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## FEATURES OF ORGANIZING ACTIVE RECREATION IN INSTITUTIONS OF HIGHER EDUCATION BY MEANS OF PHYSICAL EDUCATION

*The article analyzes the peculiarities of the organization of active recreation in institutions of higher education by means of physical education. In the realities of our time, active recreation of students is important and has a positive effect on the body of those who are engaged. After all, the motor activity of students has noticeably decreased due to a number of reasons. Active introduction of sports and physical culture and health facilities into the daily routine (morning hygienic gymnastics, volleyball, basketball, football, boating, walks to the forest) 70-90% of those who practice improve their well-being. Therefore, it is important to pay more attention and work to the organization of active recreation of student youth in order to prevent hypodynamia.*

*Recreational facilities of Ukraine have already accumulated considerable work experience, which, confirming the conclusions of scientists, provides rich practical material. Important are the conclusions that staying in physical culture and health camps significantly increases vacationers' interest in physical culture. Summer and winter holidays have become traditional in recreation facilities. their programs are meaningful and interesting, filled with sports competitions, fun rides, sportsmanship demonstrations, social gatherings for sports games, rowing, and more. The means of therapeutic gymnastics are: structural exercises, types of movements and dance steps, exercises for general development with and without objects, exercises on the gymnastic wall, bench, with a rope, on special devices, applied exercises; special balance and breathing exercises, coordination, stretching, corrective exercises, etc.*

*When choosing exercises for classes, take into account the nature of the disease, physical fitness, gender and age of the vacationers. Therapeutic gymnastics classes are individual and group. They are conducted according to the generally accepted scheme, which consists of preparatory, main and final parts. Games occupy a significant place in the system of physical education. One of their varieties is mobile games.*

**Keywords:** physical education, students, motor activity, physical exercises.

**Бойко Г., Шарафутдінова С., Муравський Л. Особливості організації активного відпочинку в закладах вищої освіти засобами фізичного виховання.** В статті проаналізовано особливості організації активного відпочинку в закладах вищої освіти засобами фізичного виховання. В реаліях нашого сьогодення активний відпочинок студентів має важливе значення і позитивний вплив на організм тих, хто займається. Адже, рухова активність студентів помітно знизилася через ряд причин. Активне впровадження в розпорядок дня спортивних і фізкультурно-оздоровчих засобів (ранкова гігієнічна гімнастика, волейбол, баскетбол, футбол, катання на човнах, прогулянки до лісу) 70-90% тих, хто займається покращується самопочуття. Тому, важливо більше уваги і праць приділити саме організації активного відпочинку студентської молоді з метою профілактики гіподинамії.

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

**Formulation of the problem.** The main task of recreation facilities is to relieve fatigue associated with the physical, mental and emotional activity of people by means of preventive, health-improving, cultural and educational means with strict adherence to the regime with a consistent alternation of active activity and relative calm, vigor and full sleep [1].

Recreational facilities of Ukraine have already accumulated considerable work experience, which, confirming the conclusions of scientists, provides rich practical material. Important are the conclusions that staying in physical culture and health camps significantly increases vacationers' interest in physical culture. Summer and winter holidays have become traditional in recreation facilities. their programs are meaningful and interesting, filled with sports competitions, fun rides, sportsmanship demonstrations, social gatherings for sports games, rowing, and more.

Well-established medical control, the correct appointment and implementation of the regimen ensures the effectiveness of active recreation for adults and children, as well as full recovery of working capacity for a long time. It is advisable to start the day at the camp with morning gymnastics and an educational and training session based on a complex of general-developmental exercises for 1 hour. At the end of the health resort, a mass tourist excursion is organized. The final stage is a sports and art festival with mass games, attractions, awarding of winners [3].

**Analysis of literature sources.** One of the means of physical education is gymnastics, which, by developing individual organs of a person, as well as muscle groups, affects the development of the entire organism as a whole. Considering the

versatility of gymnastic exercises. They are classified in accordance with pedagogical tasks: training, exercises for general development, free, applied, exercises on gymnastic devices, acrobatic, artistic gymnastics exercises. Formation exercises (joint actions in formation, which help to position the group in a purposeful and organized manner) inculcate the skills of collective action, contribute to the formation of correct posture, foster a sense of rhythm, etc. Exercises for general development (with and without objects, on devices) develop separate groups of muscles, parts of the body and the entire motor apparatus as a whole, influence the formation of posture, facilitate the process of mastering various skills. They are usually performed in the form of complexes with different directions (morning hygienic gymnastics, warm-up, corrective or therapeutic gymnastics) [2].

**Presentation of the main material of the study.** Free exercises (jumps, turns, artistic gymnastics exercises, etc.) are performed according to a certain compositional idea in the form of flowing, merged complexes. Applied exercises (walking, running, throwing, overcoming obstacles, lifting and carrying loads, balance) help improve vital skills and the ability to apply them in various circumstances; with complex use can serve as a means of general physical development. Jumps develop dexterity, courage and determination, accuracy of movements, strength of legs, arms and shoulder girdle, trunk muscles, have a positive effect on the functional state of the body as a whole. In gymnastics, mainly two types of jumps are used: unsupported, or simple (in depth, length, height, with a rope, etc.), and supported (through various obstacles and devices with additional support by hands or a push) [4].

Exercises on gymnastic equipment (on the crossbar, poles, rings, horse, etc.) are used for comprehensive physical development. Acrobatic exercises are diverse, have a multifaceted effect on the human body, and therefore they are suitable for activities with vacationers of various fitness levels, develop many valuable motor (physical) and moral-will qualities, strengthen the organs of respiration and blood circulation. They are the best means of training the vestibular apparatus.

Physical exercises, water-climatic procedures, massage and self-massage belong to hygienic gymnastics. In order to facilitate the selection of exercises based on their direct impact on the human body, they are conditionally divided into two groups: those that in a relatively short period of time ensure the activation of metabolic processes in the entire body (performed at a fast pace, cover a large number of muscle groups at the same time - walking, running, jumping, etc.), and those that affect muscle groups lagging behind in their development (increase joint mobility, improve muscle tone, correct posture). To achieve a health-improving effect, it is not enough to simply perform a certain number of exercises regularly. It is necessary, taking into account individual characteristics, to select them so that they have a versatile effect on the body in a certain sequence [2].

Thanks to daily hygienic gymnastics, blood circulation in the tissues increases, the level of blood pressure decreases, metabolism in the body improves, and the activity of the cardiovascular and central nervous system and the neuromuscular apparatus improves. Hygienic gymnastics relieves general body fatigue, has a positive effect on a person's psyche, supports cheerfulness, a good mood, and self-confidence.

Classes in basic gymnastics, contributing to comprehensive physical development, create conditions for the further development of physical qualities, increase the functional capabilities of the body, form and improve vital movement skills, cultivate the ability to coordinate the movements of various organs in space and time, and regulate muscle effort. In the process of basic gymnastics classes, applied movement skills are learned (walking, running, jumping, climbing, climbing, throwing, balance, carrying objects of different weights, overcoming obstacles), simple acrobatic exercises, exercises in hangings and rests on gymnastic devices [5].

A person's motor experience is enriched, strength, speed, dexterity, and endurance develop. Such character traits as courage, determination, perseverance and self-confidence are formed. A group lesson in basic gymnastics is conducted by a specialist in physical culture according to special programs, which, taking into account the peculiarities of those who practice, offer a lesson density of 50-80% (switching from one type of exercise to another is also taken into account, which provides active rest).

The means of therapeutic gymnastics are: structural exercises, types of movements and dance steps, exercises for general development with and without objects, exercises on the gymnastic wall, bench, with a rope, on special devices, applied exercises; special balance and breathing exercises, coordination, stretching, corrective exercises, etc.

When choosing exercises for classes, take into account the nature of the disease, physical fitness, gender and age of the vacationers. Therapeutic gymnastics classes are individual and group. They are conducted according to the generally accepted scheme, which consists of preparatory, main and final parts. Games occupy a significant place in the system of physical education. One of their varieties is mobile games. Their essential elements are walking and running, jumping, throwing, wrestling, elements of acrobatics and basic gymnastics, swimming, skating, skiing. Sports games belong to the group of physical exercises, which are characterized by rather complex conditions of performance and generally accepted rules (football, basketball, volleyball, hockey, tennis, handball, table tennis, water polo, small towns, etc.).

They are played, as a rule, in the fresh air and thereby contribute to the hardening of the body. The most diverse movements that make up the games contribute to the harmonious physical development of the body. Most of them cause a positive emotional mood (elevation), which has a beneficial effect on the nervous system and ensures the activation of the internal organs of a person [6].

Wide use of mobile games, entertainment games, attraction games, sports games according to simplified rules in recreation facilities contributes to interesting, meaningful active recreation. Tourism as a set of planned physical health and educational activities has recently gained wide development in our country. Tourist walks, excursions, hikes and journeys with a long stay in the fresh air and active movement can be carried out on foot, on skis, bicycles, motorcycles, rowing and motor boats, cars, and on rafts. In the practice of physical education, tourism is used as a means of general physical training, active recreation, sports improvement, communist education and preparation of Soviet people for productive work and defense of the Motherland. The health aspect of tourism consists in the positive influence of natural factors on the human body in combination with general strengthening muscle activity. The intensity of muscle activity is determined by the state of health and physical

fitness of the participant of the tourist trip, which determines the choice of means of transportation, pace, duration, etc [7].

The most common applied types of active tourism are used to improve health - hiking, skiing, water, bicycle hikes and trips, walks and excursions, and the participants, as a rule, have a general (from moderate to significant) physical load. It strengthens and trains the human body. A significant health-improving effect is achieved: the cardiovascular and respiratory systems develop and strengthen, the digestive process improves, metabolism increases, and the musculoskeletal system is strengthened. Regulated movement on foot, on skis, on rowing and sailing vessels, on bicycles in different weather conditions, terrain, overcoming obstacles, carrying loads - develop strength, endurance, dexterity, speed of reaction, etc [6].

Exercise classes in recreational facilities can be effective only if they are systematically carried out according to a defined plan, following the correct methodology. The most common form of conducting physical exercises - a lesson - best ensures the fulfillment of these conditions. Having a lesson plan makes it easier to plan and conduct.

The structure of a physical education lesson is understood as a certain sequence of solving pedagogical tasks and the corresponding sequence of exercises to ensure a gradual increase in the load on the human body. When determining the sequence of solving the pedagogical tasks of the lesson, its structure is guided by the following principles: achieving the greatest efficiency with the least expenditure of energy and time of the participants - due to the correct construction of the lesson; preservation of high working capacity of the group throughout the year - thanks to the variety of exercises, their correct rotation; ensuring favorable conditions for conducting classes - for this, they create an appropriate lesson regime (controtation, alternation, dosage of exercises), as well as hygienic conditions are observed, which primarily contribute to strengthening the health of the participants of the classes [6].

The most common methods of treatment and hardening of the human body by climate are aerotherapy, or air treatment. This includes sleeping in the open air, air baths, and simply staying in the open air around the clock. Air baths are combined with physical exercises, massage and breathing exercises.

Sunbathing is a fairly effective climatic procedure. They are used only with the permission of the doctor and according to his recommendations.

Water treatments (primarily bathing and swimming) require special attention. If they are used ineptly, it can cause an accident, a serious illness of a cold nature. they begin with wiping with a wet towel, sponge or special glove (in the direction from the fingers to the trunk, neck, chest, abdomen, back and legs).

**Conclusions.** Mass physical culture and sports events are game activities, the participants of which, taking into account age, gender, and level of physical fitness, have approximately equal opportunities to achieve victory in the exercises available to them. This accessibility is achieved by a special selection of competitive exercises, the complexity and length of the distances, the weight of the projectiles used, as well as the duration and intensity of the exercises. The content of physical culture and sports events depends on the purpose and period of training. If such events are held at the beginning of training activities, during the recruitment of physical culture and health groups, attraction of new club members, their goal is to increase the level of physical culture knowledge, to provide opportunities to test one's strength in certain exercises, it can be achieved by holding demonstration competitions with the participation of men, women, children of all ages.

Physical culture and sports events, subject to the mass participation of the population, perform important social tasks: promotion and advertising of forms and types of health-improving physical culture, involvement of various segments of the population in socially useful leisure activities, promotion of the process of education of national consciousness, implementation of state tests of the physical fitness of the population and grade standards of the Sports qualifications of Ukraine, improvement of the socio-psychological climate in labor, school and student groups, improvement of people's sociability, promotion of their unification during joint preparation and participation in competitions, formation of health and applied skills and abilities, establishment of personal and collective records, search for talented children, reserve of sports of higher achievements, exchange of experience of physical culture and health work.

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