

Regeneration of the body - ways to recover in sports and science

Overall goal: The student will learn:

- what is regeneration of the body, what are the ways of regeneration,
- what regeneration gives in sports, during learning and in everyday life
- the consequences of lack of regeneration

Operational goal: The student will understand that without regeneration, it is impossible for our body to function properly and therefore for us to play sports or learn well.

Method: concept map, lecture

Form: Individual

Didactic means: Lecture, video, mm presentations, rolling pin, tennis ball

Course of the lesson

I. Introductory part (introductory)

1. Explanation of the terms Regeneration of the body and its examples.

Regeneration: It is a process that aims to return the body to the balance necessary for the proper functioning of the body. The process of repairing damaged tissues, healing wounds, renewing cells including those of the brain - that is, the physical and mental renewal of our body.

Lecturer: Let's watch the video: 6 most effective ways to regenerate - youtube.

Best ways to regenerate:

Sleep: The primary source of recovery for any human being is sleep, and without an adequate amount of it, our performance, or how much strength we have to do, drops. During sleep, growth hormone is produced, which promotes muscle growth and fat reduction. The minimum amount of sleep is 6-7 hours, optimally would be 7-8 hours of continuous sleep.

Exercise: self-massage, stretching, yoga, muscle breakdown, sauna

Cold regeneration: Ice pack for muscles, cryogenic chamber, walrus, cold bath (The idea is to cool our muscles after a hard workout in such a way that it lasts for a short time but is very noticeable by the body, e.g., entering an ice bath, cold water or chamber, e.g., for a few tens of seconds or a minute, depending on the preparation of the body)

Training in "oxygen": e.g. a run for pleasure trot (a run in oxygen is one during which you can talk freely and your heart rate is within 120 ud/min, but remember to "listen" to your body, this run is to be a form of rest and can not be too long e.g. 30 to 40 minutes maximum.

Specialized massage: carried out by a masseur, physiotherapist, for example, post-start or post-training massage. Such a massage will restore your muscles to a state that allows you to proceed with further training, e.g. without pain. When you report to your trainer or parents that your muscles hurt or that you have limited joint mobility, they may offer you self-massage through the use of a roller, balls or other self-massage equipment - that is, you perform it yourself, or they will take you to a massage therapist, physiotherapist who, through the use of appropriate massage techniques, will bring your body to full fitness.

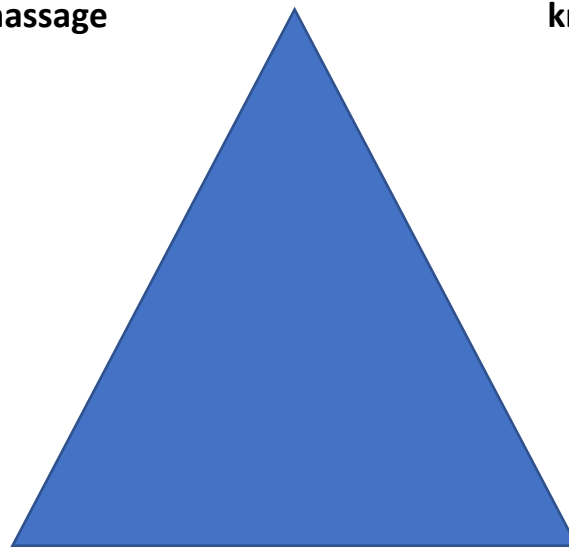
Diet: to supplement deficiencies created by intense activity of the body - physical or mental. Deficiencies may relate to nutrients such as protein, micro and macro elements, carbohydrates and others.

Lecturer: Poor recovery can contribute to slowing down or completely stopping the effects in training, in learning. Besides, inadequate recovery increases the risk of injuries and injuries and so-called: "overtraining" - including head. A person who is not fully regenerated, rested is more susceptible to stress, illness, lack of appetite, trouble sleeping, irritability, lack of focus and assimilation of knowledge, muscle pains and others. To better remember the content provided, arrange a pyramid of scattered elements.

Diet

massage

krio



**Trening in
„oxygen”**

Sleep

automassage

I. Part two - consolidation

Lecturer: On the screen you will see the content of an article from a certain "twisted" newspaper. Read the article and mark "P" - true, "F" - false

.... Anyone who plays sports should train 7 days a week, so that the body gets used to the effort P/F

The best thing to do after a workout is to change clothes and start another workout immediately afterwards to take advantage of the warmed-up body P/F

Resting after training is not very important, it is more important to drink 8 liters of water, necessarily warm P/F

One of the best ways to recover is to get a good night's sleep, or after your workout go into a barrel of water and ice, or a cryogenic chamber, and then get a massage P/F

Lecturer: conclusion

That is, in summary, a good night's sleep, combined with wellness, is the best way to recover.

Compiled by: Piotr Janus