

Reference

1. Afanasiev Sergey (2010) Big hockey constellation / Sergey Afanasiev. - M.: Sport. 149 p.
2. Dakord B. (2013) The goalkeeper's game in ice hockey / B. Dakord. - M.: Olympic Literature. 123 p.
3. Kukushkin V. (2015) Hockey of the new time / V. Kukushkin. - M.: Sport. 328 p.
4. Pavlov S. (2008) "Secrets" of training hockey players / S. Pavlov. - M.: Physical culture and sport. 515 p.
5. Savin, V. (2014) Theory and methodology of hockey / V. Savin. - M.: Academy. 400 p.
6. Spassky O. Hockey (2009) / O. Spassky, A. Ryumin. - M.: Physical culture and sport. 130 p.
7. Bulaeva K. B., Pavlova T. A. (1986) The role of education in age-related changes in a number of psychological characteristics of a person. Questions of psychology. No. 1. P.15.
8. Redkina M. (2018) The relationship of body types of students of pedagogical specialties with the level of physical fitness / I. Chorniy, M. Redkina // Scientific journal of NPU named after MP Drahomanov. Series №15. Scientific and pedagogical problems of physical culture (physical culture and sports): Coll. scientific works. - Issue 3 K (97) 18. - K.: Published by NPU named after MP Drahomanov. - P. 475-477.
9. Redkina M. (2019) Modern technologies of self-control of motor activity of students in the aspect of realization of health-improving tasks of physical education / M. Redkina // Scientific journal of NPU named after MP Drahomanov. Series №15. Scientific and pedagogical problems of physical culture (physical culture and sports): Coll. scientific works. - Issue 3 K (110) 19. - K.: Published by NPU named after M. Drahomanov. - P. 484-487.

DOI 10.31392/NPU-nc.series15.2022.5(150).03

Mokhunko O.
*senior Lecturer department of Health and Sports
Technologies National Technical University of Ukraine Igor Sikorsky Kyiv Polytechnic Institute*
Gavrilova N.
*senior Lecturer department of Health and Sports
Technologies National Technical University of Ukraine Igor Sikorsky Kyiv Polytechnic Institute*
Mykhaylenko V.
*senior Lecturer department of Health and Sports
Technologies National Technical University of Ukraine Igor Sikorsky Kyiv Polytechnic Institute*

FOOTBALL AS AN EFFECTIVE MEANS OF DEVELOPING PHYSICAL QUALITIES IN STUDENTS OF HIGHER EDUCATION

Football is the most accessible, popular and popular means of physical education for modern youth. It was found that the more successfully the issue of morphofunctional development and motor training of students is solved, the more the physical condition and success in further play activities depend. It is established that along with learning techniques and tactics, this game has ample opportunities to increase the morphofunctional capabilities of student youth. As a result of long-term adaptation to physical activity in the process of playing football in the body of athletes are specific functional changes, supported by morphological and functional changes in body systems.

Improving the morpho-functional capabilities of students in the process of sectional football lessons is provided by directly influencing the development of general endurance, as this motor quality characterizes the functional state of the body and is most related to health indicators. The predominant use of special physical exercises aimed at improving the functionality of the circulatory and respiratory systems, conducting outdoor activities, high emotionality and variability of content to some extent increased the effectiveness of pedagogical tasks. At the same time, it is especially important to ensure constant and timely control over the effects of physical activity on the body of those involved. The issue of improving the health orientation of school physical education requires the search for improvement of the content and direction of physical exercises. It is known that the main form of physical education at school is a lesson in physical education. However, their number does not provide the necessary for the developing organism, the amount of motor activity and does not form in students a stable need for regular exercise.

Key words: *students, football, physical qualities, institutions of higher education.*

Мохунько О. Д., Гаєрилова Н. Є., Михайленко В. М. Футбол як ефективний засіб розвитку фізичних якостей у студентів закладів вищої освіти. Футбол – найбільш доступний, масовий і популярний засіб фізичного виховання сучасної молоді. Виявлено, що наскільки успішно вирішується питання морфофункціонального розвитку та рухової підготовки студентів, настільки залежать фізичний стан та успіхи у подальшій ігровій діяльності. Встановлено, що поряд із навчанням техніки і тактики ця гра має широкі можливості для підвищення морфофункціональних можливостей студентської молоді. У результаті довгострокової адаптації до фізичних навантажень у процесі занять футболом в організмі спортсменів виявляються специфічні функціональні зміни, що підкріплюються морфологічною та функціональною перебудовами у системах організму.

Ключові слова: *студенти, футбол, фізичні якості, заклади вищої освіти.*

Formulation of the problem and analysis of recent research and publications.. The current stage of development of our society opens up great opportunities for the formation of a harmoniously developed, socially active personality, which would combine spiritual wealth, moral purity and physical perfection. The physical development of the child is manifested in such basic properties as strength, speed, agility, flexibility, endurance. Each of these properties promotes good health.

The success of a student's education is determined by the level of his health in many factors. Modern researchers of children's health S. Gozak, M. Yatsula and others. emphasize the steady increase in the overall incidence, increasing the prevalence of abnormalities in the work of individual organs and systems of the student body.

Today, 60% of children in schools have health problems and only 30% of students are relatively healthy. Among the causes of this problem are a sharp deterioration in motivation to exercise, decreased motor activity, irrational relationship between mental and physical activity, non-compliance with the principles of a healthy lifestyle, etc. (L. Deminska [4], O. Dubogai [6], O. Tymoshenko [7]).

One way to improve children's physical health is to engage them in football. After all, among the many sports cultivated in higher education institutions, football has always been very popular among young students. It is an effective means of physical education, which creates the necessary conditions for harmonious physical development, full recovery, meaningful recreation and leisure of students, their self-realization, the acquisition of healthy lifestyle skills.

Additional opportunities for the effective implementation of health tasks in the process of physical education of students have physical section classes. Therefore, there is a need to improve the content of extracurricular forms of physical education in primary school in order to better manage the motor activities of primary school children and increase their morphofunctional capabilities.

Football is a popular, affordable and widespread means of physical development and health for children and adolescents. Football has ample opportunities to increase children's physical activity, improve their physical condition and physical training.

The structure and content of football classes are extremely variable and depend on many factors, and their impact on the physical development, physical health and physical performance of younger students in extracurricular activities is poorly understood and requires further clarification [2].

Presentation. Games are one of the most accessible and common means of physical education for primary school students. They are especially important for versatile physical development, as they include the basic natural human movements (walking, running, jumping, throwing, fishing, etc.). In addition, in games, these movements are used in various combinations and combinations. Games are very emotional, because they have ample opportunities for personal qualities and initiative, create a good infusion, strengthen friendships and mutual assistance. Requirements and compliance with the rules of the game instill discipline in children [4].

In particular, it is noted that prolonged deficiency of motor activity leads to atrophy of skeletal muscles, impaired posture and functions of internal organs, decreased mental and physical performance, is the cause of cardiovascular disease and metabolism. The negative impact of low motor activity is manifested primarily in reduced metabolism and energy. Reduced energy expenditure in the case of hypodynamics, even with a normal diet causes an increase in adipose tissue. Excessive concentration of fat in the blood leads to the formation of its insoluble compounds with salts that settle on the walls of blood vessels, the lumen of which narrows, causing circulatory disorders. Accordingly, the supply of tissues with nutrients and oxygen decreases. In addition, reduced motor activity and secretion of digestive juices in the digestive tract. Deteriorating digestion and absorption of nutrients, reduced body resistance to infectious diseases. If chronic diseases of the internal organs with hypodynamia develop only in adulthood, the weakening of immunity is manifested throughout life [1].

Active games strengthen the musculoskeletal system of children, improve joint mobility, respiratory function, increase chest volume and lung ventilation, strengthen the cardiovascular system. Moving games in the fresh air harden the body, increase resistance to disease.

Moving games meet the needs of the child's body in movement, contribute to the enrichment of its motor experience. With the help of games, preschoolers consolidate and improve various skills and abilities of basic movements (walking, running, jumping, balance). Such important physical qualities as speed, agility, endurance develop. It is customary to distinguish between sports and mobile games. Moving games include games aimed primarily at general physical training and do not require special motor training from children. They are built on natural, varied and simple movements with the involvement of mostly large muscle groups and simple in content and rules. Sports games include games that have all the characteristics of sports, require special physical, technical and tactical training and sports training of players. Sports games, in addition, are characterized by the presence of the struggle of players for the victory of their team or for personal championship. They differ from the moving complexity of the rules and techniques, as well as the conditions [3]. The systematic use of mobile and sports games in physical education contributes to the formation of primary school students "school of movement", ie motor experience, which includes the full range of important life motor skills. At the same time in the process of moving or playing sports is the development of integrated development of motor skills of children, improving functionality and education of moral and volitional qualities, as well as developing the ability to analyze and make decisions, which positively affects the formation of operational thinking and mental activity. Games are extremely important in the process of teaching junior students physical exercises, where they are used as a form of consolidation and improvement of learned movements [5]. Mobile games can be held as part of a physical education lesson and included in other forms of physical education (evenings, holidays, health days) or as an independent form during extended breaks, recreation camps, at the place of residence, in the family, etc.

Sports games can be confidently called a universal means of physical education for primary school children. With their help the tasks of formation of bases of physical and spiritual culture of children, increase of resources of health, functional and motor possibilities, formation of intelligence and character of the person are solved. Among a number of sports games that are cultivated in the system of school physical education, football occupies one of the leading places. Football is the most accessible, popular and popular means of physical education of student youth. The availability of this game, the simplicity of inventory and equipment, the great emotionality of game situations, the need to show will and courage in overcoming the actions of rivals make football as a sport a valuable means of physical education. Football allows you to achieve a high degree of

physical fitness, increase functionality and cultivate the moral and volitional qualities of children and youth without great material costs.

Football is a typical team game, the content of which is a fight between two teams, each of which tries to score as many goals as possible and at the same time not to miss them. This goal is realized by deliberate actions of players, mutual cooperation of groups of players, as well as the distribution of functions between them throughout the team. The game of football is characterized by dynamism, high motor activity of football players, which is manifested in various ways of movement (running, jumping, stopping, turning), as well as in the technique of ball possession (kicks, stops, driving, feints, selection and throwing). The basis of the game are game situations with a specific task that players must solve instantly, the resolved situation forms a new one, which sets new tasks [1]. Football is widely used as a means of physical education for schoolchildren, including elementary school students, as it meets the needs of children in competition, which helps to increase the emotionality of physical education lessons and motivation for regular exercise, as well as health and its comprehensive impact on the body.

Football forms a healthy lifestyle of young people, attracts them to physical culture and sports. Today, football is especially important for the education and rehabilitation of young people. And this creates conditions for successful physical culture and sports orientation of students and determining for each of them the optimal path of physical improvement. Thus, regular football lessons have a comprehensive impact on the body of students, increase the overall level of their motor activity, improve the functional activity of the body, ensuring proper physical development. Football at school is seen not only as a means of physical training, mastering the technical and tactical side of this game, but also to increase mental capacity and recovery of young students [2]. The method of football lessons uses a wide range of running loads lasting from a few seconds to 20 minutes, which involve overcoming a distance of several meters to 5 km at different speeds at a heart rate of 165-180 beats / min. Football classes correspond to a mixed mode of operation and are therefore ideal for improving the morphofunctional indicators of the development of the body of children of primary school age. When playing football at school, the highest requirements are placed on the functional capabilities of the body. The child's body has well-established physiological mechanisms of adaptation, both to changing environmental conditions and to physical activity, which have a positive effect on the normal development of all systems and adaptation of cardiovascular and respiratory systems during exercise R. Yary and others. found important patterns in changing the adaptive capacity of school-age children to long-term low-intensity work. They are primarily related to the improvement of the respiratory and circulatory system, as well as specific biochemical changes in cellular metabolism, which leads to increased oxygen demand, accompanied by corresponding changes in blood circulation and respiration, which allow oxygen to be transported faster from lungs to lungs. tissue.

Thus, along with learning the technique and tactics of the game, an important task of football lessons at school is to thoughtfully increase the functionality of students. As a result of long-term adaptation to physical activity, specific functional changes are revealed, which are supported by morphological and functional changes in the body's systems.

Conclusions. Football is the most accessible, popular and popular means of physical education of student youth. Along with learning the technique and tactics of the game, an important task of football lessons at school is to thoughtfully increase the functionality of students. As a result of long-term adaptation to physical activity in the process of playing football in the body of students are specific functional changes, supported by morphological and functional changes in body systems.

Recently in Ukraine there has been a steady trend of deteriorating physical condition of schoolchildren, in particular, only about a third of junior high school students are relatively healthy. The issue of improving the health orientation of school physical education requires the search for improvement of the content and direction of physical exercises. It is known that the main form of physical education at school is a lesson in physical education. However, their number does not provide the necessary for the developing organism, the amount of motor activity and does not form in students a stable need for regular exercise. Therefore, school sectional classes are important in the physical education of young students.

Anatomical-physiological and psychological features of the development of the body of primary school students are most favorable for the development of most physical qualities and the beginning of learning motor skills. The more successfully the issue of morphofunctional development and motor training of schoolchildren in the early school age is solved, the more the physical condition and success in the education of older school children depend.

Reference

1. Arefiev V. Fundamentals of theory and methods of physical education: a textbook / V. Arefiev. - Kyiv: MP Dragomanov National Pedagogical University, 2010. - P. 87.
2. Arefiev V. Physical culture at school (young specialist). A textbook for students of educational institutions of 2-4 levels of accreditation. - 3rd type. rework. and ext. / V. Arefiev, G. Edinak. - Kamyranets-Podilsky: "Ruta", 2007. - 248 p.
3. Ashmarin B. Theory and methods of pedagogical research in physical education: a guide for students, graduate students and teachers of IFC / B. Ashmarin. - Moscow: Physical Culture and Sports, 1978. - 223 p.
4. Deminska L. Physical health of students as the main value of the pedagogical process / L. Deminska // Pedagogy, psychology and medical and biological problems of physical education and sports.—№6, 2012 p. 54-58.
5. Dobrynsky V. Physical activity and health of children / V. Dobrynsky // Physical education, sports and culture of health in modern society: collection. Science. work. - Lutsk, 1999. - P. 336 - 339.
6. Dubogai A. Psychological and pedagogical bases of formation of a healthy way of life of schoolboys of younger classes: Dis. ... Dr. Ped. Science: 13.00.01. - K., 1991. - 350p.
7. Tymoshenko O. Ways to improve the lessons of physical culture in schools of Ukraine at the present stage of development of society / O. Tymoshenko, Zh. G. Dbomina // Scientific journal of NPU named after MP Драгоманова. - Kyiv, 2011. - Issue № 13. Series № 15 "Scientific and pedagogical problems of physical culture (physical culture and sports)". - P. 613 - 617.