



# The effect of wellness training on specialized simulators on the psychophysical state of middle-aged people

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UDC 796

Received by the editorial office on 20.12.2024

**Keywords:** *specialized simulators, wellness training, mental and physical condition, average age.*

**Relevance.** Water training using specialized simulators is one of the modern safe ways to improve your health. These specialized exercise machines use the unique properties of water to strengthen the cardiovascular system, muscles, increase flexibility and improve coordination of human movements, offering many physiological benefits that traditional exercises on land do not provide [1].

The purpose of the study: to study the effect of recreational training in the water using specialized AquaGym simulators on certain indicators of the psychophysical state of middle-aged people.

## The results of the study and their discussion.

The study involved 32 people who were engaged in wellness workouts in the water simulators. Analyzing the results of the survey of respondents, the following generalizations can be made:

- age of respondents: 50-59 years old (37.5%), 40-49 years old (31.3%) 30-39 years old (15.6%), 60 years and older (15.6%);

- duration of classes: from 6 to 12 months for 31.3% of respondents; from 1 to 2 years for 28.1%; less than 6 months for 25%; more than 2 years for 15.6%;

- number of classes per week: 2-3 times for 46.9% of respondents, 4-5 times -25%, once a week - 18.8%;

- the physical condition before the start of classes was assessed as: "satisfactory" by 31.3% of respondents, "good" by 21.9%, "bad" by 25%, "very bad" by 12.5%;

- the physical condition after the experiment was assessed as: "good" by 37.5% of respondents, "excellent" by 28.1%, "bad" by 9.4%, "very bad" by 3.1%;

- Among the respondents, 46.9% of people felt a significant improvement in their well-being; 31.3% felt a slight improvement, and 21.9% noted no changes.%;

- respondents indicated the following changes: muscle strengthening in 37.5% of people, improved flexibility in 25%, stress reduction in 18.8%, cardiovascular fitness in 18.8%.

- the effectiveness of using simulators is assessed as: "very effective" by 31.3% of people, "effective" by 46.9%, "neutral" by 21.9%;

- the main motivation for continuing studies is: improved health for 56.3% of respondents, comfortable conditions for 18.8%, the opportunity to communicate with other participants for 15.6%;

- 46.9% of respondents would like to see more diversity in classes, and 31.3% would like to see an increase in the number of classes.

**Conclusion.** Summarizing the above arguments, we can say that wellness workouts in the water using specialized simulators have a positive effect on the psychophysical state of middle-aged people.

## References

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