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PHYSICAL EDUCATION AS A MEANS OF FORMING A CULTURE OF HEALTH IN STUDENTS OF HIGHER EDUCATION INSTITUTIONS

Health is an incomparable value, it is important in the life of every person, it is a key aspect of national security, it determines the possibilities of achieving individual and social well-being and well-being, prospects for sustainable development. In modern conditions, the importance of health is being significantly rethought, taking into account the understanding of it as an inalienable human right, from the point of view of existing threats and challenges, growing demands for the quality of health, technological and financial possibilities of its provision. The state of a person's health depends not only on biological factors, the environment and social environment, but also on whether a person's own health is valuable to him. It is this that determines the extent to which a person is ready to take care of him, to follow a healthy lifestyle, to a large extent, awareness of the factors that determine the state of health.

Key words: *health, physical education, students, physical exercises.*

Голубєва В. А., Ускова С. М., Прус Н. М. Фізичне виховання як засіб формування культури здоров'я у студентів закладів вищої освіти. *Здоров'я є непересічною цінністю, має важливе значення в житті кожної людини, становить ключовий аспект національної безпеки, визначає можливості досягнення індивідуального і суспільного добробуту та благополуччя, перспективи стійкого розвитку. В сучасних умовах значущість здоров'я суттєво переосмислюється з урахуванням розуміння його як невід'ємного права людини, з точки зору існуючих загроз і викликів, зростаючих вимог до якості здоров'я, технологічних і фінансових можливостей його забезпечення. Стан здоров'я людини залежить не тільки від біологічних факторів, навколишнього та соціального середовища, а й від того, чи становить власне здоров'я людини для неї цінність. Саме це визначає, якою мірою людина готова піклуватися про нього, дотримуватися здорового способу життя, значною мірою, обізнаності щодо чинників, які визначають стан здоров'я.*

Ключові слова: *здоров'я, фізичне виховання, студенти, фізичні вправи.*

Formulation of the problem. Today, the role of physical culture in the formation of the health culture of young people is underestimated. Most of it chronically does not satisfy its specific biological need for motor activity. Not only fashion is missing health and physical perfection, the cult of health, but also not developed socio-economic incentives capable of forming everyone's active attitude to their own and public health. Therefore, in the conditions of the formation of independent Ukraine before new requirements appeared for the system of physical culture, the call to provide a comprehensive solution to the problems of all-roundness of human development [1]. According to the Constitution of Ukraine, human life and health are the highest social values. And in the Law of Ukraine "About general secondary education" it is indicated that one of the tasks of general secondary education institutions is the education of the conscious attitude to one's health and the health of citizens as the highest social value, formation of hygienic skills and principles healthy lifestyle, preservation and strengthening of physical and mental health of students. The problem of forming a culture of health among schoolchildren in physical education classes is still relevant, therefore what exactly is the general structure of the value world of the young generation, the trends of its development and the level of interest in issues health is the basis of Ukraine's future.

Analysis of literary sources. Inefficiency and inadequacy in the organization of teaching physical education in the school gave scientists a reason to actively search for ways to improve children's health. The analysis of scientific literature indicates different approaches to solving this problem: rethinking the content of physical culture and health education (T.Yu. Krutsevich, V.M. Platonov; L.P. Sushchenko, B.M. Shiyani; O.L. Blahiy; M.G. Mykhaylova); improvement of physical culture and health work in institutions of general secondary education (O.Ts. Deminskyi, Yu.D. Zheleznyak, S.E. Ermakov, H.M. Maksymenko, V.I. Babych, etc.); increase in the level of somatic health as a result of the introduction control of the functional state of the body in the process of physical culture and health classes (S.G. Kikiashvili, T.V. Glazun;) and others. Quite a lot of scientific works are devoted to the problem of forming a culture of health among schoolchildren in physical education lessons works and studies (E.G. Novolodskaya, O.L. Treshchyova, M.G. Marynina, L.M. Allakaeva, N.K. Dzaparova, in which developed criteria and levels of formation of the health culture of schoolchildren in the process of studying in general secondary schools education Analysis of foreign experience on this topic (Brooker E., Joppe M., Bodnar I., Richter Chr., Heidi Grant Haivorson, etc.), shows that the world community focuses on conducting work in the direction of increasing self-awareness and organization

of youth leisure, formation of motivation for a healthy lifestyle as a form of life activity, which is based on requirements of the daily biorhythm with their personal-specific embodiment of their social, psychological and physical capabilities and abilities [6]. However, despite the existing scientific studies of this problem, in the practice of physical education institutions of general secondary education, the question of forming a culture of health among schoolchildren remains insufficiently developed physical education lessons.

Presentation of the main research material. It is known that constant neuropsychological overstrain and chronic mental fatigue without physical relief cause severe functional disorders in the body, reduced work capacity, and bad mood. It has been proven that people who regularly do physical exercises have an 8.1% higher working capacity than those who do not [4]. During the life cycle of a person, the use of various forms of motor activity, autogenic training, water procedures, massage should become an integral element of a healthy lifestyle [5]. In order to extend the period of creative longevity, it is also necessary to abandon all bad habits [2].

In the State National Program "Education (Ukraine XXI)" one of the main strategic tasks is formation physical and mental health of students. After all, the health of schoolchildren is an integral indicator of the general well-being of society, as well as a subtle indicator of all social and environmental troubles []. Today in Ukraine, there is an extremely negative trend in the health indicators of modern youth. Apart from diseases of students of various nature (respiratory organs, visual organs, digestive organs, cardiovascular diseases, hypodynamia, etc.), the indicators of deterioration of the mental and spiritual health of schoolchildren have increased significantly. According to scientific studies, neuropsychological abnormalities are manifested in almost 90% of schoolchildren [2]. The reason for this is the absence the concept of health culture among modern youth, lack of fashion for a healthy lifestyle. One of the main tasks of a modern school is to create optimal conditions for children to understand the benefits of healthy food lifestyle, encouragement to acquire knowledge, abilities and skills of a healthy lifestyle; stimulation to independent and conscious choice of life position; rapid and effective dissemination of health knowledge. After all, it is the basis of life success for every person. The organization of the educational process, the effectiveness of which plays a significant role in the formation of the health culture of schoolchildren depends on compliance with a number of pedagogical conditions. The most important pedagogical condition for the formation of the health culture of students is the improvement of the content of education by including in it the system of valeological knowledge and skills. A formed formation system does not contribute to formation the health culture of schoolchildren, so the knowledge of adults about a healthy lifestyle did not become beliefs. Pupils are not engaged in the formation of their health, because it requires willful efforts, but mostly they are engaged prevention of health disorders and rehabilitation of the lost. Factors of a healthy lifestyle, according to many researchers, use only 10-15% of them, which is due to low personal activity, behavioral passivity.

Preservation and strengthening of health are directly dependent on the level of culture, which reflects the degree of awareness and the relationship of a person to himself. And this measure contains a system of knowledge about health, aimed at the lifestyle that one has moral beginnings [2]. "The health culture of a schoolchild is an integrated creation of a personality, which is manifested in its motivational, theoretical and practical preparation for the formation, preservation and strengthening of one's health in all its aspects (spiritual, physical, mental) and understanding health as a value" [4].

It is the lack of health culture in most schoolchildren that can be explained by their lack of desire to lead healthy lifestyle, take care of your own health. This fact is explained, first of all, by incompetence or unwillingness parents to instill in their children a love of physical education. Human physical activity should be considered one of the most important natural organizers of a healthy way of life, an effective means of educating a healthy spirit and, at the same time, intolerance to anti-cultural and anti-social phenomena, which is extremely important in "crisis" adolescence. You can't not emphasize that physical activity can be a universal factor in managing a person's lifestyle [3].

To solve the problem of forming a culture of health among schoolchildren, considerable attention should be paid to physical education lessons cultures By affecting the biological sphere of the human body, physical education at the same time contributes to the formation of personality, therefore, in its process, the tasks of mental, aesthetic, moral, labor education are solved; development issues worldview, ideological conviction, high internal and external culture. Among the numerous means of physical education, such exercises have a special place, which affect formation of positive emotions and aesthetic preferences and tastes. At the same time, the aesthetic side is a significant element that is used for the purpose of educating students in the culture of health, culture of movements, sense of beauty, understanding of beauty, etc [4].

In addition, physical culture is the only subject that can improve the physical condition of students, reduce it the risk of morbidity, functional disorders and deviations that are a consequence of progressive hypodynamia. It also appears not only a means of education and improvement of physical development, but also one of the main factors of recovery and strengthening health and, in addition, increases and improves general and mental performance.

Among many educational disciplines, physical culture is distinguished by a wide spectrum of influence on a person, which able to simultaneously shape not only the biological structure of a person, but also his psychological and moral value: stimulation of physical capacity is usually accompanied by health effects [2; 5]; using various physical exercises and procedures allow psychological relief of students [3]; systematic classes physical exercises strengthen health, increase neuropsychological resistance to emotional stress, support physical and mental capacity, contribute to increasing the success of those who study [4]. A special role in the formation of the health culture of schoolchildren belongs to the teacher. A physical education teacher has wide opportunities and conditions for educational influence on students.

They include a variety of forms of organizational health activities, high emotionality and attractiveness of classes, the child's natural need for movement, the appearance of the teacher himself - slenderness, tonedness; his great skill in performing movements, high-willed qualities in keeping healthy lifestyle, etc. Therefore, the analysis of the experience of educational and educational practice in the school shows that it remains quite acute and relevant the problem of a physically active, healthy personality of the student, the formation of his healthy lifestyle, overcoming bad habits, lack of motor activity, decreased

immunity, and in this connection, diseases among secondary school students.

The mentioned phenomena maintain a steady trend, which is determined by the contradiction between declarative and real attitude to physical culture, affects the state of health, physical development and training of students, their value orientations, attitude to one's own physical and mental well-being and, ultimately, to future life activities. Therefore, relevant there remains the problem of popularizing physical education lessons with the aim of forming a culture of health among schoolchildren.

Conclusions. The low level of health culture of schoolchildren causes negative consequences not only for the individual, but also of general social significance. Pupils' health is necessary for effective improvement and formation of personal culture the appearance of a new type of physical education teacher in general secondary education institutions - a researcher, a personified standard a healthy lifestyle, an ideologist of the formation of a culture of health for children and adolescents. And as a result, the content of physical education lessons of culture at the current stage will be oriented towards equipping students with knowledge, skills and abilities regarding the formation, preservation and strengthening of health in all its aspects (spiritual, mental and physical), formation of one's own culture health.

So, today there are many scientific works, both by domestic scientists and foreign authors, in which the essence and meaning of motor activity, its influence on the activity of systems and organs and its importance in the life of every person are defined, an analysis of the current state of physical education in the country is made and constructive measures are defined that improve the level of motor activity. However, the theoretical foundations of the modern system of physical education developed by the authors, the content of the program for optimizing the motor activity of student youth in institutions of higher education are based on traditional provisions that have become obsolete over the years, without the introduction of modern information technologies into the educational process, which does not solve the problem of forming the needs of students to physical education classes and improving the level of their motor activity.

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