

Basic and associated categories of physical recreation

UDC 796.011.3



PhD, Associate Professor **M.A. Elmurzaev**¹

Dr. Hab., Associate Professor **S.-A.M. Aslakhonov**²

PhD, Associate Professor **N.A. Zinoviev**³

N.D. Alekseeva³

¹Saint Petersburg Mining University, Saint Petersburg

²Chechen State Pedagogical University, Grozny

³Baltic State Technical University "VOENMEH" named after D.F. Ustinov, St. Petersburg

Corresponding author: m.a.08@mail.ru

Abstract

Objective of the study was to highlight the basic and related categories of physical recreation.

Methods and structure of the study. The methodological basis of the study was carried out on the lines of theoretical and empirical methods based on a comparative analysis of the practice of organizing physical recreation.

Results and conclusions. The authors have singled out such basic categories of physical recreation as a subject - an object, motor activity, spatio-temporal conditions of its functioning and the final result achieved. The presented basic categories of physical recreation in varying degrees and meaningful interpretation are indicated in almost all scientific concepts, in various scientific disciplines studying it, and are of a universal nature. Related categories are identified on the basis of the system of knowledge accumulated in related scientific disciplines. The authors include such accompanying categories: social recreation, biological recreation, recreational geography, ecological recreation, cultural recreation, resort and sanatorium recreation and many others. The allocation of related categories in scientific research occurs on the basis of taking into account specific areas of application of physical recreation in human life.

The selected basic and accompanying categories form a single recreational system in which they are represented in close interaction and interrelation.

Keywords: *physical recreation, subject-object, motor activity, spatio-temporal conditions, object-practical activity.*

Introduction. The subject-object category is the key definition of physical recreation. There are many different opinions regarding the analysis of the concepts of "subject", "object", the relationship between them and their place in the structure of the phenomenon of physical recreation. The question of the subject - the object of physical recreation has a multifaceted significance and is little studied.

Objective of the study was to highlight the basic and related categories of physical recreation.

Methods and structure of the study. The methodological basis of the study was based on theoretical and empirical methods based on a comparative analysis of the practice of organizing physical recreation.

Results of the study and their discussion. Isolation of the *subject* "man" and the *object* "physical recreation", substantiation of the nature of the relationship between them is of great theoretical and practical importance. An integrative approach allows

you to clarify who is acting and what this impact is aimed at. A person as a subject of physical recreation is a source of cognitive and subject-practical activity, realizing his need for a healthy lifestyle, reasonable organization of his leisure time, prevention and prevention of deviant behavior, etc. Physical recreation as an object, based on the needs of the subject, provides the means to restore the physical and mental strength of a person after labor, educational, household, sports, scientific, creative activities with the help of physical culture and sports. As part of physical recreation, a person can engage in various types of physical activity.

Motor activity is the most important category of physical recreation, and without it the existence of this phenomenon is impossible [2]. With all the variety of existing views on the end result of the functioning of physical recreation, which is considered one of its basic categories, it should be noted that the result may



not always coincide with the goal and is considered only as desired.

From the whole variety of signs and concepts of physical recreation, a group is singled out, which reflects the *spatio-temporal conditions* of its functioning. Space is perceived through the objects located in it relative to each other, time - through a series of successive events. In most of the given definitions of physical recreation, such spatio-temporal conditions are considered to be a person's free time. Since there is working time for creating a material product that ensures human life, it is logical to assume that there is time for rest after work, restoration of psychophysical forces spent in the process of professional work, satisfaction of various needs, time to "be yourself". Spatio-temporal conditions for the functioning of physical recreation are characterized by a set of features and concepts and constitute the content of one of its categories.

Summarizing the existing idea of physical recreation, the following basic categories can be distinguished:

- *subject - object*;
- *motor activity*;
- *spatio-temporal conditions of its functioning and the final result achieved*.

The presented basic categories of physical recreation in varying degrees and meaningful interpretations are indicated in almost all its scientific concepts, in various scientific disciplines that study it, and are of a universal nature. It can be argued that they are system-forming categories around which the construction of her theory is going on.

Physical recreation is the goal, method, process and result of the transformation of the natural and socio-psychological essence of a person, the formation and expansion of informal communication skills.

Of the categories of physical recreation listed above - subject - object, activity and spatio-temporal conditions of its functioning, the category of the *result of its functioning* is the least studied. The selection of the result as one of the basic categories of physical

recreation is quite logical, any activity is always purposeful and involves the achievement of a certain result.

The identified basic categories of physical recreation are the core around which its basic concepts are formed, its theory is being built. But there are categories that are *related*, and without which it is impossible to build a holistic theory of physical recreation. Related categories are identified on the basis of the system of knowledge accumulated in related scientific disciplines. Such related categories include: social recreation, biological recreation, recreational geography, ecological recreation, cultural recreation, resort and sanatorium recreation and many others. The allocation of related categories in scientific research occurs on the basis of taking into account specific areas of application of physical recreation in human life [1].

Conclusions. The definition of the basic and accompanying categories of physical recreation allows you to create a generalized idea of a cognizable phenomenon, highlight its essence, subject and subject areas of its scientific research. It should be noted that the selected basic and related categories form a single recreational system in which they are represented in close interaction and interconnection.

References

1. Elmurzaev M.A., Ponomarev G.N. Sotsiokulturnyy potentsial fizicheskoy rekreatsii [Socio-cultural potential of physical recreation]. *Teoriya i praktika fizicheskoy kultury*. 2014. No. 2. pp. 52-55.
2. Yarchikovskaya L.V., Tokareva A.V., Mironova O.V., Kovalenko V.N., Ustinova O.N. Formirovaniye elementov zdorovogo obraza zhizni u studentov v protsesse zanyatiy fizicheskoy kulturoy [Formation of elements of a healthy lifestyle among students in the process of physical education]. *Teoriya i praktika fizicheskoy kultury*. 2018. No. 2. pp. 85-87.