

value attitude to health culture were developed.

Conclusions. The formation of a culture of attitude towards one's health among students of education was carried out through the implementation of a model in which the purpose, tasks, regularities, principles, content of the educational process, methods, forms and pedagogical conditions are organically interconnected. Within the framework of this structural-functional model, we identified, described and implemented the pedagogical conditions for the formation of children's culture of attitude to their health in the process of education by means of physical education.

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Chekhovska A.
senior lecturer at the Department of Health and Sports Technologies
National Technical University of Ukraine Igor Sikorsky Kyiv Polytechnic Institute
Salamakha O.
senior lecturer at the Department of Health and Sports Technologies
National Technical University of Ukraine Igor Sikorsky Kyiv Polytechnic Institute

USE OF HEALTH FITNESS EQUIPMENT FOR BODY WEIGHT CORRECTION OF STUDENTS OF VOCATIONAL SCHOOLS

It was determined that in the conditions of man-made development of society, the problem of preserving health is key. Among all health technologies, a prominent place belongs to physical culture. Its wide and multifaceted health effect has been confirmed by numerous scientific studies. It has been established that the positive effect of physical exertion is expressed in the normalization of the functional and morphological state of the organism, the increase in physical fitness and work capacity, the general physical condition of the persons engaged in. The identified health-improving effect of physical culture became the basis for the scientific and methodological justification of various fitness programs, which are a practical embodiment of physical culture and health-improving technologies.

Among the many means that normalize body mass and composition, the strategy aimed at creating an energy deficit by limiting the caloric content of the daily diet and increasing energy expenditure due to the use of physical activity is considered the most common.

In women, the problem of combating excessive fat accumulation is complicated by the additional activation of fat deposition processes to ensure reproductive function. Creating conditions for increasing the body's total energy expenditure is considered a fundamentally new way to solve this problem. It reveals additional perspectives for the use of physical exercises that have great potential in accelerating metabolism not only during the immediate exercise, but also in the post-exercise period. In this regard, the violation of body weight today refers to the non-compliance with the optimal parameters of not only the total body weight, but also the ratio of its components.

Keywords: physical exercises, physical education, motor activity, students, health culture.

Чеховська А., Саламаха О. Використання засобів оздоровчого фітнесу при корекції маси тіла студентів ЗВО. *Визначено, що в умовах техногенного розвитку суспільства проблема збереження здоров'я має ключове значення. Серед усіх здоров'я формуючих технологій визначне місце належить фізичній культурі. Її широкий та багатогранний оздоровчий ефект був підтверджений численними науковими дослідженнями. Встановлено, що позитивний вплив фізичних навантажень виражається у нормалізації функціонального і морфологічного стану організму, підвищенні фізичної підготовленості та працездатності, загального фізичного стану осіб, що займаються. Виявлений оздоровчий ефект фізичної культури став основою для науково-методичного обґрунтування різноманітних фітнес-програм, які є практичним втіленням фізкультурно-оздоровчих технологій.*

Ключові слова: фізичні вправи, фізичне виховання, рухова активність, студенти, оздоровчий фітнес.

Formulation of the problem. The problem of excess body weight is one of the most disturbing in the fields that are related to health care. Unfortunately, this problem is also considered relevant for the population of Ukraine, where excess weight is predicted for 40% of adults and 10% of children [28].

Along with an increase in body weight, there is concern about a violation of its component composition, which is expressed in a significant increase in the proportion of the fat component and leads to no less a health threat than excess weight

[4]. In this regard, the violation of body weight today refers to the non-compliance with the optimal parameters of not only the total body weight, but also the ratio of its components.

Among the many means that normalize body mass and composition, the strategy aimed at creating an energy deficit by limiting the caloric content of the daily diet and increasing energy expenditure due to the use of physical activity is considered the most common [6].

In women, the problem of combating excessive fat accumulation is complicated by the additional activation of fat deposition processes to ensure reproductive function [54]. Creating conditions for increasing the body's total energy expenditure is considered a fundamentally new way to solve this problem. It reveals additional perspectives for the use of physical exercises that have great potential in accelerating metabolism not only during the immediate exercise, but also in the post-exercise period.

Analysis of literary sources. The revealed health-improving effect of physical culture became the basis for the scientific and methodological justification of various fitness programs, which are a practical embodiment of physical culture and health-improving technologies [1, 2].

At the same time, much of the researchers' attention was focused on identifying the rational parameters of dosage of physical activity for people of different levels of physical condition, studying the specifics of the impact of various types of exercises [3, 4]. A number of studies were devoted to the development of fitness programs for certain population groups, including women [3]. They established that the most popular among women are various types of health gymnastics: rhythmic gymnastics, aerobics, step aerobics, pilates, etc. When developing such programs, most researchers paid attention to the overall health-improving effect of such classes and only superficially to their corrective effect, mainly stating the dynamics of body weight indicators.

Presentation of the main research material. Today, it has been proven that a violation of the optimal body weight creates a potential health hazard. According to the WHO, up to 30% of the planet's inhabitants are overweight [28]. This problem is most widespread in the USA, where 60% of people are overweight, and 27% are obese. The frequency of this disease in different European countries varies at the level of 22-25% [1].

Due to the fact that in modern society there is a tendency to increase body weight, which is accompanied by an increase in morbidity, average body weight parameters can hardly act as a reliable criterion for optimal body weight in this case. V. Vlasov emphasizes that the criterion for assessing body weight should be such an interval of its values, which is characteristic of people with a minimal risk of diseases [5].

To date, it is the most important and generally accepted evaluation criterion and is recommended for use by doctors and researchers for both children and adults.

The development of obesity causes fatty infiltration of the myocardium, hypertrophy of the ventricles of the heart, excessive accumulation of fat in the epicardial area, which leads to impaired myocardial function, and increased pressure in the left ventricle. These changes become more complicated as the duration of obesity increases. Ventricular arrhythmia is 50% more common in obese people. Each unit of body weight greater than optimal increases the risk of arrhythmia by 4% [2].

Increased body weight is also a factor in sexual health disorders. Insulin resistance, which is observed in obese women, is a progressive factor that causes the formation of sclerocystic changes in the ovaries. Disturbances in the metabolism of ovarian hormones (blocking the transformation of androgens into estrogens, hyperproduction of testosterone) lead to persistent hormonal imbalance, which manifests itself in hyperandrogenism, disruption of the ovarian-menstrual cycle, hirsutism, and infertility. Along with this, an increase in body weight and the concentration of insulin and leptin in the blood activates the formation of estrogens in adipose tissue from adrenal androstenedione, which leads to the development of hyperestrogeny and estrogen-dependent tumors of the breast and uterus.

Another important component of fat control programs, along with proper nutrition, is the use of exercise. However, their role in these programs is determined ambiguously by various specialists.

The physiological justification for the use of physical exercises is that the oxidative processes in the muscles during work are much more efficient than at rest, which accordingly increases the consumption of metabolites - carbohydrates and fatty acids. The recommendations of public health organizations say that every adult should do at least 30 minutes of physical activity every day. load of moderate intensity, which is necessary to maintain a healthy weight, or in other words, devote about 150 minutes to physical activity. for a week

Despite the ineffectiveness of the independent use of physical exercises to reduce body weight, most authors recommend them for the purpose of using them in a comprehensive program of measures to solve this problem, as well as as an important factor in the prevention of obesity [3].

Experiments in which strength exercises were used in combination with aerobic exercises deserve special attention.

A tendency to increase aerobic physical capacity was observed, which indicates the existence of a health-improving effect of the program. In their conclusions regarding the results of this program, the authors emphasized that the reduction of body weight in a number of cases is not a criterion for the success of therapeutic measures in the correction of body fat. More important in this case is the ratio of muscle and fat components. If during treatment it changes in favor of muscle, then such treatment should be considered effective [5].

Recently, weight loss programs have appeared in the literature, in which much attention is paid to the use of breathing exercises - bodyflex. The authors of similar methods claim that the use of breathing exercises allows better saturation of body cells with oxygen, which accelerates metabolic processes, fat oxidation and, as a result, leads to normalization of body weight.

The problem of excess body weight and the development of obesity has reached global proportions, which gave rise to the declaration of a worldwide epidemic of this disease. Its threat increases due to the negative impact on somatic health indicators and the development of obesity-related diseases that affect the most vital systems for the body - cardiovascular, endocrine, and sexual.

The etiology of body weight disorders is multifactorial in nature, but to a large extent determined by heredity and lifestyle features. In adulthood, lifestyle factors have a predominant influence on body weight indicators.

Non-medicinal and medicinal methods are used in medicine to normalize body weight and treat obesity. Due to the large number of side effects of medicinal methods, non-medicinal methods remain predominant in body weight correction programs, among which control of diet and diet and increased physical activity are considered the most effective. Modern trends in diet therapy are reduced to observing the principles of rational nutrition and creating a moderate energy deficit in the daily diet. The use of hypocaloric diets leads to limitation of basal metabolism.

The use of physical exercises in body weight correction programs, and the increase in energy expenditure as a result of their implementation, is not open to doubt today.

At the same time, the question of the degree of effectiveness of solving this task with different types of physical exertion remains controversial. Most of the studies devoted to programs to normalize body weight were related to solving obesity problems.

Among those who participated in the survey, 87.5% were working women, 7.5% were students, and 5.0% were housewives. Characterizing their activities during the day, 75% of women noted that they are engaged in mental work, 20% - light physical work, and 5% - medium-intensity work. 47% of women believe that their daily physical activity meets the norm, 50% assess it as insufficient and 3% as excessive.

To increase physical activity, the majority of women try to walk (62.5%). Some do more housework for this purpose 32.5%. 5% of women do not intend to increase their physical activity at all. It should be emphasized that none of the interviewed women tried to use physical education to solve the problem of insufficient physical activity.

Fitness training had a pronounced effect on indicators of body mass and composition. Its character and majesty depended on the orientation of the training means. Aerobic training contributed to a decrease in total body weight, which occurred due to a decrease in the amount of the fat component. Strength training, on the other hand, has been shown to be effective in predominantly increasing the muscle mass of those who exercised. The effect of aerobic strength training was the most optimal, under the influence of which there was a decrease in total body weight and BMI, and the most favorable changes in the ratio of fat and muscle components. The health-improving effect of the classes was insufficient for strength training. The use of aerobic and strength-oriented breathing exercises in classes strengthened their health-improving and corrective effectiveness.

Body weight correction should be carried out exclusively for the purpose of improving health, therefore, the optimal value should be taken as the one that ensures a proper and high level of health. In programs aimed at normalizing body weight, preference should be given to those means that, along with a sufficient corrective effect, provide the greatest effect.

- Correction of body weight should take place taking into account the nature and degree of violations, and the means of influence should correspond to the adaptive capabilities characteristic of persons with the corresponding type of violations.

- The correction program should include a set of measures that contribute to lifestyle modification, namely the formation of the skills of rational nutrition and physical activity, as well as provide for specially organized measures directly aimed at normalizing body weight components and stimulating metabolic processes;

- In weight loss programs, it is advisable to use the entire arsenal of health and fitness tools. Their ratio and combination should be carried out in accordance with the direction and degree of detected violations.

As a result of increased body weight and low efficiency of the body, such exercises cause a sufficient reaction from the functional systems to achieve a positive metabolic effect. Exercises involving large muscle groups and in which external weights are additionally used cause excessive mobilization of both the musculoskeletal system and the cardio-respiratory system, which can lead to exceeding the permissible load, cause injuries or decrease motivation to classes

It should also be remembered that excessive body weight is a significant factor that reduces the indicator of relative strength, and therefore, when selecting exercises, you should avoid positions in which the weight of your own body is the burden - deadlifts, push-ups. For the same reason, it is necessary to exclude jumps, bounces, rapid change of directions of movement.

Conclusions. At the same time, the motive of body weight correction is one of the most important in the structure of women's motivation. This is due to the desire of women to meet the aesthetic norms accepted in society, as well as significant fluctuations in the body weight index during life, which is associated with the peculiarities of the lifestyle of modern women, the performance of the reproductive function and other factors. All of the above actualizes the need to study the issue of correcting women's body weight by means of health fitness.

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Dakal N. A.
*candidate of Sciences in Physical Education, Associate Professor
at the Department of Health and Sports Technologies
National Technical University of Ukraine Igor Sikorsky Kyiv Polytechnic Institute*

INNOVATIVE SYSTEM OF ACCELERATED SWIMMING TRAINING FOR FEMALE STUDENTS OF HIGHER EDUCATION INSTITUTIONS

The article describes the current approach to the accelerated swimming of the students of the foundations of higher education. The technology of organization of the lighting process was optimized, which brought together the brains for the accelerated realization of the potential abilities of female students in professional development and healthy health.

A complex of effective benefits, methods and methods of training, which resulted in a significant improvement in the students' knowledge, reduction of those specific skills was assigned. It has been shown that the concept of a differentiated accelerated training of female students can be implemented on the principle of one-hour training quietly, that they are engaged in techniques, which include sports methods of swimming from the stop-and-go method. Seeing at its priority elements of the swimming technique allows, for the minds of the deficit of the hour, the introduced training, to form a system of specific stable ruhovyyh nachki, realized in the minds of the water medium.

Physical exercises are widely used in the form of a certain system for the prevention of diseases and the promotion of health. The basis of this system is, first of all, aerobic exercises of a cyclic nature. This includes swimming, which best meets the needs and abilities of those involved in different age groups.

The initial period of study at the university is a socially and physiologically responsible moment in a student's life. New learning conditions, a high total teaching load, a large volume, novelty and complexity of the material that a student must master, place increased demands on the body.

Key words: *swimming, innovative approaches, students, physical education.*

Дакал Н. А. Інноваційна система прискороного навчання плаванню студенток закладів вищої освіти. В статті описано сучасні підходи у прискороному навчанні плаванню студенток закладів вищої освіти. Оптимізовано технологію організації та проведення освітнього процесу, що сприяло створенню умов для прискороної реалізації потенційних можливостей студенток у професійному розвитку та зміцненні здоров'я. Визначено комплекс ефективних засобів, методів та прийомів навчання, використання яких призвело до достовірного збільшення у студенток обсягу знань, умінь та специфічних навичок.

Визначено, що концепція диференційованого прискороного навчання студенток може реалізовуватися на принципі одночасного навчання тих, що займаються технікою, чотирьох спортивних способів плавання із застосуванням цілісно-роздільного методу. Виділення у своїй пріоритетних елементів техніки плавання дозволяє за умов дефіциту часу, відведеного навчання, сформуванню якісної системи специфічних стійких рухових навичок, реалізованих в умовах водного середовища.

Ключові слова: *плавання, інноваційні підходи, студентки, фізичне виховання.*

Formulation of the problem. The study is based on the principle of "adaptive physical activity". This category, adopted by the International Association, brings together all types of physical activity and sports that empower all those in need of pedagogical, therapeutic and other (adaptive) support. The proposed direction concerns people of all age groups, both practically healthy and those with reduced life potential. One of the effective means of influence is exercise.

Physical exercises are widely used in the form of a certain system for the prevention of diseases and the promotion of health. The basis of this system is, first of all, aerobic exercises of a cyclic nature. This includes swimming, which best meets the needs and abilities of those involved in different age groups.

The initial period of study at the university is a socially and physiologically responsible moment in a student's life. New learning conditions, a high total teaching load, a large volume, novelty and complexity of the material that a student must master, place increased demands on the body. Therefore, in the process of training sessions at the institute, sufficient prerequisites are