



ADAPTED MODELS OF OBESITY PREVENTION IN 18-40-YEAR-OLDS

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ABSTRACT

Practical models have been developed in six sports that aim to improve the health status of persons between the ages of 18 and 40. The designated sports are athletics, swimming, dance, basketball, volleyball and football. The adapted programs of any of the sports help create a lasting habit for physical exercises, sports activities and dance, and also increase people's physical abilities.

Key words: sport models, overweight, health, obesity, sports activities

INTRODUCTION

One of the leading death risks worldwide is overweight and obesity. According to a World Health Organization (WHO) report, 2.8 million people die annually as a result of being overweight or obese. This is because more and more people spend their days sitting in front of a computer or TV, moving around in vehicles, and the appliances and electronic devices completely displace the everyday motor activity. Physically inactive people face a 20-30% higher death risk than those who exercise at least 30 minutes a day with moderate physical activities on most days of the week.

Human beings are created to move. Motor activity is a complex behavior that is influenced by personal motivation, health and mobility, genetic factors, as well as the social and physical environment in which people live. These factors undoubtedly influence their predisposition for a sedentary lifestyle and their desire to participate in physical activities.

Technological advances and increased urbanization have replaced the motor activity from the life of

modern people, which has led to an increase in the number of people with a sedentary lifestyle. According to WHO, nearly 85% of the world's population neglects physical activity.

In 2014, Yordanova, Georgieva et al. conducted a survey among the students of the Technical University of Varna and shared the worrying fact that 50% had different degrees of overweight and obesity. The authors noted a positive attitude among the students to increase their physical activity and, at the same time, no effort was made on the part of the academic management to provide it. (1)

Physical activity, health and quality of life are closely connected. The human body is designed to move and therefore needs regular physical activity in order to function optimally and to avoid diseases. The sedentary lifestyle has been proven to be a risk factor for the development of many chronic diseases, such as the cardiovascular disease, one of the main causes leading to death in the modern world.

People living physically active lives can gain many health benefits, the most important among them are the following:

- reduced risk of cardiovascular disease;
- good cardiovascular and pulmonary function;
- preserving the metabolic functions and fewer cases of type 2 diabetes;

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- increased fat burning that can help control weight and reduce the risk of obesity;
- less risk of some types of cancer;
- better bone mineralization in young people, which contributes to the prevention of osteoporosis and fractures at a later stage in life;
- increasing the functional ability to perform activities in everyday life;
- retaining the cognitive function and reducing the risk of depression and dementia;
- lower levels of stress and consequently better quality of sleep;
- fewer absences from work (sick leaves);
- with many adults, there is a reduced risk of falling, as well as prevention or delay of chronic diseases associated with aging.

A number of activities such as fast walking, cross country running, hiking, swimming, dancing, etc. can help improve people's health.

Everyone performs different physical activities throughout their lives and their level of physical activity is a matter of personal choice. A number of factors, such as health, income, education, social and environmental surroundings, etc., influence the choice of a particular type of physical activity by an individual. T. Simeonova and C. Stoychev (2019), M. Baselkov (2019) and T. Ignatova (2019) in their publications dwell on motivation as a driving force in the choice of physical activity by overweight and obese people. They conduct surveys and theoretical motivational sessions with individuals between the ages of 18 and 40, which contribute to the awareness of the effect of motor activity. (2-4)

METHODS AND RESULTS

According to the WHO, the main reasons for the lack of physical activity are the limited participation in physical leisure activities, the increasing sedentariness in professional and household activities, and the use of "passive" means of transport.

We took the task of developing guidelines to promote physical activity and reduce sedentary behavior through sport for overweight and obese people. To this end, within the framework of the international project EQUAL SPORT FOR ALL, the research team of the Faculty of Education at *Konstantin Preslavsky* University of Shumen has developed modules in athletics, football,

basketball and volleyball, swimming and rhythm, and dance.

The **Athletics** module is a combined target program. It aims at improving the health status of the participants by activating their motor activity and improving their physical fitness. The main factors for this are the specific conditions of the natural environment and the variety of means and methods for achieving the correction-compensatory effect on people with different deviations from the norm of health status and specific needs.

By consciously and actively participating in the Athletics module, athletes can develop increased endurance and aerobic capacity, better breathing and acquiring breathing techniques, greater volume of metabolism, muscle and mental relaxation.

The **Football** module aims at improving the health status of the participants by activating their motor activity and increasing their physical fitness. The main factors for this are the various elements of the game technique, performed against the background of individual and collective emotional attitude and the variety of means and methods for achieving the corrective-compensatory effect in people with different deviations from the norm of health status and specific needs.

Volleyball is one of the most attractive and popular sports games. It is practiced by millions of people around the world. It achieves serious popularity in countries such as the USA, Russia, Italy, Poland, etc. et al. It is suitable for people of almost all age groups. It is especially suitable for those who do not lead such an active lifestyle. It promotes the prevention of immobilization and obesity of the population and improves the functional and health status of people with special needs. The likelihood of injuries in volleyball is relatively low compared to other collegiate sports due to the lack of direct contact between the two opposing teams.

Participants in the Volleyball module can also develop increased endurance and aerobic capacity, improved breathing and acquiring breathing techniques, enhanced metabolism, muscle and mental relaxation, and most of all, permanent involvement in systemic motor

activity and sports adaptation to different social groups.

Contemporary basketball is a sports game played at all levels of high school, universities and the army. It retains great popularity due to:

- confirmed overall beneficial effects on all organs and systems of the participant's body;
- the sensible combination of natural movements - running, jumping and throwing, in conditions of limited contact, resulting in a reduced risk of injury;
- the social and educational orientation of the training, i.e. developing a creative initiative, game intelligence, self-control in the benefit of the team;
- the possibility of motivational and personal satisfaction of the various motor activities and of ethical relationships with teammates and opponent players;
- the ability to practice the game on a mass scale, which the essence of each country's sports success;
- having uniform rules that facilitate international contacts and exchange of experience between teams from different basketball schools;
- a well-arranged system of competitions for different age groups, which is a natural stimulus for enhancing sports techniques;
- being applied in Adapted Physical Activity - APA, performing basic technical elements of basketball and participating in competitions according to the individual capacity for participation of persons with disabilities.

Swimming is a specific motor activity of a person in water environment. Over the years, various swimming styles have been developed, which have acquired a competitive orientation. Swimming, as a type of motor activity, occupies a leading position in relation to the good physical capacity of a person. It contributes to the harmonious shaping of the various muscles and muscle groups in the human body, protecting the spine. These advantages have made it one of the most appropriate means of rehabilitation and recovery. Swimming as an exercise is in the essence of the modern, healthy lifestyle. The specific conditions of the water environment and the variety of means and methods for achieving a corrective-compensatory effect on people with

different deviations from the norm and specific needs make it irreplaceable.

In the battle with overweight, aqua aerobics, also known as aqua jogging, provides an excellent opportunity. Practicing it regularly improves blood circulation, strengthens the heart muscle and increases the vital capacity of the lungs. It contributes to reducing the tension from the spine and maintaining a proper body posture.

The **Dance** module includes elements of folk, standard and classical dance movements: walking, running, jumping, combined with dance elements - arm movements, clapping, rotating, tapping, squatting, etc.

Folk dances, as a manifestation of people's spiritual culture, are part of their folk art. They are inextricably linked to songs, music, applied arts and customs. Dancing reflects people's lives, experiences and feelings and interacts with other forms of human activity: life style, religion, traditions, etc.

Rhythmic movements and dances help to create a sense of beauty. Various exercises and movements on the background of music increase positive emotions and contribute to the creation of music-aesthetic taste in people and to improve their physical capacity. With their great rhythmic and beat diversity, with their specific choreography, they are an accessible means of improving the health status and increasing the working capacity and creative durability of the participants.

CONCLUSION

Module participants, through conscious and active participation, can develop increased endurance and aerobic capacity, better breathing and acquiring breathing techniques, greater metabolism, muscle and mental relaxation, and most of all, the creation of lasting habits and the need for systematic exercise, sports, tourism and dance activities.

Regular physical activity, on the one hand, reduces the risk of developing obesity and, on the other, can be used in the treatment of obesity. Not always higher levels of physical activity are associated with significant weight loss in the short term, but it is very important to maintaining weight loss in the long-term.

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