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VALEOLOGICAL DISCOURSE ON FORMATION, STRENGTHENING AND PRESERVATION OF HUMAN HEALTH.

The article pointed out that the state needs a new – Valeological health paradigm, which should be based on the philosophy of the modern concept of health of the Ukrainian nation.

The author focuses on the fact that in recent decades, the world science has introduced a health problem in a range of global issues, the solution of which determines not only the quantitative and qualitative characteristics of the future development of mankind, but also the fact of its continued existence as a species. Human health, its formation, preservation and strengthening is the central problem of almost all countries of the world.

The problem of the formation, strengthening and preservation of health is marked interdisciplinary nature of research, the study of which is the responsibility of the various natural sciences (medicine, biology, anthropology, physiology, etc.), Social and humanitarian (philosophy, psychology, pedagogy, etc.) Disciplines. However, this problem is one of not sufficiently developed in modern science, its understanding is related to clarifying the essential characteristics such thing as «health». Considering the concept of «health» in the broadest sense of the general cultural, it should be pointed out that it acts as a kind of integral criterion for assessing the person's lifestyle, validity or invalidity of the chosen path in life.

Therefore Valeology became the theoretical and methodological basis, which can be developed by state and national program for human health.

Prospects Valeology associated with the development of an integrative methodology Valeology; with priority development of the socio-cultural aspect of it; the upbringing of a healthy person; with the integration of ideas, scientific principles of health and folk traditions, the experience of raising a healthy citizen of Ukrainian society.

Key words: *valeological discourse, formation, strengthening and preservation of human health.*

Путров С. Ю. Валеологічний дискурс щодо формування, зміцнення та збереження здоров'я людини

У статті вказано, що держава потребує нової – валеологічної парадигми здоров'я, що має ґрунтуватися на сучасній концепції філософії здоров'я української нації. Автор акцентує увагу на тому, що останніми десятиліттями світова наука ввела проблему здоров'я у коло глобальних питань, вирішення яких обумовлює не тільки кількісні та якісні характеристики майбутнього розвитку людства, а й факт його подальшого існування як біологічного виду. Здоров'я людини, його формування, збереження і зміцнення є центральною проблемою фактично всіх країн світу. Тому валеологія стала теоретико-методологічним базисом, на якому можуть розроблятися державні і національні програми забезпечення здоров'я людини. Перспективи валеології пов'язані з розробленням інтегративної методології валеології; з пріоритетним розвитком соціокультурного її аспекту; з виховання здорової людини; з інтеграцією ідей, принципів науки про здоров'я і народних традицій, досвіду виховання здорового громадянина українського суспільства.

Ключові слова: *валеологічний дискурс, формування, зміцнення та збереження здоров'я людини.*

Путров С. Ю. Валеологический дискурс по формированию, укреплению и сохранению здоровья человека.

В статье указано, что государство нуждается в новой – валеологической парадигме здоровья, должна основываться на современной концепции философии здоровья украинской нации. Автор акцентирует внимание на том, что в последние десятилетия мировая наука ввела проблему здоровья в круг глобальных вопросов, решение которых обуславливает не только количественные и качественные характеристики будущего развития человечества, но и факт его дальнейшего существования как биологического вида. Здоровье человека, его формирование, сохранение и укрепление является центральной проблемой практически всех стран мира. Поэтому валеология стала теоретико-методологическим базисом, на котором могут разрабатываться государственные и национальные программы обеспечения здоровья человека. Перспективы валеологии связаны с разработкой интегративной методологии валеологии; с приоритетным развитием социокультурного ее аспекта; с воспитанием здорового человека; с интеграцией идей, принципов науки о здоровье и народных традиций, опыта воспитания здорового гражданина украинского общества.

Ключевые слова: *валеологический дискурс, формирование, укрепление и сохранение здоровья человека.*

Problem analysis of recent research and publications. The urgency of the problem of management of formation, preservation, improvement of human health, the nation, the people has always been, is and will be acute, because the quality of its solutions depend on all the processes of life, forming a planetary being of the world community, or the so-called social peace. Health of the population, especially children, - one of the main sources of happiness, joy and fulfilling life of parents, teachers and society in general.

Search for the conservation and development of the nation, its health, labor and reproductive adequacy S.M. Futorny and Y.M.Shkrebty believe "should be addressed to the teaching community, which is more acute beginning to understand their responsibility for the physical, social and psychological well-being of future generations" [5, p. 56].

Domestic scientists (S.S. Volkova, M.S. Honcharenko, V.P. Horashchuk, M.V.Hryn'ova, V.M.Orzhekhovs'ka, S.V. Strashko, L. P. Sushchenko et al.) To pay special attention to modern state, trends and prospects of development valeology.

Foreign researchers (L. Brannon and J. Feist [6], P. Conrad [7], A. Twaddle [8], and others.) Also focuses on the issues related to the strengthening and preservation of human health.

Revealed aspects which determine the purpose of the article that is characteristic valeologichnogo discourse on formation, strengthening and preservation of human health.

The presentation of the main research material. In the literature devoted to specific aspects of health, contains a number of definitions of the categories, based on different methodological approaches and criteria. First of all, the definition of health proposed by the ancient Greek philosopher Alcmaeon, and today has its supporters: "Health - a harmony of opposing forces." The Roman philosopher Cicero described health as the right balance of different emotional states.

In the philosophical literature, the concept of "health" is defined as a full human existence, in which his life and work are perceived as self-development of the natural qualities peculiar to it.

The variety of views on the essence of the concept of "health" and human futility of attempts to develop a common, consistent view is largely due to the fact that health is a rather complex phenomenon, characteristic and important side of which is difficult to find out shortly. One of the most commonly used is the principle of the direct opposition of two qualitatively different states: normal saline (which corresponds to the concept of "good health") and pathological (synonyms of the disease, "poor health"). Most of the definitions contains health or has in mind is a polar division. The concept of standards is debatable.

Some authors in the definition of "health" category are subjective or objective approaches and criteria. In the first case, the basis for the "health" of the concept lies only a subjective state of the individual. Another approach that appeals to objective criteria where health is treated as state structures and functional systems of the human body. In the first case of "being healthy" means not to have any subjective complaints and feel the fullness of physical and spiritual strength. This view of health has its origins since ancient times. As a subjective feeling of psychological determinants of health Hippocrates. However, subjective criteria, as is known, are not sufficiently reliable estimates in real human health. Some forms of pathology and associated significant changes of the internal environment (even at a fairly late stage of development) may not be accompanied by any special subjective sensations.

On the other hand, there may be subjective sensation problems in the functioning of individual organs in the absence of signs of organic lesions and without disabilities.

In this case, as a rule, we can not talk about the full health, as these sensations - a kind of psycho-emotional disorders symptoms, but the somatic (bodily) health can be at the same time it is saved. At the same time, ignore the subjective feelings of the person can not, because in some cases they are an important primary source of information for early detection of disease conditions and timely treatment and prevention, rehabilitation. In addition, the pain a negative impact on all kinds of human activities, including work.

In the second approach, which uses an objective criterion of a functional state of an organism, health is defined as a normal physiological state, as the optimal adaptation to the requirements of the environment, and disease - both functional (organic) failure, a broken adaptability. Using this definition requires the correlation of quantitative and qualitative characteristics of health, in particular the measurement of structures and functions of individual organs and systems of the body as a whole, which could characterize health status ("normal") or the degree of pathological excitation.

However, this approach is incomplete because it does not take into account the body's ability to implement a variety of biological and social functions. This became the basis for the emergence of its variants - the functional approach to the definition of health, comes from the interpretation of it as an individual's ability to exercise its inherent biological and social functions, such as the ability to carry out socially useful activities. The ability to carry out public, especially labor, the production function - an important criterion for human health.

It should be noted that the concept of "health" is arbitrary and objectively established jointly anthropometric, clinical, physiological and biochemical parameters, which are determined taking into account the sex and age factors, climatic and geographical conditions.

T.O. Nekrasova considers that health - is defined genetically, psycho somatic and socio relatively stable human condition characterized by the harmonious relationship of all the properties and functions of the body, mental and physical, social and spiritual qualities of the person, which is caused by objective and sub 'objective factors [3, p. 24].

V. V. Kolbanov i V. M. consider Valeology key concept of "health" as a fundamental human right, as the main determinant of economic and social development of the countries and peoples in the context of growing globalization in all spheres of human activity. Health is indeed one of the factors of the national security of the state [2, p. 70]. Human health as a multidimensional concept, it is the result of providing all of the complex determinants (physical, mental, sensory, etc.). On the moral basis of socially determined, mark scientists [2, p. 70].

Health - a state of the human body, its anatomical, physiological, biochemical, and psychological characteristics.

Health - a harmonious unity of the biological, psychological and job functions, leading to the full unlimited human participation in various forms of social work.

Health - is the ratio of bio-social system update as necessary its essential powers.

Health - the dynamic state of the human body, which is characterized by high energy potential, optimal adaptive responses to

environmental change, which provides a harmonious physical, psych emotional and social development of the individual and his active longevity, full life, effective response to disease.

Health - a measure of the ability of an individual or group to realize their aspirations and satisfy needs, changing environment or to cooperate with it.

Health - the ability to self-preservation, increase vitality of man.

In other words, health is the ability to:

- Adapting to the environment and their own capabilities;
- Resist the external and internal factors, disease, aging, and other forms of degradation;
- To take care;
- Increase the duration of the full life;
- Improve capabilities, properties, and the ability of the organism, the quality of life and the environment;
- Produce cultural, spiritual and material values.

Human Health - a functional state of an organism, which provides life, physical and mental performance, well-being and healthy offspring playback function.

Human Health - the ability to maintain stability under the age of drastic changes in the conditions of qualitative and quantitative parameters of the triune sensory flow, verbal and structural information.

individual health is a dynamic state of preservation and development of the biological, physiological and psychological functions, the optimal duration of disability and social activity with a maximum length of active life.

Individual Health is a state of the human body, which provides a full and effective implementation of their social functions.

Three subjective indicators of health are:

- 1) self-esteem a person's own health;
- 2) health complaints;
- 3) satisfaction with life.

If health complaints recorded by official statistics, in order to obtain data on other indicators need special sociological studies.

O. A. Fed'ko, Ya. F. Radysh, "Health reflects the quality of the body's adaptation to environmental conditions, it is a process of interaction between man and his environment; very health state is formed by the interaction of external (environmental, social) and internal (heredity, gender, age) factors" [4, p. 103].

We share the opinion of scientists that "health - this is the end, summarizes the results and the integrated effect of many components of human life" [4, p. 103].

Scientists (V.V. Kolbanov, V.M. Irkhin and others) believed that the emergence of Valeology as a science discipline and improving the practical field, its prevalence in the education system at the end of the XX century was caused by a complex of social, economic, moral, moral, environmental, scientific, educational and other reasons [2, p. 69].

The emergence Valeology became possible only when the level of knowledge about the man, his biological, psychological, social and other aspects, has reached a high enough level to create integrative science, revealing the means of formation, preservation and promotion of human health.

Recall that Valeology (from the Latin «Valeo» - To be healthy, «logos» - science) develops itself under the general laws of scientific development, passing in a number of stages of formation.

The current state of this scientific discipline characterized by unsettled notions of subject and specifics of the study.

S.M. Gorbunova notes that valueology "has the opportunity to explore the evolution of this phenomenon, as a consciousness within itself creates the concept of health, in which the achievement of health is impossible without self-knowledge, self-observation, and self-control. It reinforces the status of a modern scientific discipline with a strong philosophical and anthropological and socio cultural oriented "[1, p. 11]. PhD focuses on the fact that "Valueology, allegations, ideas and principles is a specific integrated science of spiritual and physical health and the individual, and all mankind on a new stage of his spiritual and creative evolution . Synthesis of practical preventive and health knowledge of the structure and functioning of protective rights mechanisms in their interaction with the cosmos and the biosphere, their use in extreme conditions of modern ecological situation "[1, p. 3].

We were impressed by the scientific thought.

If we analyze the existing approaches to the understanding of this young science of state formation and enrichment of human health, it is possible to discover the amazing variety of concepts and theories.

For example, valeology understood as a systemic knowledge about the health of the individual and of the whole human society, a healthy way of life of a person, which is based on tested experience of many centuries, the idea that through proper miroorientirovaniyu and appropriate behavior person is able to secure a long, joyful, painless life. On the other hand, Valeology - a synthesis of prevention and health knowledge on the structure and functioning of the protective mechanisms of the person, their use in extreme conditions of modern ecological state.

Conclusions. The problem of the formation, strengthening and preservation of health is marked interdisciplinary nature of research, the study of which is the responsibility of the various natural sciences (medicine, biology, anthropology, physiology, etc.), Social and Humanities (philosophy, psychology, pedagogy, etc.) Disciplines.

However, this problem is one of not sufficiently developed in modern science, its understanding is related to clarifying the essential characteristics such thing as "health".

Considering the concept of "health" in the broadest sense of the general cultural, it should be pointed out that it acts as a kind of integral criterion for assessing the person's lifestyle, validity or invalidity of the chosen path in life.

Prospects for further research see in the development of guidelines for use by professional valueological components in the training of future specialists in physical rehabilitation in higher educational institutions.

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РУХОВА АКТИВНІСТЬ І ЗМІЦНЕННЯ ЗДОРОВ'Я В ПРОЦЕСІ ВИХОВАННЯ ПРОФЕСІЙНО-ПРИКЛАДНОЇ ФІЗИЧНОЇ КУЛЬТУРИ УЧНІВСЬКОЇ І СТУДЕНТСЬКОЇ МОЛОДІ

У праці проаналізовано науково-методичну педагогічну та спеціальну спортивну літературу з питань рухової активності учнівської і студентської молоді, зміцнення її здоров'я в процесі виховання професійно-прикладної фізичної культури. Докладно розкрито оздоровчо-прикладне значення рухової активності та її важливу роль в процесі виховання особистості. Зроблено аналіз літератури з питань позитивного впливу рухової активності на виховання професійно-прикладної фізичної культури майбутнього фахівця.

Визначено професійно-прикладне значення збільшення обсягів рухової активності в процесі виховання профільної фізичної культури молоді для майбутньої професійної діяльності. Встановлено ефективність зростання об'ємів соматичної активності і оздоровлення організму в процесі такого виховання.

З'ясовано, що структурною складовою процесу професійно-прикладної фізичної культури і спорту молоді є її рухова активність і високий рівень здоров'я. Теоретично доведено роль м'язової діяльності в підтриманні гемостазу внутрішнього середовища організму. Встановлено, що скорочення скелетних м'язів є обов'язковою умовою збільшення обсягу функціональних резервів організму, збереження і зміцнення здоров'я людини.

Обґрунтовано фізіологічну природу впливу рухової активності і гіподинамії на організм молоді. Встановлено причини зниження енергетичного обміну, збільшення частоти захворювань серцево-судинної та дихальної систем і зменшення рівня фізичної та розумової працездатності.

Ключові слова: рухова активність, гіподинамія, зміцнення здоров'я, процес виховання, професійно-прикладна фізична культура, енергетичний обмін, захворювання серцево-судинної та дихальної систем, фізична та розумова працездатність, учнівська і студентська молодь.

Ребрина Андрей, Рудниченко Николай Двигательная активность и укрепление здоровья в процессе воспитания профессионально-прикладной физической культуры учащейся молодежи. В работе проанализировано педагогическую научно-методическую и специальную спортивную литературу по вопросам двигательной активности учащейся молодежи, укрепления ее здоровья в процессе воспитания профессионально-прикладной физической культуры. Подробно раскрыто оздоровительно-прикладное значение двигательной активности и ее важную роль в процессе воспитания личности. Проведен анализ литературы по вопросам положительного влияния двигательной активности на воспитание профессионально-прикладной физической культуры будущего специалиста.

Определено профессионально-прикладное значение увеличения объемов двигательной активности в процессе воспитания проффильной физической культуры молодежи для будущей профессиональной деятельности. Установлена эффективность роста объемов соматической активности и оздоровления организма в процессе такого воспитания.

Выяснено, что структурной составляющей процесса профессионально-прикладной физической культуры и спорта молодежи является ее двигательная активность и высокий уровень здоровья. Теоретически доказана роль мышечной деятельности в поддержании гемостаза внутренней среды организма. Установлено, что сокращение скелетных мышц является обязательным условием увеличения объема функциональных резервов организма, сохранения и укрепления здоровья человека.

Обоснованно физиологическую природу влияния двигательной активности и гиподинамии на организм молодежи.