

Małgorzata M. MATYJA¹, Joanna SZOŁTYSEK², Andrzej W. MITAS³

¹ Academy of Physical Education, Katowice

² Silesian University of Medicine, Katowice

³ Silesian University of Technology, Gliwice

MUSICAL MOTOR FEEDBACK WITH SOUND PERSONALISATION - LIFE MUSIC IN EXPERIMENTAL RESEARCHES

Keywords: movement, Nordic Walking, obesity, biomechatronics analysis

The article deals with the quite risky problem of criticizing the movement in a common sense in terms of physiological abnormalities or improper performance of motoric activities. The authors represent a famous view that bad movement is worse than no move. Thus, the thesis of the discussion was formulated as follows: walking with Nordic Walking poles is harmful to obese people and is in contradiction with the basic principles of treatment of this disease. Recreation is advisable only after the disease has healed.

The main problems of obesity from the point of view of the musculoskeletal system, overload and degeneration of the spine and lower limbs (especially the knee joints) were highlighted. The article raises the problem of multiplied load on the motoric system in obesity in biomechanical terms, leading to a disturbance in the dynamic stabilization of the body.

Noteworthy is a short critical analysis of the literature on recreational activities recommended for obese people (recreation cannot play the role of a therapeutic measure) - having a dispute, running, gym. Authors of different publications usually focus on the effects in terms of behavioural and biochemical parameters, ignoring the consequences in the motoric system. NW is often seen as an immediate panacea for mobility atrophy. The analysis of the literature on its positive effects (loss of kilograms, improvement of biochemical blood parameters) with the complete omission of a critical approach to the specific status of the weight-overloaded movement system is usually the domain of popularisers who claim that a few hours of training is enough to take advantage of the benefits. The article indicates the recreational nature of NW in comparison with the physical activity of obese people recommended by physiotherapy specialists in terms of the view that:

- a) recreation must not play the role of a therapeutic measure
- b) the patient should first lose weight, and then improvement training can be introduced.

Proper walking with poles requires a long, approximately 8 weeks of training in order to achieve the right walking style. This requirement is not emphasized in publications. Against the background of the general lack of time, such propagated NW is wrongly regarded as an ideal type of physical activity and is used indiscriminately in both healthy and sick people, leading potentially to complications or dysfunction.