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PHYSICAL CULTURE IS A FUNDAMENTAL COMPONENT OF THE MENTAL AND PHYSICAL DEVELOPMENT OF MODERN YOUTH AND STUDENTS

Physical culture is a complex social phenomenon that is not limited to solving problems of physical development, but also performs other social functions of society in the field of morality, education, and ethics. It has no social, professional, biological, age, or geographical boundaries. The theory of physical culture proceeds from the basic principles of the theory of culture and is based on its concepts. At the same time, it has specific terms and concepts that reflect its essence, goals, objectives, content, as well as means, methods, and guidelines. The main and most general concept is "physical culture". As a type of culture, it represents in general social terms a vast area of creative activity to create people's physical readiness for life (health promotion, development of physical abilities and motor skills). In personal terms, physical culture is a measure and method of comprehensive physical development of a person. Thus, physical culture is a type of culture that is a specific process and result of human activity, a means and method of physical improving a person to fulfill social responsibilities. There are other definitions of this concept, in particular: physical culture is a specific part universal human culture, one of the areas of social activity aimed at strengthening health, increasing its level, and the comprehensive development of physical human abilities and their use in social practice, in people's everyday lives [4].

Physical culture is an important part of the culture of society - the totality of its achievements in its creation and rational use of special means, methods, and conditions for directed physical improvement of a person. In the content of physical culture itself, two main aspects can be distinguished with some convention: – firstly, everything valuable that society creates and uses as special means, methods and conditions for their use, allowing to optimize physical development and ensure a certain level of physical fitness of people (functionally supporting side of physical culture);– secondly, the positive results of using these means, methods and conditions (the effective side of physical culture).

Key words: *physical culture, university, student, form of teaching, structure.*

Абрамов Сергій, Назимок Віктор. Фізична культура основна складова психічного та фізичного розвитку сучасної молоді і студентства. Фізична культура є складним соціальним явищем, яке не обмежується вирішенням завдань фізичного розвитку, а й виконує інші соціальні функції суспільства в галузі моралі, виховання, етики. Вона не має ні соціальних, ні професійних, ні біологічних, ні вікових, ні географічних кордонів. Теорія фізичної культури виходить з основних положень теорії культури і спирається на її концепції. Водночас він має специфічні терміни та поняття, які відображають його сутність, цілі, завдання, зміст, а також засоби, методи та орієнтири. Основним і найбільш загальним поняттям є «фізична культура». Як вид культури вона являє собою в загально соціальному плані широку сферу творчої діяльності з формування фізичної готовності людини до життя (зміцнення

здоров'я, розвиток фізичних здібностей і моторики). В особистісному відношенні фізична культура є заходом і методом всебічного фізичного розвитку людини. Отже, фізична культура – це вид культури, який є специфічним процесом і результатом діяльності людини, засобом і методом фізичного вдосконалення людини для виконання суспільних обов'язків. Існують і інші визначення цього поняття, зокрема: фізична культура – це особлива частина загальнолюдської культури, одна із сфер суспільної діяльності, спрямована на зміцнення здоров'я, підвищення його рівня, всебічний розвиток фізичних здібностей людини та використання їх у соціальній діяльності. практиці, в повсякденному житті людей[4].

Важливою частиною культури суспільства є фізична культура — сукупність досягнень у створенні та раціональному використанні спеціальних засобів, методів і умов для спрямованого фізичного вдосконалення людини. У самому змісті фізичної культури з певною умовністю можна виділити два основних аспекти: – по-перше, все цінне, що створюється і використовується суспільством, як спеціальні засоби, методи та умови їх використання, що дозволяють оптимізувати фізичний розвиток і забезпечити певний рівень фізичної підготовленості людей (функціонально-забезпечувальна сторона фізичної культури); по-друге, позитивні результати використання цих засобів, методів і умов (результативна сторона фізичної культури).

Ключові слова: фізична культура, ВНЗ, студент, форма навчання, структура.

Formulation of the problem. A decrease in the level of health and physical capacity of education seekers is a consequence of significant psycho-emotional load, violations of the hygienic justification of the daily routine and nutrition. To form an attitude to health as of the most important value, to give the knowledge of valeology necessary for the life of everyone, to teach to observe healthy lifestyle - the main task of modern physical education [2].

Along with its role in the physical improvement of a person, physical culture has a significant impact on his spiritual world - the world of emotions, aesthetic tastes, ethical and worldview ideas. Indicators of the state of physical culture in society are: – mass participation; – the degree of use of physical culture means in education and education; – level of health and comprehensive development of people's physical abilities; – level of sports achievements; – availability and level of qualifications of professional and public physical education personnel; – promotion of physical culture and sports; – the degree and nature of the use of the media in the sphere of tasks facing physical culture; – the state of science and the presence of a developed system of physical education. The structure of physical culture includes such components as physical education, sports, physical recreation (rest) and motor rehabilitation (recovery). They fully satisfy all the needs of society and the individual in physical training. Physical education (education) is a pedagogical process aimed at the formation of special knowledge, skills, as well as the development of versatile physical human abilities. Like education in general, it is a general and eternal category of social life of the individual and society. Its specific content and focus are determined by the needs of society for physically trained people and are embodied in educational activities. In the process of physical education, the following tasks are solved: – health-improving (health promotion, improvement of physique, achievement, and maintenance of high performance); – educational (formation and bringing to the required perfection of applied and sports skills, acquisition of special knowledge); – educational (formation of moral and volitional qualities, promotion of labor and aesthetic education). Physical education is included in the education and training system, starting from preschool institutions.

Research on the theory that with a decrease in the desire to expect a positive or negative attitude from others, with a decrease in self-acceptance, self-understanding, self-interest, that is, interest in one's own thoughts and feelings, readiness to communicate with oneself "on an equal footing", confidence in one's interest in others, an individual stress reaction.

Analysis of literary sources. This topic was studied and revealed by such scientists. But they came to a consensus that physical education is a necessity of modern society.: S.A. Abramov, V.I. Shishatska [1], V.A. Golovina, A.V. Korobkova [2], A.A. Ribrina [3], To Thi Viet Chau [4].

Sports - competitive activity and preparation for it; based on usage physical exercises and is aimed at achieving the highest results, opening reserve capabilities, and identifying the maximum levels of the human body in the motor activity. Competitiveness, specialization, focus on the highest achievements, entertainment are specific features of sport, as part of the physical culture. In sports, a person strives to expand the boundaries of his capabilities, this is a huge the world of evolution, the most popular spectacle, it contains a very complex process interpersonal relation. It clearly shows the desire to win, to achieve high results requiring mobilization of physical, mental, and moral human qualities. Physical recreation (rest) - the use of physical exercises, as well as types of sports in simplified forms for people to actively relax and enjoy it process, entertainment, switching from normal activities to others. It amounts to the main content of mass forms of physical culture and represents recreational activities. Background types of physical culture. Background types of physical culture include hygienic physical culture included in the framework of everyday life (morning gymnastics, walks, other physical exercises in the daily routine, not related to significant loads) and recreational physical culture, the means of which used in active recreation (tourism, sports, and recreation entertainment). Background physical culture has an operational impact on the current functional state of the body, normalizing it and contributing to the creation of a favorable functional "background" of life. It should be considered as a component healthy lifestyle. It is especially effective in combination with other components physical culture and, above all, with basic ones. Motor rehabilitation (recovery) is a goal-oriented process restoration or compensation of partially or temporarily lost motor skills abilities due to illness, injury, overwork, and other reasons. Process carried out comprehensively under the influence of specially selected physical exercises, massage, water and physiotherapeutic procedures and some other means. This is a restorative activity. A type of health and rehabilitation physical culture is therapeutic physical culture. Physical training - a type of physical education: development and improvement motor skills and physical qualities required in a specific professional or sports activity. It can also be defined as a type of general training specialist (professional) or athlete (for example, physical training of a gymnast). Physical development is the process of changing the forms and functions of the body under exposure to natural conditions (food, labor,

everyday life) or targeted use of special physical exercises. Physical development is also the result of the impact of the specified means and processes, which can be measured in any point in time (dimensions of the body and its parts, indicators of various qualities, functional capabilities of organs and systems of the body). Physical exercises are movements or activities used to develop physical qualities, internal organs, and motor skill systems. This is the remedy physical improvement, transformation of man, his biological, mental, intellectual, emotional, and social essence. This is also a method of physical human development. Physical exercise is the main means of all types of physical culture [1].

Physical perfection is a historically determined level of health and comprehensive development of physical abilities, functional state, and mental qualities of people, corresponding to the requirements of human activity in certain conditions of production, military affairs, and other spheres of social life, providing for many years a high degree of human performance. Specific signs and indicators physical perfection is determined by the real needs and living conditions of society at every historical stage and therefore change as society develops. Physical and functional readiness is the result of physical training, achieved in mastering motor skills and developing physical qualities with simultaneous increase in the physiological reserves of the body due to increasing the level of activity of its functional systems: cardiovascular, respiratory, nervous, endocrine, digestive, excretory [3].

Psychophysical preparedness - carried out in the educational and training process through a diverse influence on mental functions, ensuring their activity, correction, and stability. For example, mental qualities such as courage, determination, perseverance in achieving goals, ability to adapt to dramatically changing environmental and social conditions. In a straight line depending on the level of physical and functional readiness are also manifested stability of attention, perception, memory, ability for logical thinking and analysis. Motivational and value components of physical culture reflect emotional attitude towards physical culture, form the need to master values of physical culture, formation of a healthy lifestyle, achievement physical perfection. Physical activity is one of the essential components of a healthy lifestyle. Consists of a systematic, age-, gender-, condition-appropriate health and interests, the use of a variety of motor actions, including physical education and sports to ensure human life body. The professional orientation of physical education is the use means of physical culture and sports to prepare for high-performance quality work through certain profiling of physical education with considering the characteristics of the chosen profession, which contributes to ensuring high performance of a specialist.

The purpose of physical education at a university is the formation of physical culture student as a systemic quality of personality, an integral component of general culture a future specialist capable of implementing it in educational, social, and professional activities and family. The physical education course provides for solving the following problems:- inclusion of students in real physical culture and sports practice in creative mastering the values of physical culture, its active use in comprehensive personality development;- promoting the diversified development of the body, maintaining and strengthening health, increasing the level of general physical fitness, developing professionally important physical qualities and psychomotor abilities of future specialists; - mastery of a systematically ordered body of knowledge covering philosophical, social, natural science and psychological-pedagogical topics, closely associated with the theoretical, methodological and organizational foundations of physical culture;- formation of a motivational and value-based attitude towards physical culture, attitudes towards a healthy lifestyle, physical self-improvement and self-education;- formation of students' needs for physical self-improvement and maintaining a high level of health through the conscious use of all organizational and methodological forms of physical education and sports activities;- formation of skills for independent organization of leisure time using means physical culture and sports;- ensuring general and professionally applied physical fitness, determining the student's psychophysical readiness for a future profession, acquiring experience in the creative use of physical culture and sports activities to achieve life and professional goals;- mastery of the basics of family physical education, household physical education culture.

Physical education in higher educational institutions is carried out throughout period of theoretical training and is carried out in the following forms. Training sessions: compulsory classes (practical, workshops, consultations, theoretical), which are provided for in curricula for all specialties; advisory and methodological classes aimed at providing students with methodological and practical assistance in organizing and conducting independent physical education and sports classes; individual lessons for students with poor physical fitness or lagging behind in mastering educational material, which are organized according to a special schedule departments during the academic year, holidays, and during practical training. Extracurricular classes: physical exercises during the school day (small forms of independent classes in the form of "minutes of vivacity" complexes); classes in sections, informal groups, and physical education clubs; independent physical exercises, sports, and tourism; mass recreational, physical education and sports events. The integrated use of all forms of physical education should ensure inclusion physical culture into the lifestyle of students, achieving an optimal level of physical activity. The goals of physical education include improving physical fitness, promoting healthy habits, and providing opportunities for students to develop physical skills and abilities. Physical education classes typically include a variety of activities, such as team sports, individual activities, and fitness exercises [4].

The main stage in the formation of a person's physical culture is educational period in a person's life (7-25 years), during which consolidation of the necessary educational material for its further application in life. Physical education at a university is aimed at preparing harmoniously developed, highly qualified specialists. In the process of studying at a university in the course "Physical Culture" provides for the solution, in addition to the above, of such tasks as:- education in students of high moral, volitional and physical qualities, readiness for highly productive work;- maintaining and strengthening the health of students, promoting the correct formation and comprehensive development of the body, maintaining high performance at throughout the entire period of study;- comprehensive physical training of students;- professional - applied physical training of students, taking into account features of their future work activity;- students acquire the necessary knowledge on the basics of theory, methodology and organization of physical education and sports training, preparation for work as community instructors, coaches and judges;- improving the sports skills of student athletes;- instilling in students the conviction of the need to study regularly physical culture and sports.

The learning process is organized depending on the state of health, level physical development and preparedness of students, their sports qualifications, as well as considering the conditions and nature of work of their upcoming professional activities. One of the main tasks of higher educational institutions is the physical training of students. In higher educational institution general management of physical education and mass sports work among students, as well as organizing observations of their health status assigned to the rector, and their specific implementation is carried out by administrative departments and public organizations of the university. The current state of society involves high competition among young professionals and requires both professionalism and an appropriate level of psychophysical health. From this point of view, health is not only an important social resource, but also an individual's potential, which allows to be competitive in the chosen professional activity. The main reserves of effective involvement of students in physical activity are concentrated at the stage of formation of the national sports policy. At the macro level, general conditions, and a national policy in the field of the development of sports and its individual types, which have a basic, institutional nature, are being formed. At the meso level, the main factor that determines the possibilities of physical culture formation is the promotion and understanding of the importance of involving students in health-related activities at the regional level. Macro- and meso-level factors determine the effectiveness of the process of attracting students to physical culture and sports, which depends on several features: the availability and reproduction of highly qualified personnel, developed information infrastructure, as well as the compliance of the material and technical base with modern requirements [1].

Conclusions. Upon completion of the course, the student must (professional competencies): know:– values of physical culture and sports; the importance of physical culture in human life; cultural, historical heritage in the field of physical culture;– factors that determine human health, the concept of a healthy lifestyle and its components;– principles and patterns of education and improvement of physical qualities;– methods of monitoring and assessing physical development and physical fitness;– methodological foundations of physical education, foundations of self-improvement physical qualities and personality traits; basic requirements for the level of his psychophysical preparation for specific professional activities; influence of working conditions and nature specialist to select the content of industrial physical culture aimed at increasing labor productivity.

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SPORTS GAMES AT THE UNIVERSITY. IMPACT ON STUDENTS' HEALTH

The relevance of physical education in general education organizations is one of the foundations of the structure of students' physical training and reflects the level of physical and psychosomatic health, functional capabilities, which in recent years have caused serious concern among medical workers, teachers, educational psychologists, and the public. The most significant increase in all types of diseases occurs during the period coinciding with university studies. Some reasons are explained by physical inactivity and constant use of computers, gadgets, and phones. An important reason is the low motivation of students for physical development. In this regard, physical culture and sports are one of the main means of strengthening and maintaining health, increasing activity and physical improvement. Physical culture and sports are the most important factors in the development of human potential.

The article reveals the impact of sports games on increasing motor activity among students of higher education institutions. The current state of motor activity among student youth is analyzed. It was found that basketball and football are one of the most popular sports among students. Practical recommendations have been developed for improving motor activity with the help of sports games. The relationship between motor activity and psychophysical condition, the lower the level of motor activity, the lower the level of health, and the worse the psycho-emotional state. It has been established that one of the effective ways to increase students' motor activity is to involve them in sports games.

Key words: essence, game, activity, meaning, training, education of students, sports games.