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INFUENCE OF BELLY DANCE ON A FEMALE BODY

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ВЛИЯНИЕ ТАНЦА ЖИВОТА НА ЖЕНСКИЙ ОРГАНИЗМ

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Annotation: Dance has always played an important role in life of people since the most ancient times and was an integral part of culture in all mankind. By dance people could express the unimaginable depth of feelings and experiences. One type of dance, that is enjoying the greatest popularity to this day – belly dance, or so-called oriental dance. Belly dance is one of the finest and the most beautiful shows, which combines grace and plasticity, creative self-expression, depth of feelings and unique uniqueness. The history of belly dance goes to an extreme antiquity. This art, which has already went throughout many centuries, enjoys popularity amongst women from around the world. But what exactly influence has belly dance on a female body? And what psychological effect it has? We will try to answer these questions in this article.

Keywords: Dance. belly dance. self-expression

Belly dance is an expressive dance which emphasizes complex movements of the torso. Originally a Middle Eastern folk dance, it has evolved to take many different forms depending on the country and region, both in costume and dance style. New styles have evolved in the West as its popularity has spread globally.

The term "belly dance" is a translation of the French term "danse du ventre", which was applied to the dance in the Victorian era, and probably originally referred to dancers from the Ouled Nail tribes of Algeria. It is something of a misnomer, as their dance used more abdominal movements than the dances described today as "belly dance". In Arabic, the dance is known as Raqs Sharqi ("Eastern Dance") or Raqs Beledi("Country Dance" or "Folk Dance").

Dalilah filming Keyf Ansak in Cairo, 1957.

Belly dance is primarily a torso-driven dance, with an emphasis on articulations of the hips. Unlike many Western dance forms, the focus of the dance is on isolations of the torso muscles, rather than on movements of the limbs through space. Some dancers and dance schools have developed their own naming schemes, but none of these is universally recognised.

Nowadays Belly dance is getting more and more popular amongst female. The beneficial effects of belly dancing on the body, both mental and physical are undoubted. So let’s consider what exactly effects belly dancing has on the body.

• Improved posture and muscle toning

Our spinal column contains more bones and ligaments than any other part of the body. Its 33 vertebrae are stacked together in a column joined together by cartilage and ligaments, and almost every movement of the torso depends upon its flexibility

and function. Muscle groups that attach to the ligaments and vertebrae create movement in the trunk and pelvis areas. Raks sharki tones these muscles and maintains flexibility in a safe and effective manner.

During the dance, the movements of hip drops, circles, figure eights, and shimmies put the joints and ligaments in the lower back and hip through a full range of gentle, repetitive motion. This movement helps increase the flow of synovial fluid (nature's lubricant) in these joints. When movements are done properly, the pelvis is tipped forward, or tucked somewhat; a neutral position that can help prevent lower back problems. Raks sharki can help relieve stress to the back, counteracting the almost constant compression of the disks that occurs from sitting and a sedentary lifestyle.

These toned muscles improve posture and help prevent back pain that can be caused by the unnatural curving forward of the spine. The muscles surrounding the hip, the largest joint in the body, are used and exercised during hip drops, and figure eights, enhancing flexibility and suppleness. Improved hip flexibility can lead to improved balance when walking as well.

Arms and Shoulders are exercised when doing lifts, circles, or the rippling motions of snake arms, toning muscle. This toning effect is often evident early on, since holding the arms aloft are an important element of the dance, even for beginners.

Because a woman is on her feet, moving during the dance, it is considered a weight-bearing exercise. Weight-bearing exercise can prevent osteoporosis and strengthen bones, and the overall toning can lead to an improved self-image, as the dancer becomes more balanced and poised. Raks sharki is considered a low-impact exercise, meaning the risk of injury is minimal when movements are done correctly. The benefits of belly dance can be enjoyed by women of all ages; men and children are participating in the dance as well, and reaping the same benefits.

• Weight loss

According to Dr. Carolle Jean-Murat, M.D., raks sharki can burn up to 300 calories per hour. This estimate will vary, of course, depending on the intensity of your dancing. Combined with a healthy diet that involves sensible eating, raks sharki can without a doubt be part of a sound weight loss program.

Many dance classes take place only once or twice a week. For even better results and enhanced cardiovascular benefits, try combining the flexibility and muscle strengthening of raks sharki with an aerobic routine, such as swimming or bike riding, on the days you don't have class. Your entire body will feel the benefits as the aerobic exercise works large muscle groups, and the dance enhances strength and coordination of small muscle groups in the trunk, hips, and arms.

• Preparation for childbirth

The movements of raks sharki make an excellent prenatal exercise regimen that strengthens the muscles used during the childbirth process. The toned abdominal muscles and natural hip tucks, which are similar to the "pelvic rocking" taught during prenatal classes, teach the expectant mother how to move her pelvis. For women who desire natural childbirth, this form of exercise through dance, with its emphasis on muscle control not only facilitates natural childbirth, but also makes an excellent

post-natal exercise that helps encourage abdominal tone.

• Stress reduction

In this day and age of almost continuous stress, the subtle rhythms of raks sharki and the traditional movements are calming. The repetitive movements of the dance and the concentration needed to do them can help a mind filled with daily stress to "let go" for a while and relax.

One effect of stress is that our bodies tense up, causing contractions or spasms in muscle groups, such as those in the neck, shoulders, or back. When a muscle is contracted, lactic acid builds up, causing the "soreness" or pain that occurs. Blood flow to the affected muscles decreases as well.

And what about a psychological influence?

Previous studies in the US and the UK have shown that street and modern dancers hold a more positive body image of themselves than exotic dancers do. Marika Tiggemann of Flinders University in Australia tested how participants of belly dance see themselves, and also sought to find out what they gain from it.

The authors recruited 112 belly dancers from two dancing schools in Adelaide, Australia, along with 101 college women who had never participated in this activity before. The participants completed questionnaires in which they rated their own bodies, how they think others view their bodies and about the attention they attract from men.

The researchers found that belly dancers see their own bodies in a better light than the college students do, and are less likely to be dissatisfied with how they look. They also have fewer self-objectifying thoughts, and therefore take what others might think about their bodies less to heart.

"Belly dancing is an activity associated with positive body image, because participants tend to focus less on their external appearance, and more on the experience and what they are able to do with their bodies," concludes Tiggemann. "It allows women a rare, safe and creative opportunity for exploring and expressing their sensual and sexual selves."

As we can see from the article, belly dance or Raks Sharke has positive impact on physical and psychological health of a woman. Toning of muscles, their strengthening, and also work of small groups of muscles which we don't use in everyday life or use a little belong to physical impact. Increase of self-assessment, a relaxation, reduction of a stress and good mood belong to psychological influence. All this leads to improvement of life of a human, increase his life quality. From here we draw a conclusion that belly dance can change a woman's life to the best.

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Kosyreva II

APPLICATION OF TRAINER DEVICES ON LESSONS BY PHYSICAL CULTURE IN GENERAL SCHOOLS

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ПРИМЕНЕНИЕ ТРЕНАЖЕРНЫЕ УСТРОЙСТВА НА УРОКАХ ФИЗИЧЕСКОЙ КУЛЬТУРЫ В ОБЩЕОБРАЗОВАТЕЛЬНЫХ ШКОЛАХ

Annotation: the Use of trainer devices, for development of vestibular analyzers.
Keywords: vestibular analyzer, trainer devices, physical culture
Аннотация: Использование тренажерных устройств, для развития вестибулярных анализаторов.
Ключевые слова: вестибулярный анализатор, тренажерные устройства, физическая культура

In modern terms a qualificatory value acquires the necessity of preparation of generation of new type, possessing not only a high capacity but also ability quickly to capture the various forms of motive acts, and also to save exactness of working operations at influence of unfavorable factors of environment, producing enhanceable requirements first of all to functional activity of the sensory systems, especially to vestibular, because exactly a vestibular analyzer is one of driving members in development and perfection of physical capacity and motive abilities and skills of man (Í.Ï. Ponamarev 1985, À.Ñ. Kiselev 1960, I.P.Rotov 1972)

The role of general schools increases in this connection - main link of physical education of children. One of major problems of theory of physical education, physical culture for perfection of vestibular reactions, and also search of new facilities and methods for intensification of educational process at school. One of such ways, in our view, application of trainer devices is. On the basis of study of literature (È.Þ. Sarkisov, A.A. Thorns 1974, I.P.Rotov 1972), and also of practical activity of trainers was educed, that application of trainers and trainer devices gives the row of advantages before other faculities. But in-process teachers of physical culture trainers did not find a due until now

During experimental researches with the purpose of complex research of reaction of vegetative and sensory-somatic functions of organism at peace and at the dosed vestibular loading were used by us trainer устройства" Vertical line " and

" Pedograf " the basic task of research was determination of functional level of development of vestibular analyzer in a midchildhood (7-11 years), and also exposure of the special training loading on a vestibular analyzer.

Data, got at research of functional possibilities of vestibular analyzer showed that in a state of rest for children 7-11 years the search of vertical steady equilibrium carries unambigiuous character. In 7-8 years vestibular instability more выражена- 18,7+ 0,6 : in 10-11 year 9,8+ 0,5. Also changes can be explained by the higher functional tuning of the system accountable for keeping balance of body for the

children of senior age.

It is set that at the irritation of vestibular analyzer accelerations there is considerable violation of static equilibrium in all age-related groups. The most considerable changes in keeping balance are marked for children 7 summer age. In too time the small on force and of short duration at times adequate irritants of vestibular analyzer assist the improvement of functions of equilibrium for all inspected children.

In respect of vegetative reactions of organism of children after a rotation, then they carry the differently directed character. As indexes of reaction a difference undertook between frequency of heart-throbs before and after loading.

There was both making more frequent and deceleration of frequency of heart-throbs with primary predominance of (95% cases)

The threshold irritations of vestibular analyzer are not only caused by substantial violation of steady equilibrium of body in a vertical pose but also assists violation of spatial presentations at passing of rectilineal segment. Rejections at walking observed toward a rotation, an error on the average in 7-8 years made 1,7+ 0,3м, in 10-11 -1,0 +0,5м. an exception were schoolchildren, with the concussion of the head brain etc., they had a rejection at walking in an opposite side (against a rotation), and on occasion complete loss of spatial orientation. Distinctions between girls and boys in all age-related groups carry unreliable

One of characteristic criteria of violation of vegetative and sensomotor functions at the dosage of vestibular influences is "time of indecision" (time of maintenance of the illusive feeling caused by moving examinee at a rotation, to the that moment when he can independently save a vertical pose without overhead support at a device). What vegetative and sensomotor reactions are brighter expressed, the less than functional possibilities of vestibular analyzer "time of indecision" increases here. With age "time of indecision" diminishes from 24,9+ 0,5 with (7 years) to 15,1+ 0,3 with (11 years). It is mainly related to the increase of functional possibilities vestibular analyzer.

We undertook the attempt of exposure of influence specialtraining loading on a vestibular analyzer for the children of midchildhood with the use of these trainer devices. The training loading was given taking into account the individual features of children of every age-related group.

It is educed, that the systematic training of organs of equilibrium conduces to the considerable improvement of statistical equilibrium, spatial orientation, and also considerably reduces violations of vegetative and vestibular functions students 1-4 classes.

Thus, rational application of trainer devices vertical " Vertical line " and " Pedograf " in the process of physical culture give to the teacher possibility:

- to have necessary urgent state information vestibular analyzer;
- purposefully to manage and develop the vegetative, sensory and vestibular reactions of students;
- clearly to measure out the vestibular loading taking into account the age-related and individual features of schoolchildren;
- to conduct pedagogical control after development and perfection of vestibular

analyzer;

- considerably to extend the circle of facilities and methods for the increase of physical preparation of schoolchildren.

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