. This development would be achieved by introducing in the students training of some specific exercises structures and well chosen by professor motive games which will engage students to participate in sports activities at school and at the same time will determine students to practice these exercises.

**Keywords:** harmonious physical development; methodological processes; specific exercises structures.

Lately we hear more and more about modernization of physical education lessons, with the introduction of new elements to make lessons more attractive. But physical education and sports specialists found that some teachers limited to a small number of movements for harmonious physical