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Individual approach to physical training based on the requirements of the GTO complex: andragogical aspect

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Annotation. Currently, work in most professions is not associated with physical activity, which leads to the development of diseases of the cardiovascular system, internal organs, and the musculoskeletal system. The purpose of the study is to substantiate individualized physical training of adult men based on the requirements of the GTO complex test. The article presents the results of experimental work on the development of basic physical qualities, taking into account the andragogical features of the organization of the training process. The experimental method assumed daily low-intensity independent exercises for men, the duration of which was 30 minutes and 25-35 minutes of aerobic exercise in the form of walking.

The peculiarity of the method is to perform tests of the GTO complex tests with low intensity based on an individual approach. The results of the study confirm a significant improvement in the overall physical fitness of men 40-49 years old participating in the pedagogical experiment. The content of physical exercises for men of mature age preferably should have a recreational orientation. This orientation is characterized by the use of individually attractive forms of training, getting pleasure from the process of motor activity, freedom of choice of means, methods, methodological techniques, measures of influence of physical exercises.

Keywords: individual approach, physical training, andragogy, men of mature age, GTO complex.

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Testing indicators in the experimental group before and after experiment

	$X \pm m$	$X \pm m$	t	P
(-)	$3,4 \pm 1,2$	$5,8^{**} \pm 1,1$	2,4	< 0,05
(-)	$7,5 \pm 1,1$	$11,6^{**} \pm 1,0$	2,8	< 0,05
(-)	$13,2^* \pm 1,7$	$22,4^{**} \pm 1,6$	3,2	< 0,05
16 (-)	$21^{**} \pm 2,4$	$29^{***} \pm 2,2$	2,9	< 0,05
(- 60 .)	$28^{**} \pm 3,4$	$39^{***} \pm 3,2$	3,1	< 0,05
()	$+2^* \pm 1,4$	$+9^{***} \pm 2,2$	3,2	< 0,05
2 (.)	$751^* \pm 34$	$655^{**} \pm 32$	2,8	< 0,05

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