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MOVEMENT ACTIVITY AS A MEANS OF INCREASE INDICATORS OF STUDENTS' PHYSICAL FITNESS

The article reveals the impact of motor activity on improving the indicators of physical fitness of students. Physical education is a system of socio-pedagogical activities aimed at strengthening health, hardening the body, harmonious development of forms, functions and physical capabilities of a person, formation of vital motor skills and abilities. The modern educational process of institutions of higher education most often leads to the deterioration of the health of students. The reasons for it include high mental workloads, intensification of the educational process and its existing orientation, which is based on the predominance of static loads, which contribute to the artificial reduction of the amount of voluntary motor activity of students, the consequence of which is a decrease in work capacity, the general reactivity of the body and an increase in morbidity.

An analysis of the effectiveness of the impact of physical exertion on the health of students of education was carried out. After all, today there is a significant trend towards the deterioration of the state of health among pupils and students. It was found that one of the reasons is a sedentary lifestyle and a low level of physical activity.

The level of motor activity and physical fitness of students was studied.

It has been proven that properly organized motor activity can correct this situation. In our opinion, it is in physical education classes in educational institutions that it is necessary to actively promote the formation of motor activity and increase the level of physical fitness.

Key words: motor activity, physical education, physical fitness.

Ускова С., Прус Н., Кривенда В. Рухова активність як засіб підвищення показників фізичної підготовленості студентів. В статті розкрито вплив рухової активності на покращення показників фізичної підготовленості студентів. Фізичне виховання – система соціально-педагогічних заходів, які спрямовані на зміцнення здоров'я, загартування організму, гармонійний розвиток форм, функцій і фізичних можливостей людини, формування життєво важливих рухових навичок і вмінь. Сучасний освітній процес закладів вищої освіти найчастіше призводить до погіршення здоров'я студентів. До причин, що зумовлюють його, належать високі розумові навантаження, інтенсифікація освітнього процесу та існуюча його орієнтація, що оснований на перевазі статичних навантажень, які сприяють штучному скороченню обсягу довольної рухової активності студентів, наслідком якої є зниження працездатності, загальної реактивності організму та зростанням захворюваності.

Ключові слова: рухова активність, фізичне виховання, фізична підготовленість.

Formulation of the problem. Today, the formation of the habit of physical exercises is a relevant and socially significant pedagogical process. It has long been proven that strengthening and maintaining the health of specialists in various fields directly affects the results of their work.

The problems of physical development, motor activity, physical fitness of education seekers are widely disclosed in the works of famous scientists and teachers. After all, preserving and strengthening the health of students, forming their need for physical improvement and a healthy lifestyle, is one of the main tasks of the physical education system of an educational institution [1].

Correctly selected forms, means, methods of preserving and strengthening health, increasing physical fitness, mental and physical capacity ensure full-fledged social and professional activity.

The modern rhythm of life forces students to lead a sedentary, sedentary lifestyle. The level of motor activity decreases. There are reasons for the development of diseases of the cardiovascular, respiratory, nervous, endocrine, immune system, and musculoskeletal system. Properly organized physical and recreational work can become the basis of rational organization of the movement regime of young people, will contribute to normal physical development and motor readiness [2].

Regular physical activity improves the health of the body, develops the muscles of the body, is a useful remedy against nervous overstrain, helps to increase physiological indicators, promotes rapid recovery, ensures the level of development of physical qualities, increases the level of physical fitness.

Analysis of literary sources. In modern scientific and methodical works, the issue of measurement and assessment of the mode of motor activity is considered quite widely, the daily and weekly volumes of motor activity of persons of different ages and physical condition are investigated using the Framingham method; regularities and interrelationships of motor activity

and physical condition were studied by A. I. Drachuk, O. S. Kuts, T. Yu. Krutsevich, L. V. Khrypko, issues of self-control of physical condition were dealt with by S. A. Dushanin, O. A. Pirogov These studies related to professional, applied, age and gender aspects, different in terms of the content of types of physical culture, sports and health activities [5].

The analysis of literary sources and scientific-methodological works shows that the majority of scientists focus on the general problems of motor activity of young people, which is still relevant and requires further study of the influence of motor activity on increasing the level of physical fitness of students.

Presentation of the main research material. One of the main criteria for the development potential of modern society is good health and a high level of physical fitness. Education and comprehensive training of professional specialists of new quality is possible only with the help of modern methods aimed at increasing the level of motor activity of modern youth. In addition, motor activity acquires special importance in the modern conditions of the functioning of society, when the motor activity of children, adolescents and young people, especially students of institutions of higher education, and as a result there is a deterioration of the state of health, a decrease in the level of physical fitness, etc. [4].

Analysis of statistical data shows, however, that the physical condition of today's youth is assessed as unsatisfactory. More than 50% of students have an insufficient level of physical fitness, low physical capacity, functional disorders of organs and systems are observed. Thus, it is important to determine the optimal mode of motor activity for different age groups and to implement it in people's daily life.

Research by American scientists proves that a low level of physical activity has a negative effect on the human body, disrupts metabolism and contributes to the growth of various diseases, in particular: atherosclerosis, obesity, type I and II diabetes, etc. After all, as is well known, there is a close relationship between the state of health, physical capacity and preparedness with the way of life, volume and nature of daily motor activity [3].

Information loads, intensification of learning have a negative effect on the physiological capabilities of the body, which leads to the development and progression of diseases in students. This is facilitated by a decrease in the level of health of young people, significant psycho-emotional stress, and a violation of the work and rest regime [6].

Therefore, the main task of the physical education system is to strengthen people's health, increase their work capacity, form high moral qualities, cheerfulness of spirit, strength and endurance, and raise a healthy and cheerful younger generation. Physical education and sports effectively contribute to the formation of a healthy lifestyle, which includes compliance with the rules of personal hygiene, daily routine, active recreation, the organization of rational nutrition, and the rejection of bad habits. Means of physical culture strengthen compensatory capabilities of the body, increase its resistance. After all, motor activity is a biological need of a person, the degree of satisfaction of which largely determines the state of health.

In order to determine the impact of physical activity on increasing the level of physical activity, we conducted a study among students.

42 students took part in our study. Respondents were asked to fill out a motor activity registration card according to the Framingham method, in which they had to indicate all the activities they performed during the day.

Thus, as a result of the study, the following results were obtained: the basic level of motor activity (sleep, lying down rest) was 8.0 ± 1.9 hours. The subjects spend an average of 4.0 ± 1.4 hours on the sedentary level of motor activity (travelling in transport, resting while sitting, food consumption).

The analysis of the timing of the daily motor activity of modern youth showed that most of it is 9.1 ± 2.6 hours long. small level (preparation for classes, personal hygiene, walking, classes in educational institutions, except for physical culture).

And the indicators of medium and high levels are the lowest. Thus, the average level of motor activity, which includes housework, walks, morning gymnastics, was 2.6 ± 2.0 hours.

In the percentage ratio, these levels were: basic - 32.6%, sedentary - 16.8%, small - 38.7% of the daily time budget of education seekers. Therefore, about 85.2% of the respondents' daily motor activity is at the basic, sedentary and small levels;

A high level of physical activity included specially organized physical exercises and sports, active and sports games. In boys, it is 5.6%, in girls 3.4% of daily physical activity.

Therefore, the obtained results of the study testify to the irrational mode of the day in the students of education and prove the need for its correction through the inclusion of measures that contribute to the increase of specially organized motor activity and, in particular, the activity corresponding to its high level.

In order to determine the level of physical fitness, we conducted standards among students of higher education, with the help of 8 tests specified in the State tests and standards for assessing the level of physical fitness of the population, which are provided for by the requirements of the physical education curriculum for pupils and students.

So, as a result of the research, for the swimming test, boys and girls on average had 4 points; the girls received 3 points for the test of flexion and extension of the arms while lying on the floor; the boys passed the pull-up test on the crossbar by 3 points; boys and girls completed the sit-up test for 1 minute by 3 points; for the standing long jump test, boys received 3 points, girls - 3 points; boys and girls received 4 points for the 30 m running test; according to the results of the 4x9 m shuttle race, boys - 4 points, girls - 3 points; according to the results of the test, bending the body forward from a sitting position is 2 points for boys, and 4 points for girls. Therefore, the obtained results indicate a low level of physical fitness in both girls and boys.

Thus, as a result of the research conducted during the study, low indicators of the level of motor activity and, accordingly, low indicators of physical fitness were found among the students, as evidenced by the above results.

Therefore, the obtained results of the experiment indicate the need to develop the latest programs to increase the motivation and motor activity of young people with the aim of improving the quality of physical education of students, harmonizing their student lifestyle with the laws of optimal functioning of the body, levels of physical health, and improving the level of physical fitness.

Conclusions. Thus, regularly organized physical activity effectively affects the level of physical fitness of students. The analysis of literary sources and practical developments indicates an increase in the level of development of physical qualities and physical fitness. Physical activity significantly improves the overall physical fitness of young people, increases the level of independent work, increases interest in physical education, and increases motivation for a healthy lifestyle.

In addition, it has been proven that physical activity after the main classes is one of the ways to correct the mental state and relieve the tension accumulated during the school day. And systematic classes in physical education improve physical condition, increase the body's resistance to stressful situations, adverse environmental conditions, and contribute to a steady trend towards an increase in the level of physical fitness. Regular physical activity makes it possible to enrich the state of physical, mental, and moral health.

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FACTORS THAT ENSURE AN ADEQUATE LEVEL OF PHYSICAL FITNESS IN FEMALE STUDENTS OF HIGHER EDUCATION INSTITUTIONS

The article discusses the factors that ensure the appropriate level. It was determined that physical capacity is the maximum mechanical work that a person is able to perform. Assessment of a person's physical capacity is necessary for solving a wide range of practical problems: determining the state of health, the results of sports training, and others.

It has been proven that physical performance depends on many factors: body composition and anthropometric indicators, muscle strength and endurance, the state of the musculoskeletal system, functional and endocrine systems. Factors such as energy potential, completeness of its use and cost-effectiveness of movements are also important. It has been established that work capacity is ensured by both aerobic and anaerobic processes of energy generation, and according to the preference of one of them, aerobic physical work capacity, anaerobic and mixed are distinguished.

Despite the fact that the indicators of physical development of student youth show positive dynamics, the general state of health of modern youth is deteriorating, which negatively affects their physical and mental capacity. The most acute social problem in Ukraine is the deterioration of the health of children and youth. Negative factors that reduce the level of health are improper nutrition, hypokinesia, psycho-emotional overstrain, and bad habits.

Effective means of improving not only physical, but also emotional health of a person include aqua fitness. Nowadays, there is no doubt about the possibility of a positive effect of physical exercises in water on the state of physical and mental health, improving the activity of the cardiovascular, respiratory, and hormonal systems and developing the physical qualities of a person.

Key words: physical capacity, physical education, students, physical exercises.