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## THE INFLUENCE OF SHAPING CLASSES ON THE DEVELOPMENT OF PLASTICITY IN HIGHER EDUCATION

*The article analyzes the influence of shaping lessons on the development of plasticity in female students of higher education institutions. in the system of physical education of female students of higher education institutions. It is established that shaping has great potential for organizing a healthy lifestyle, engaging in culture, improving plasticity. The study revealed: 1) not specified specific varieties and manifestations of plasticity, which are the content of shaping; 2) no system of tests has been developed, quantitative and qualitative evaluation criteria for determining the level of development of plasticity during shaping have not been identified; 3) the technology of improving plasticity in accordance with its main varieties and manifestations has not been developed;*

*4) the relationship between the development of plasticity and a number of morphological, physiological and psychofunctional indicators has not been established.*

*Thus, the high theoretical and practical significance of the problem of development of motor coordination, in particular the plasticity of female students of higher education institutions in the process of shaping, structural approach to its study, multifaceted aspects of consideration determined the relevance of the chosen topic. This is due to the restructuring of all spheres of human socio-economic activity, which requires professionalism, the manifestation of moral-volitional and physical qualities, and a fundamentally new organization of labor. The modern approach to the analysis of the problem of formation of a stable need for active motor activity of an individual based on a conscious desire for self-improvement makes it possible to find socially significant directions for its solution.*

**Key words:** *shaping, students, physical education, plasticity, physical exercises.*

**Бойко Г. Л. Вплив занять шейпінгом на розвиток пластичності у здобувачів вищої освіти.** *В статті проаналізовано вплив занять шейпінгом на розвиток пластичності у студенток закладів вищої освіти в системі фізичного виховання. Встановлено, що шейпінг має великі можливості для організації здорового способу життя, прилучення до культури, вдосконалення пластичності. В ході дослідження виявлено: 1) не уточнені специфічні різновиди та прояви пластичності, що становлять вміст шейпінгу; 2) не розроблено систему тестів, не виявлено кількісні та якісні критерії оцінки для визначення рівня розвитку пластичності під час занять шейпінгом; 3) не розроблено технологію вдосконалення пластичності відповідно до її основних різновидів та проявів; 4) не встановлено взаємозв'язок розвитку пластичності з низкою морфологічних, фізіологічних та психофункціональних показників.*

*Таким чином, висока теоретична та практична значимість проблеми розвитку рухових координацій, зокрема пластичності у студенток закладів вищої освіти, у процесі занять шейпінгом, структурний підхід до її вивчення, багатоплановість аспектів розгляду визначили актуальність обраної теми.*

**Ключові слова:** *шейпінг, студентки, фізичне виховання, пластичність, фізичні вправи.*

**Problem statement and analysis of literature sources.** The socially conditioned necessity of the problem of improving the physical condition of the population provides for the realization of the natural need for motor activity as one of the important forms. This is due to the restructuring of all spheres of human socio-economic activity, which requires professionalism, the manifestation of moral-volitional and physical qualities, and a fundamentally new organization of labor. The modern approach to the analysis of the problem of formation of a stable need for active motor activity of an individual based on a conscious desire for self-improvement makes it possible to find socially significant directions for its solution. The state of the body essentially depends on the level of development of the qualitative aspects of motor activity. The nature and volume of muscle load largely determine the functioning of the cardiovascular, respiratory, neuromuscular and other systems. The level of physical fitness of those engaged in physical exercises is traditionally assessed by the degree of development of muscle strength, speed, endurance, dexterity, flexibility, etc. However, motor activity is much more diverse and imposes much more requirements on the functional state of the body and the development of a complex of motor coordinations, which makes it necessary to look for more rational ways. all-round development of man.

A significant number of works by V. Balsevich are devoted to this problem; D. Donskoy; Y. Zheleznyak; L. Matveeva; H. Fomina. Of no small importance are the issues of development and improvement of motor coordinations as one of the directions for increasing general physical fitness. Many leading scientists, emphasizing the importance of motor coordinations, state that the qualitative aspects of motor activity, such as "the ability to differentiate motor actions", "sharpness", "reactivity", "plasticity" and others, have not been studied enough. Many works are devoted to the study of the leading motor coordinations in the system of health-improving physical culture, such as aerobics, rhythmic gymnastics, and shaping. A number of publications are devoted to the study of the relationship between motor coordinations and psychofunctional indicators.

Different approaches to the study of motor coordination testify to the great theoretical and practical significance of this problem. Many of its aspects require further experimental research by specialists from various scientific disciplines: the

theory and methods of physical education, physiology of sports, psychology, pedagogy, and others. Plasticity is an important qualitative aspect of motor activity, reflecting the level of physical fitness, the purposeful formation of which allows solving a number of problems of physical, aesthetic, intellectual improvement of a person. The aesthetic component of movements is one of the powerful incentives for regular physical exercises for the purpose of self-improvement. In artistic sports, many motor acts are evaluated by the speed and accuracy of their execution, but the leading criteria in determining their effectiveness are aesthetic ones. Plasticity, as motor coordination, has a complex structural content and in various types of muscular activity has specific varieties and manifestations, the formation of each of which involves the use of a system of means and methods, methodological techniques aimed at increasing artistry, grace, and expressiveness of movements. Improving plasticity in shaping in accordance with its structural content contributes to the development of a creative attitude to classes, stimulates the cognitive activity of those involved, increases the emotional state, educates aesthetic taste, makes relationships with people more constructive, forms a demanding attitude to the means of physical and aesthetic education.

**Presentation of the main material of the study.** The main functions of physical education in higher education are multifaceted and have a significant impact on the field of education, educational and cognitive and future professional activities of students. The tasks of higher education are to form in students a stable need for physical activity through physical education, sports and modern motor systems, which can be provided by a rational organization of physical education of students, if you have relevant information about their interests and opportunities. This affects the general cultural development of students, behavior, ways and forms of leisure, interests, cultural needs, internal and external. Physical education contributes to the formation of spiritual culture, aesthetic tastes, moral norms and principles, a healthy lifestyle. Physical education provides preservation and strengthening of health, physical improvement, promotes comprehensive and harmonious development of the personality, influences growth of educational and labor activity and working capacity. Assimilation of the necessary knowledge, skills and abilities in the field of physical education for future professional activities expands the scientific and educational potential of future professionals, helps to improve it, affects productivity, long-term preservation of efficiency [5].

Motor activity primarily affects the cardiovascular function of the body and body weight. It is important to remember that the body functions as a whole, and often a factor that affects seemingly one system actually affects the whole body. Any aerobic activity undoubtedly affects the human body, and this effect can be called "physiological" and "biomechanical" effect. Virtually all new types of physical activity for women are aimed at forming the optimal mode of movement, recovery and increase attractiveness.

One of the most popular, popular and popular types of physical activity among students is shaping. Shaping improves the physical attractiveness of girls who make higher demands on their appearance. Currently, shaping is a health system that uses gymnastic exercises and adheres to the principle of strict regulation of exercises.

Shaping classes are held to music, video programs are attractive, including men who want to have a beautiful figure. However, there are currently not enough qualified instructors who could show, explain and bring a person to the desired shape.

The methodological basis and theoretical basis of the study was the definition of plasticity as a basic motor coordination, substantiation of the need for a structured approach to the development of technology for its improvement, the choice of means, methods and conditions for its development.

The following concepts and terms were used in the work: the structural content of plasticity - the relative position and connection of its constituent elements (main components; factors that determine their development; main varieties and manifestations; quantitative and qualitative evaluation criteria); stimulated development of motor-coordinating qualities - a purposeful process of teaching motor actions, aimed at the formation of creative abilities, comprehensive and harmonious development of the personality (the term was first introduced by V. Balsevich); pedagogical technology - a set of means, methods, methodological techniques, factors and conditions for conducting classes that increase their effectiveness and aimed at achieving a specific goal; generally accepted concepts of "health", "physical culture", "physical fitness", "muscular endurance", "motor coordination", "motor-coordinating qualities", "shaping training", "shaping choreography", "testing", "evaluation criteria", which are used in the works of leading experts in the field of theory and methodology of physical culture and sports.

An integrated approach was used in the work when considering the role of physical culture and its significance in the formation of a harmonious, comprehensively developed personality (formation of the need for self-improvement).

Shaping is another novelty of health gymnastics to correct the figure and increase muscle tone. Shaping has combined modern technologies of the system of physical exercises. In this system, physical exercises were complemented by shaping choreography, which gave women the opportunity not only to create proportional body shapes, but also to learn to move beautifully, hold gracefully, present themselves favorably to others [3].

Shaping, combining physical culture, art and fashion, has taken a worthy place in the system of physical improvement. There are several options for defining shaping as a system:

- 1) physical education aimed at improving the health of those involved;
- 2) a set of gymnastic exercises aimed at the formation of external forms of the human body and the correction of certain defects in the physique;
- 3) a special diet aimed at changing body composition;
- 4) physical exercises that promote social adaptation (socialization) as a form of interaction of the individual with the social environment, habitat, attractiveness in the eyes of others, gaining confidence in their abilities, in communication with others. Socialization is provided by a system of purposeful pedagogical influences on the choice of ways to adapt to society, in the process of which a person feels more free and relaxed, considers himself a full member of society, becoming a self-sufficient person. At the same time, he must be able to resist life's failures and troubles that hinder self-realization and self-

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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#### 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,*