


Ways of removing fatigue

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Objective: To give an idea of how to combat fatigue and loss of attention to the students in the classroom, to introduce the classification of physminutes, practice skills of physminutes.

Task:

- * Education through auto-suggestion and attitude training
- * Learn techniques relieve fatigue
- * Preventive health exercise

Object: group of students BRk 12-06






Signs of fatigue in students:

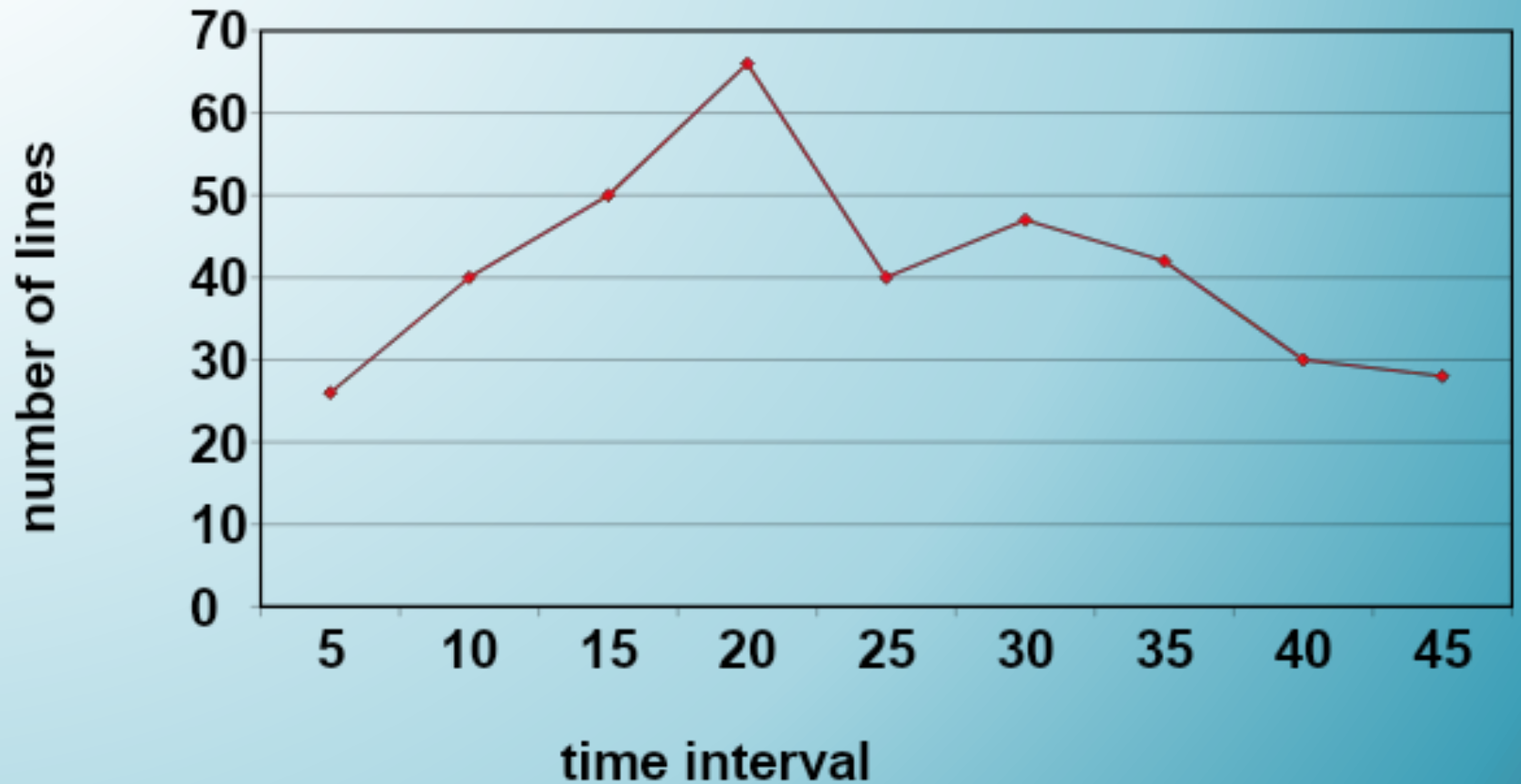
1. Reduced labor productivity: increasing the number of errors and run-time jobs;
2. The weakening of internal inhibition: there is restlessness, frequent distraction, absent-mindedness;
3. The appearance of fatigue.

Table I.G Sivkova

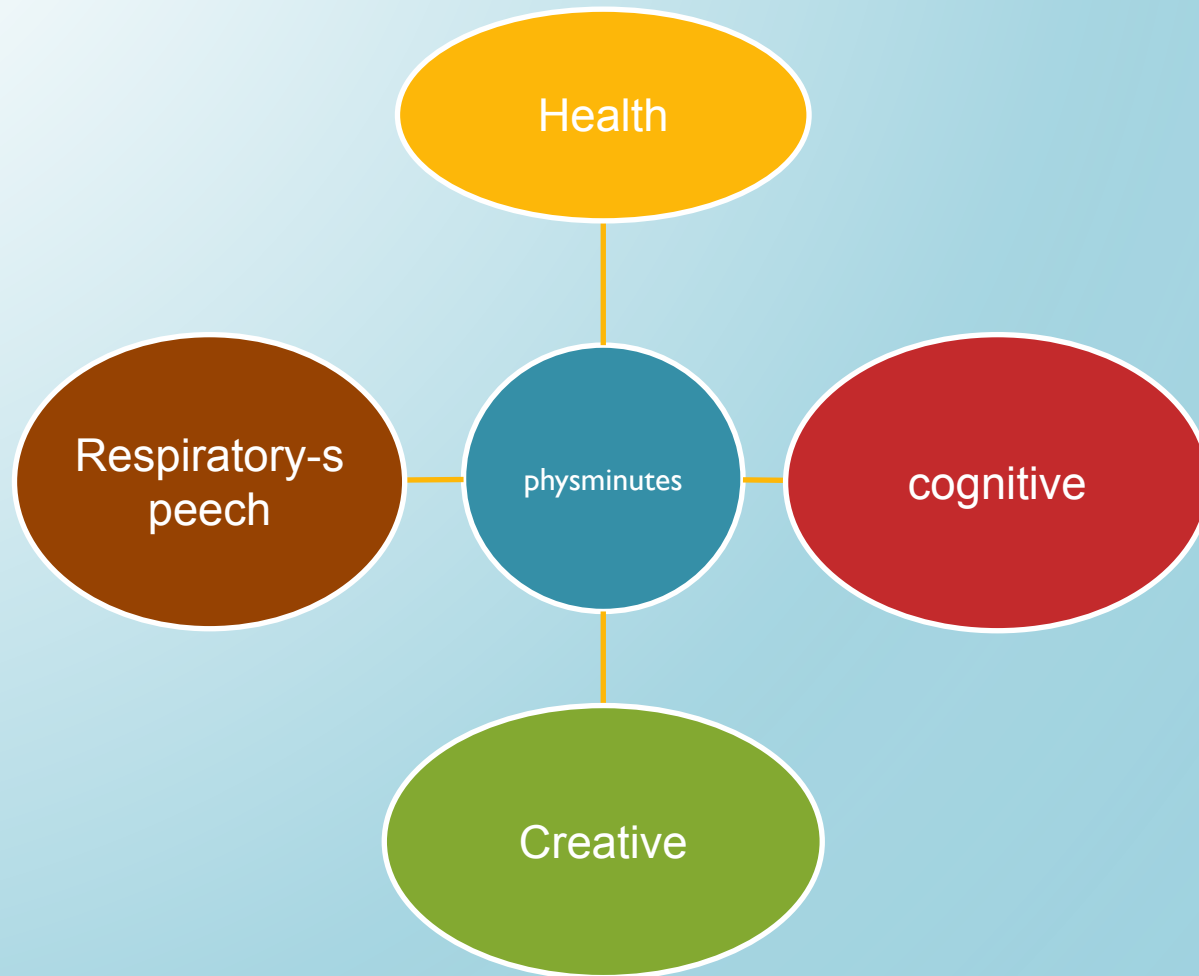
SUBJECT	NUMBER OF POINTS
Mathematics, Russian language (for national schools / universities)	11
Foreign language	10
Native language, literature	7
natural history	6
Physical Education	5
Work	4
Painting	2
Singing	1

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- * Education through auto-suggestion and attitude training
 - * Education to focus attention
 - * Development of skills focus
 - * Targeted refocusing
 - * Learn techniques relieve fatigue
 - * Removal of Pozo-static fatigue
 - * Removal of visual exhaustion
 - * Preventive health exercise

Focus Features



Classification physminutes



Health
physminutki

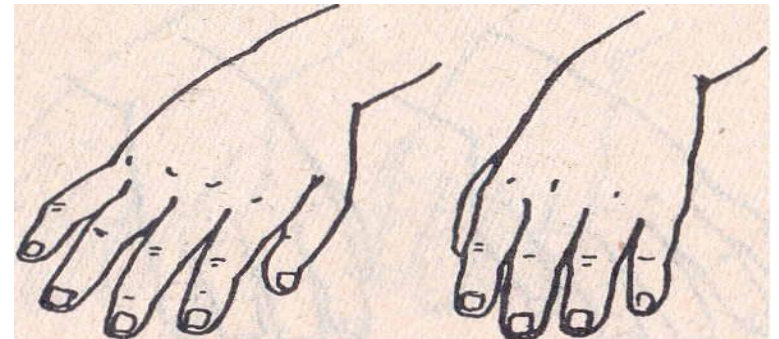
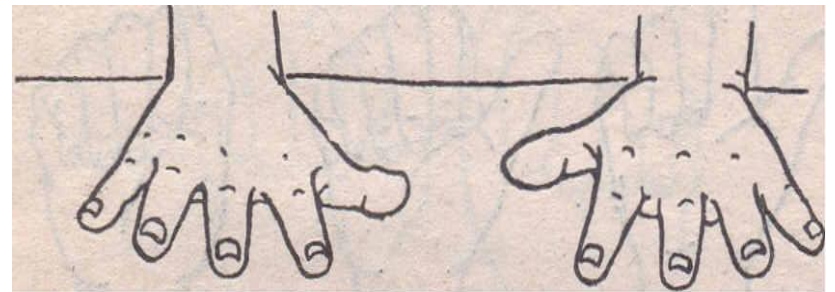
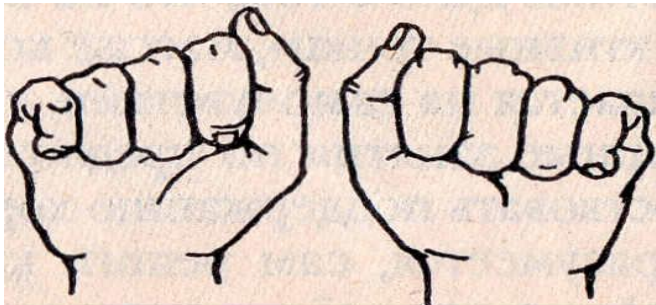
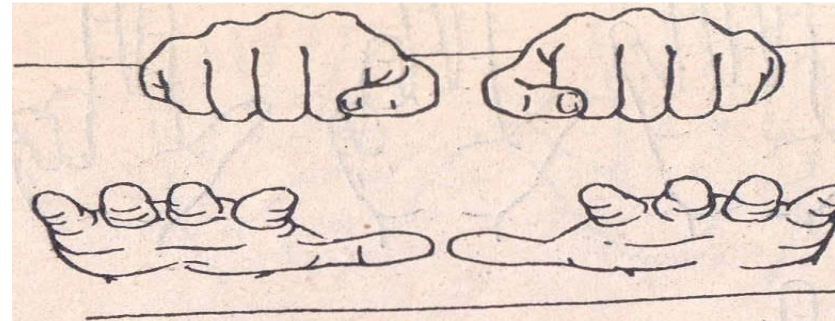
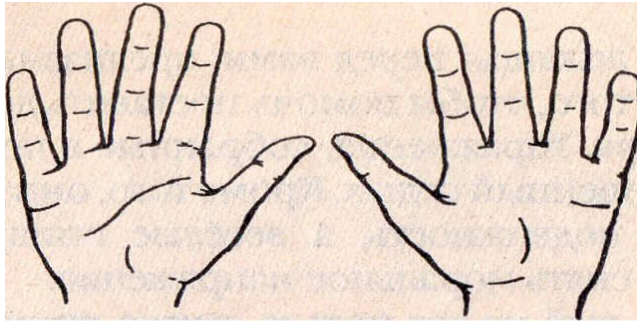
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physminutki"] --- B["physical  
culture  
sport"]; A --- C["Gymnastics  
for eyes"]; A --- D["Finger  
gymnastics"];
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physical
culture
sport

Gymnastics
for eyes

Finger
gymnastics

Exercises for hands



CONCLUSIONS:

- Using tools designed to enhance non-specific resistance and the resistance of the organism, it is appropriate at all stages of preparation.
- Remedial measures should be included in the overall plan of training an athlete as an integral part of it (as well as the impact of the trainees themselves) in close connection with the general organization of the training regime.
- It is necessary to plan the stay of athletes in special rehabilitation centers have a set of recovery tools, especially in combination with a special motor mode, the action of favorable climatic and health resort factors.
- Tools such as good nutrition, fortification, gidroprotsedury, self-massage, heat treatments and some others that do not require sophisticated equipment and special monitoring may be used Tutor provided skilled coaching and consulting a doctor.
- For efficient recovery of funds needed objective control, since the disappearance of fatigue is far does not always mean recovery approach (health recovery does not always coincide in time with the restoration of some functions).
- Monitoring should be integrated with the mandatory study of indicators reflecting the state to provide basic functionality for a given load the character of functional systems and the body's response to physical activity.

**Thank you for
attention**