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MOTOR ACTIVITY OF DIFFERENT SOCIAL GROUPS

Collective monograph

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The monograph considers the theoretical and methodological principles of different social groups' motor activity. Organizational and methodological approaches to improving motor function are singled out, taking into account the asymmetry of preschool children during physical activity. The increase of adaptive abilities of primary school children to the learning conditions in primary school by means of motor activity is characterized. The specifics of self-control of adolescent behavior during physical activity are revealed. Peculiarities of motor activity of elderly people are determined.

For specialists in physical culture and sports, fitness and recreation, teachers, scientists, graduate students, students, all who are interested in current issues of physical activity of different social groups.

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