

improvement;

5) exercises aimed at increasing activity, well-being, mental and emotional state, reducing excessive excitement and increased anxiety;

6) video monitoring is an attribute of shaping classes. Reproduction of video programs provides not only musical design of classes, but also, increasing the independence of students, creates conditions for long-term leadership and more. In addition, specially created video programs facilitate the work of the instructor, allow him to make better correction of students' actions, more effectively manage the training process and monitor their condition. In addition, soft feminine "lines" and shapes are valued in shaping. As can be seen, this is a set of tools that includes not only exercise (rhythmic gymnastics, athletic gymnastics, the concept of compensatory products in nutrition), but also art (shane choreography), fashion (shaping style, shaping art appearance), medicine (shaping therapy, shaping massage), special actions that promote social adaptation, etc.

Conclusions. Thus, shaping classes, combining modern technologies of the system of physical exercises, provide students with the opportunity not only to create a proportionate body shape, but also to learn to move beautifully, affect the attractiveness of the opposite sex. Thus, one of the promising areas in health physical culture is the formation of motor-coordination qualities, in particular, plasticity, based on the use of a set of tools, methods, techniques in shaping training and shaping choreography. As a result of many years of research the necessity of the structural approach to development of plasticity on its basic kinds and displays is proved, that has allowed to offer the new concept of physical and technical preparation in the chosen kind of motor activity.

An important element of the structure of plasticity is the quantitative and qualitative criteria for its assessment, the use of which allows you to make a choice of more effective means and methods of training those involved; manage the training process at a qualitatively new level. The use of evaluation criteria stimulates the creative attitude of those involved in the training process, the search for new, original solutions to motor problems; forms of expressiveness of motor actions and the transfer of psycho-emotional state.

A feature of the pedagogical technology of stimulated development of this motor coordination is the use of a system of physical exercises aimed at developing a specific type of plasticity, which allows you to more fully reveal the motor potential of those involved, realize it through sustainable motivation for regular exercises, provide more favorable conditions for the formation of an individual style, a creative atmosphere. classes.

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Sobolenko A.,
senior lecturer at the Department of Health Technology and Sports
National Technical University of Ukraine "Kyiv Polytechnic Institute named after Igor Sikorsky"
Martinov Yu.

senior lecturer at the Department of Health Technology and Sports
National Technical University of Ukraine "Igor Sikorsky Kyiv Polytechnic Institute"
Luskan O.

senior lecturer at the Department of Health Technology and Sports
National Technical University of Ukraine "Igor Sikorsky Kyiv Polytechnic Institute"

PECULIARITIES OF DEVELOPMENT OF PHYSICAL EDUCATION IN THE CONDITIONS OF DISTANCE EDUCATION AND ITS IMPACT ON THE STATE OF HEALTH OF STUDENTS

The article reveals the features of physical education in higher education institutions in the context of distance learning and its impact on the health of student youth. It is estimated that more than half of students spend more than 15 hours on distance learning on monitors, which negatively affects their well-being, leads to fatigue and reduces mental capacity, as well as the ability to remember.

It has been established that the work of students in distance learning worsens their health. Visual organs suffer,

mental disorders appear, the spinal column suffers, which in general has a negative effect on the central nervous, immune, endocrine and sexual systems. It is proved that physical activity is one of the most important factors that have a positive effect on psycho-emotional state, mental capacity and health.

Physical education is a pedagogical process aimed at to restore, maintain and strengthen health, increase the functional capabilities of the body, as well as improve physical development and physical fitness of those involved.

In physical education classes there is a direct connection "teacher - student". The teacher without fail, on the basis of the provided students of medical documents, studies diagnoses and focuses on physical development, physical fitness, functional the state of the body and health of those involved. Conducts private conversations with students, gives recommendations on how to restore and improve health.

This is primarily due to the crisis in the national system of physical education, which does not meet modern requirements and international standards of physical fitness, and the main causes of this problem are: devaluation of social prestige of health, physical culture and sports, lagging behind modern requirements of all levels of training and retraining of physical culture personnel, underestimation of the social, health and educational role of physical culture in educational institutions, the residual principle of its financing, etc.

Key words: health, physical education, physical activity, student youth, distance education.

Соболенко А., Мартинов Ю., Лускань О. Особливості розвитку фізичного виховання в умовах дистанційної освіти та її вплив на стан здоров'я студентів. В статті розкрито особливості фізичного виховання у закладах вищої освіти в умовах дистанційного навчання та його вплив на стан здоров'я студентської молоді. Визначено, що більша половина студентів проводять на дистанційному навчанні за моніторами понад 15 годин, що негативно впливає на їх самопочуття, призводить до втоми та сприяє зниженню розумової працездатності, а також здатності до запам'ятовування.

Встановлено, що робота студентів на дистанційному навчанні погіршує їхнє здоров'я. Страждають органи зору, з'являються психічні розлади, страждає хребетний стовп, що в цілому негативно впливає на центральну нервову, імунну, ендокринну та статеву системи. Доведено, що фізична активність одна із найважливіших чинників, що надають позитивний вплив на психоемоційний стан, розумову працездатність і здоров'я.

Ключові слова: здоров'я, фізичне виховання, рухова активність, студентська молодь, дистанційна освіта.

Formulation of the problem. The health of student youth is an integral indicator of the general well-being of society and one of the highest national values, so the issue of student health is becoming increasingly important today. The current state of health of higher education seekers is due to many factors and is assessed by medical, pedagogical and psychological sciences as unsatisfactory: the level of general morbidity and the prevalence of diseases of certain organs and systems is increasing. This is facilitated by the increasing intensity of the impact on children's health of environmental and medical and social risk factors, deteriorating nutrition, reducing the effectiveness of traditional preventive measures, increasing hypodynamics due to the rapid development of scientific and technological progress [3]. Given the negative dynamics of indicators of physical health and physical activity of higher education, the study of modern approaches to involving student youth in active physical education classes is of particular value.

Analysis of literature sources and research shows different approaches to solving this problem: rethinking the content of physical education (T. Krutsevich, V. Platonov; B. Shiyan; O. Blagiy; N. Moskalenko; I Khripko); improvement of physical culture and health work in institutions of higher education and pedagogical training of specialists (O. Deminsky, Y. Zheleznyak, S. Yermakov, G. Maksimenko, etc.); increasing the level of somatic health as a result of the introduction of control of the functional state of the organism in the process of physical education (S. Kikiashvili, T. Glazun), etc. [1].

Presentation of the main material. At the present stage of society there is a very dangerous trend that has created a big gap between high-achievement sports (where athletes show very high results by attracting incredible strength, material and human resources) and physical education classes (where there is a decline, reduced student readiness young people, deteriorating their health). In recent years in Ukraine, many experts have seen a decline in physical activity of students. This trend has a negative impact on the physical development, physical fitness and functional status of young people, which determines the special social significance of maintaining and strengthening the health of student youth [2].

One of the reasons for the decline of physical education classes is the reduction of the motivational component due to the violation of the educational process, imperfect content of program requirements in accordance with the problems of everyday dynamic life, insufficient competence of teachers (in some cases) to work in new conditions [2].

According to scientists, one of the main ways to solve the tasks and objectives of physical education classes is to include them in the educational process as a compulsory subject and revise regulations governing the organization of physical culture and health work in higher education [1].

A. Gerasymchuk notes that the need to improve, introduce new programs in physical education and make some changes in the legal framework arises because over the past decade in Ukraine, the health and physical fitness of student youth has deteriorated sharply. This is primarily due to the crisis in the national system of physical education, which does not meet modern requirements and international standards of physical fitness, and the main causes of this problem are: devaluation of social prestige of health, physical culture and sports, lagging behind modern requirements of all levels of training and retraining of physical culture personnel, underestimation of the social, health and educational role of physical culture in educational institutions, the residual principle of its financing, etc. [4].

Today in the world the question of development of modern concepts of physical education taking into account pedagogical, general cultural, biological, psychological and other factors influencing a state of health of students is actual [1].

Of particular interest are the developed concepts of physical education in Finnish, Dutch and English schools. T. Yu. Osadcha draws attention to the fact that modern concepts of physical education are based on the concept of Health Related Fitness, which was developed and presented in the 80-90s in the United States [4].

According to T. Yu. Krutsevich, the creation of a new concept of physical education in Ukraine should have a health-improving effect, and physical education will be one of the mandatory forms of education.

Its main tasks are:

- strengthening the health of students;
- increase the level of vital activity, the body's resistance to the effects of adverse environmental factors;
- increase the functional capabilities of the body, the development of motor skills;
- raising the level of knowledge in the field of physical culture, forming motivations for physical culture and sports.

Scholars note that in accordance with modern requirements for physical education of students there is a need to modernize the educational process through the use of new ways and organizational and methodological solutions that improve the quality of motor activity of students, which understands sufficient to achieve and maintain a high level of health, physical development, level of physical fitness [2].

Analyzing the state of physical health of students, Ukrainian experts say that the majority of young people do not have a need to take care of their own health.

It is necessary to reorient the attitude to physical education, so that the problem of health, leading a healthy lifestyle of the younger generation is considered a priority in the development of the education system. The issue of the role and functions of physical education departments, introduction of innovative technologies into the educational process, first of all motivational, correspondence (quality) of the content of various educational programs aimed at encouraging and preserving the interest of student youth in physical education. It becomes obvious the need to develop, implement and implement the State Program aimed at forming new value orientations for the health of the nation, conducting systematic work aimed at promoting and providing all necessary conditions for attracting student youth to a healthy lifestyle [2].

Researchers emphasize that student youth is indifferent to the content of compulsory physical education classes, this is one of the reasons for the urgent need to develop new scientifically sound ways to improve the body.

Organization of physical education in higher education institutions.

The modern system of training high-level specialists requires comprehensive improvement of the system of professional orientation and training, because graduates of higher education institutions are not always ready for professional activity [5].

In the works of Yadviga Yu. P. the expediency of using the means and methods of physical education in improving the physical condition of students is proved and a differentiated approach to their division into groups for physical education is proposed; the concept of the club form of organization of physical education in the institution of higher education is substantiated, which takes into account the physical culture and health and sports interests of students, as well as the available material and technical base [5].

Despite numerous scientific developments, so far no criteria have been identified for optimal conditions for organizing the system of physical education of students in accordance with the requirements of the credit-module system of organizing the educational process.

Among the various areas in the development of health problems, a set of issues of professional training in this field is of particular practical importance. No matter how important the research of theoretical problems of health, its essence and methods of diagnosing health, it is impossible not to recognize that from how and why will be studied teachers who teach the basics of health today, and who are ready to teach tomorrow, the fate of this scientific direction depends. Further research, the content of educational programs, methods and forms of education and the practical use of health-improving activities depend on the content we see in health.

The variability of philosophical and scientific interpretations of health requires taking into account qualitatively different aspects of the problem and applying a comprehensive, integrative approach to building a model of health, healthy personality, healthy lifestyle.

Bernard believed that the preservation of the internal environment, its biological constants aimed at all vital mechanisms, but he did not disclose the content of these mechanisms. Their content was described in the works of Walter Cannon, one of the students of Bernard, author of the doctrine of "homeostasis". This term was proposed to them in 1929. Cannon emphasized that the mechanisms of homeostasis perform a protective function of the organism, they are not given to him forever, but formed in the process of development. Maintaining the degree of order is manifested in the relative dynamic constancy of the internal environment of the organism – homeostasis.

Considering a living organism in the categories of thermodynamics, it should be noted that the growth of structural imbalance (or increase in organization) of the biosystem increases the level of its negentropy. The higher the negentropy of the biosystem, the more it moves away from the state of degradation and resists the external environment. In other words, receiving energy from the outside, the biosystem increases its organization and becomes more viable, can withstand possible disturbances, ie becomes healthier. Health, considered in the categories of thermodynamics, is thus a state of negentropy, and health effects are a factor that increases the level of negentropy in the body. Strengthening health is the same as increasing vitality means increasing the body's negentropy. The measure of negentropy is the organization of the biosystem.

Physical culture is an organic part of universal culture, its special independent area. However, this is a specific process and the result of human activity, the means and method of physical improvement of personality. Physical culture

affects the vital aspects of the individual, obtained in the form of endowments that are genetically transmitted and develop in the process of life under the influence of education, activities and the environment. Physical culture satisfies social needs in communication, play, entertainment, in some forms of self-expression personality through socially active useful activities.

At its core, physical culture has appropriate motor activity in the form of physical exercises that allow effectively to form necessary skills and abilities, physical abilities, to optimize a state of health and working capacity.

Physical culture is represented by a set of material and spiritual values. The first include sports facilities, equipment, special equipment, sports equipment, medical supplies.

The second can include information, works of art, a variety sports, games, complexes of physical exercises, ethical norms regulating human behavior in the process of physical culture and sports activities, etc. In developed forms, physical culture produces aesthetic values (sports parades, sports performances, etc.).

The result of activity in physical culture is physical readiness and degree of perfection of motor skills, high level of development of vital forces, sports achievements, moral, aesthetic, intellectual development.

Thus, physical culture should be considered as a special kind of cultural activity, the results of which are useful for society and the individual. In social life in the system of education, upbringing, in the sphere of organization labor, daily life, healthy rest physical culture shows its educational, health-improving, economic and general cultural significance, contributes to the emergence of such a social trend as the sports movement, ie. joint activities of people to use, disseminate and increase the values of physical culture.

Conclusions. Thus, a brief analysis of scientific and methodological literature shows that the features of the formation of the system of physical education in students of higher education in the credit-module system of the educational process are insufficiently studied. Therefore, the development of modern trends in the process of physical education of students will increase the level of physical activity and efficiency of physical education, as well as improve the physical health of higher education.

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Бутенко Г. О.

кандидат наук з фізичного виховання і спорту, доцент, доцент кафедри теорії і методики фізичного виховання, Глухівський національний педагогічний університет імені Олександра Довженка

Курілова В. І.

кандидат біологічних наук, професор, завідувач кафедри теорії і методики фізичного виховання, Глухівський національний педагогічний університет імені Олександра Довженка

Дісковський В. І.

асистент кафедри теорії і методики фізичного виховання, Глухівський національний педагогічний університет імені Олександра Довженка

ОСОБЛИВОСТІ ВПЛИВУ ЗАСОБІВ ТУРИЗМУ НА ФІЗИЧНИЙ СТАН ДІТЕЙ СЕРЕДНЬОГО ШКІЛЬНОГО ВІКУ

У статті досліджується вплив засобів туризму на показники фізичного розвитку, функціонального стану дихальної системи, фізичної працездатності, фізичної підготовленості, рівня фізичного здоров'я дітей середнього шкільного віку, що займаються у туристських гуртках на базі позашкільного закладу відповідного профілю. У результаті експериментального дослідження визначено, що у гуртківців експериментальної групи, що обрали переважним засобом туризму пішохідні походи, дані показники значно покращилися та мають статистичну значущість. У гуртківців контрольної групи показники мають тенденцію до покращення і воно відбулося не настільки суттєво у порівнянні із природом величин показників гуртківців експериментальної групи у процесі педагогічного експерименту. Таким чином туристсько-спортивні походи є найбільш дієвим засобом туризму щодо підвищення рівня фізичного стану дітей середнього шкільного віку.

Ключові слова: туризм, пішохідні походи, фізичний стан, діти, позашкілля.

Butenko Halyna, Kurilova Valentina, Diskovskyi Viktor. Characteristics of the impact of tourism on the physical condition of middle school children. The article examines the impact of tourism on indicators of physical