

## **HOW TO ADAPT PHYSICAL EXERCISES TO AQUAGYM PROGRAMS FOR WOMEN AGED 25-35 YEARS**

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**Keywords:** swimming, fitness, aquagym, women.

**Abstract:** This paper has presented a program of four water exercises for improving health to women aged 25-35 years.

The results obtained allow effective establishment of the program subsequently developed which can be applied in the physical education to adults.

### **Introduction**

Swimming occupies an important place in everyday human life. This mean the motile activity contributes to the improvement and development of the human body, and is instrumental in the skills formation and professional skills, being an effective mean psychomotile development, restoration and recovery of some deficiencies occurring in the human development (RT Raevschii, V.F. Petelcachi, 2005 ).

At present they are set directions for the application of swimming regarding prophylaxis of certain deficiencies, functional and psycho-physiological of such swimming significance may be manifested by the appearance of therapeutic and sports activity (L. Cirla, 1996).

Aquatic environment can be characterized by their special physical, chemical and biological. Properties of the aquatic environment in accordance with motile activity positively affects the development of the human body.

### **Material-method**

The environments of these factors contribute to strengthening of the body, improves immune system, energizes metabolic processes, develop muscle tone and psychomotile human activity.

People who practice swimming benefit of strong nervous system, mental and emotional balance and a state of good mood.

In this context are set forms, content and features of swimming.

**Table. No.1**

Line no.	Swimming forms	Content and features swimming
1	Initiation	Learning swimming skills
2	Knowledge and develop swimming	Ensuring a healthy lifestyle, physical development and improvement, obtaining motile swimming skills
3	Healthy swimming	Involves normal growth and development of the body, providing health body
4	Therapeutic swimming	Recovery of cardiovascular orthopaedical and rheumatic diseases, etc.Recovery of some spine disorders
5	Swimming Application	Provides rescue from drowning, first aid, water crossing barriers
6	Swimming Sports	Ensure improvement and development of specific motile qualities of swimming Functional development of respiratory, cardiovascular, and vestibular systems Obtaining of performance results
7	Practicing swimming in the winter time	Ensure the strengthening of health, body and self-assurance from various unfavorable factors of environment

An important aspect that has interested us in the experimental study was healthy swimming application to women of 25-35 years old.

In this context the following objectives were established:

- Learning the art of sporting swimming elements processes;
- Strengthening and improving termogenic function of the body;
- Improving the functional development level;
- Motile skills;
- Implementation of physical exercise in Aquagym program .

Objectives was developed under a program for persons included in the study aimed to improve physical fitness, rehabilitation and recovery of female body presented in the table below, No.2.

## Implementation plan of healthy swimming scheme.

Table No.2

Periods of swimming practice	Nr.		Aquagym Program Percentage		Distance browsing in a lesson		Overall volume of a swimming lesson		Heart rate after exercise	
	No. of weeks	No. of weekly lesson	Initial	Final	Initial	Final	Initial	Final	Initial	Final
Physical preparation										
Phase I	4-5	2-3	10-12%	15-20%	-	-	-	-	140	130
Phase II	4-5	2-3	15-20%	20-25%	25m	50m	2-3x25m	2-3x50m	160	120
Phase-III	4-5	3	25%	45%	25-50m	100m	100m	250m	160	120
Basic training healthy in swimming training	4-6	3	30%	45%	200m	300m	300m	450m	170	110
Recovery period	4-5	2	To 35%		Relaxation swimming		Relaxation swimming		130	90

## Results

The results of this planning model to set a positive dynamic of improve was the health level of persons involved in the process of specific exercises to practice swimming.

The data revealed that physical training in the aquatic environment in the first stage had a poor influence on the female body.

The subjects could not adjust enough at this stage of the program, because their physical condition did not correspond to this effort. It may also explain the aquatic environment has left psycho-emotional feelings because of oversoliciting the body.

At the next stage subjects had a satisfactory physical condition, an acceptable emotional background and better coordination of exercises. While the female body has not adapted sufficiently to the program requirements imposed by us.

At stage III subjects were found to have a stable physical condition satisfactory and heart rate after exercise shows a good recovery subjects.

### **Discussions**

Under the proposed program in the basic subjects showed an appropriate exercise capacity requirements that we suggested . Scroll distance increased from 50m to 300m, and heart rate of 160 beats per minute to 120 beats per minute which demonstrates a satisfactory return of the pulse rate of the subjects under the program.

Original volume from a swimming lesson was at another 100m to reach a volume of 450m.

Thus by research conducted by us, we found that suggested program as a model to practice exercises had an effective influence the female body in the water and the previous objectives were accomplished.

These arguments can be said that the practice exercises in water are more easily achieved and may be proposed in the physical education in different age categories.

### **References:**

1. L. Cirla-Swimming-as a Associate of Kinesiology, Bucharest, 1996, pag.145;
2. R. T. Raevschii, V.F. Petelcachi- Swimming, Odessa, 2005, pag.161-170.

**Titlu:** Implementarea exercițiilor fizice în apă la persoanele de 25-35 de ani prin programul aquagym.

**Cuvinte cheie:** înot, condiție fizică, aquagym, femei.

**Rezumat:** În lucrarea prezentată s-a aplicat un program de 4 exerciții fizice în apă pentru îmbunătățirea sanogenică la vârsta de 25-35 de ani femei. Rezultatele obținute permit constatarea eficientă a programului elaborat care ulterior poate fi aplicat în procesul educației fizice la persoanele adulte.

**Titre:** Comment adapter des exercices physiques du programmes aquagym pour les femmes âgées 25-35 ans.

**Mots-clés:** piscine, fitness, aquagym, les femmes.

**Résumé:** Ce document a présenté un programme de quatre exercices dans l'eau pour améliorer sanogenic aux femmes âgées de 25-35 ans. Les résultats obtenus permettent en place effective du programme par la suite développée peut être appliquée à l'éducation physique pour les adultes.