

DOI 10.31392/NPU-nc.series15.2022.12(158).02

Boyko G. L.,
Candidate of Pedagogical Sciences, Associate Professor,
Associate Professor of the Department of Health and Sports Technologies
National Technical University of Ukraine Igor Sikorsky Kyiv Polytechnic Institute
Kozlova T. G.
Senior lecturer of the Department of Health and Sports Technologies
National Technical University of Ukraine Igor Sikorsky Kyiv Polytechnic Institute
Sharafutdinova S.
lecturer of the Department of Health and Sports Technologies
National Technical University of Ukraine Igor Sikorsky Kyiv Polytechnic Institute

THE IMPACT OF PHYSICAL EDUCATION ON THE FORMATION OF THE HEALTH CULTURE OF STUDENTS

The article examines the influence of physical education on the formation of a culture of health among students. After all, at present, the crisis of the state system of physical education has turned into a number of negative consequences for society, among which we can single out a decrease in the level of health of different age groups of the population, especially young people. This fact is of particular importance, since the state of health of education seekers is the most important indicator of the vitality of the people of any country. In view of the fact that the health of students of education deteriorates in the process of education, it is necessary to clarify the idea of the relationship between the two concepts «culture» and «health» in order to orientate in the concept of "personal health culture" and subsequently define the essence of the health culture of modern youth.

Appreciating the importance of research devoted to the problem of preserving the health of the younger generation, we at the same time emphasize that it requires further research in various directions. In particular, there is an acute problem of forming the readiness (needs, abilities and determination) of children and adolescents to consciously follow a healthy lifestyle. The possibility of physical education in forming a culture of attitude to one's health, and to health as physical, but also mental and moral-spiritual, has not been definitively revealed.

Some researchers limit the physical education of students to only physical education lessons, despite the fact that physical education lessons even fulfill the needs of children in the necessary amount of their motor activity.

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

Бойко Г., Козлова Т., Шарафутдинова С. Вплив фізичного виховання на формування культури здоров'я здобувачів освіти. В статті розглянуто вплив фізичного виховання на формування культури здоров'я у здобувачів освіти. Адже в даний час криза державної системи фізичного виховання обернулася для суспільства низкою негативних наслідків, серед яких можна виділити зниження рівня здоров'я різних вікових контингентів населення, особливо молоді. Цей факт має особливе значення, оскільки стан здоров'я здобувачів освіти є найважливішим показником життєздатності народу будь-якої країни. З огляду на той факт, що здоров'я здобувачів освіти погіршується в процесі навчання, необхідно уточнити уявлення про зв'язок двох понять «культура» і «здоров'я» з метою орієнтації в понятті «культура здоров'я особистості» і згодом визначення сутності культури здоров'я сучасної молоді.

Ключові слова: культура здоров'я, фізичне виховання, здобувачі освіти, фізичні вправи.

Formulation of the problem. The political, economic, and socio-psychological restructuring of society, which is currently taking place, involves the search for a solution to the problems of the transformation of the person himself, his attitude to many phenomena of social life.

An integral part of the general and professional culture of an individual is physical culture, which is formed in the system of physical education. At the previous historical stage of the development of the main forms and directions of educational activity, the system of physical education of youth was formed under the influence of society and the state, while solving urgent needs - preparing young people for work and defense of Ukraine [5].

Currently, the crisis of the state system of physical education has resulted in a number of negative consequences for society, among which we can single out a decrease in the level of health of different age groups of the population, especially young people. This fact is of particular importance, since the state of health of children and adolescents is the most important indicator of the vitality of the people of any country.

Physical activity and physical fitness of children and young people are the most important components of health. According to the WHO, in the structure of the main factors affecting health, 50% have a lifestyle where physical activity plays a significant role.

However, many facts today cause acute concern for the health of the younger generation, which is not least related to the unsatisfactory organization of physical education in educational institutions.

Analysis of literary sources. Violations of physical and neuropsychological development of children are manifested in neurotic states, defects of sexual development, reduced resistance to risk factors, drugs, toxic substances, alcohol, deterioration of physical development.

The analysis and generalization of published data showed that already 70% of students have health problems, and by

the end of their studies, the number of children with health disorders increases significantly: during schooling, the number of healthy children decreases by 4-5 times, by the end of school, 40% of students are diagnosed with certain chronic diseases, 36% have morphological and functional abnormalities. Only 10-15% of students can be considered absolutely healthy [6].

Environmental factors, personal behavior and physiological risk factors are closely intertwined in the mechanism of children's diseases.

Specific pathogenetic factors are risk factors related to the organization of their educational activities: the intensification of the educational process and its existing organization, based on the predominance of static loads, which contribute to the artificial reduction of the amount of motor activity of students.

Based on these features, researchers define motor activity as the sum of all movements determined by the nature of work and rest, the way of life in everyday life, physical culture and sports, as the improvement of the biosocial nature of a person by means of physical culture, purposeful motor activity that acts as naturally and socially determined the need of the body and personality to support and ensure onto and socio-genesis, the subject's active understanding and realization of social significance, individual activity for physical self-improvement.

Presentation of the main research material. The study of this problem in various aspects led to the realization of its pedagogical essence, which consists in the existence of a dependence between the state of organization of the educational process system in educational institutions of various levels and the state of health of the studying youth. This led to the appearance of works in which attempts are made to find ways and means of preserving children's health in the process of education [3].

Analysis of these works shows that a significant amount of research is being conducted in the field of preserving and strengthening physical (somatic) health.

Quite a lot of works are devoted to the development of methods of diagnosis and monitoring of somatic and psychophysical health of students (schoolchildren and students) [5].

Appreciating the importance of research devoted to the problem of preserving the health of the younger generation, we at the same time emphasize that it requires further research in various directions. In particular, there is an acute problem of forming the readiness (needs, abilities and determination) of children and adolescents to consciously follow a healthy lifestyle. The possibility of physical education in forming a culture of attitude to one's health, and to health as physical, but also mental and moral-spiritual, has not been definitively revealed.

Some researchers limit the physical education of students to only physical education lessons, despite the fact that physical education lessons even fulfill the needs of children in the necessary amount of their motor activity. As a result of low motor activity combined with the lack of sufficient intensity of exercises and the density of classes, physical education classes often do not even solve the problems of children's physical health, not to mention their moral and spiritual health [1]. The study of best practices provides solutions to several educational, educational, developmental and health-improving tasks:

- schoolchildren's awareness of the leading social role of physical culture for the development of their personality and preparation for study;
- knowledge of relevant theoretical and practical foundations, the use of which guarantees effective physical education and formation of healthy lifestyle skills, positive attitude of schoolchildren to physical education;
- the desire for physical self-improvement, the need for systematic physical exercises;
- mastering a system of practical abilities and skills that provide for the preservation and strengthening of health, psychological comfort, development and improvement of individual abilities, qualities and attributes of the personality;
- provision of general and professional-applied physical fitness of students, the level of which will be sufficient for mastering the future profession [2].

The content of the third health lesson of physical culture in elementary school is familiarization with the basic concepts of physical culture of the individual and mastering available exercises of a health and general development nature. At this stage, it is necessary to interest the child, to open up to him the world of healthy physical culture and to convince him of its value. For this purpose, based on the knowledge of health-improving physical culture activities, younger schoolchildren should learn exercises that actually improve various functions of the body and contribute to the harmonious development of students.

The manifestation of a personally oriented approach in physical education is carried out by solving the tasks of individual physical improvement. According to Yu.A. Janson, every schoolchild should know the level of his health, physical development, physical fitness and, in connection with these parameters, pave an individual way of doing physical exercises. In this regard, students must acquire the necessary amount of knowledge and skills in physical culture at school and be taught to do physical exercises correctly on their own [4].

The experience gained by mankind is assimilated by each succeeding generation only in the process of active cognitive activity. When studying, a person masters various types of both practical and theoretical activities in their relationship. The analysis of research on the problems of effectiveness and optimization of training in physical education, as well as the practical work of teachers, gives reason to conclude that one of the main conditions for improving the quality of education is the formation of cognitive activity techniques in younger schoolchildren, the ability to independently learn, analyze and apply the means of physical education in increasing the level of health [3].

Research and experimental work, aimed at verifying the theoretical provisions of our study, allowed, on the one hand, to reveal the possibilities of the pedagogical process of a modern primary school for the formation of a culture of attitude towards one's health in younger schoolchildren, and on the other hand, to realistically carry out this process taking into account the peculiarities organization of the educational process in a modern elementary school. Moreover, the entire space of personality education of a junior high school student was involved in the experimental work, both inside and outside the school [2].

The implementation of research and experimental work on the formation of a culture of attitude to health in younger

schoolchildren by means of the natural experiment method contributed to the optimal implementation of the developed pedagogical conditions in the pedagogical process of the primary school, which takes place under normal conditions. This made it possible to scientifically and reasonably approach the selection of methods, methods and technologies of work that most closely correspond to the specifics of primary school age and at the same time, during the course of experimental work, to adjust the organized process of forming a culture of attitude to health among primary school students, taking into account its results and promptly including them into a holistic pedagogical process. A level approach to the assessment of the process and results of the formation of a culture of attitude to one's health in younger schoolchildren ensured obtaining objective information about the course of this process.

In the experimental work carried out as part of our study, a set of pedagogical conditions for the formation of a culture of attitude to health among younger schoolchildren was tested in three areas of life, which make up the content of the educational space in which the formation of their personality takes place: in the field of physical education, in educational activities and extracurricular time that occurs for students both in school (outside the immediate educational process) and outside it. At the same time, the effectiveness of this process was ensured by the implementation of a complex of interrelated conditions covering substantive and procedural aspects of the organized process, which proceeds simultaneously and in parallel in all three of the above-mentioned directions [4].

The full implementation of the health function of physical education funds was achieved due to, firstly, supporting the optimally high play and creative activity of younger schoolchildren in physical culture and health activities in combination with emotional and moral-spiritual volitional tension, and secondly, the targeting of physical education on children's value orientations and moral and volitional qualities as a factor of spiritual and physical improvement of their personality, thirdly, to develop their motivation and need for independent systematic physical exercises, fourthly, to form humanistic relations and acquire experience of creative communication with surrounding people. Thanks to this, the ability of schoolchildren to creatively apply knowledge about health in the process of life was formed, which is transformed into the practical skills of schoolchildren to maintain and increase their health reserves, maintain a high level of physical and mental performance, and gain experience in independent classes in the field of physical education [1].

Thus, the conducted research made it possible to identify and prove the wide possibilities of means of physical education of younger schoolchildren for the formation of a culture of attitude towards their health. Moreover, these funds were used in the field of purely physical education for the development of the physical culture of the individual, but also as a means of developing and improving the psycho-emotional culture, which is one of the indicators of the mental health of the individual, and as a means of developing the moral and volitional sphere of the personality of younger schoolchildren. The development of students' reflexive thinking in the process of forming their culture of attitude to their health made it possible to indirectly manage this process even during the students' stay outside the framework of direct control. The effectiveness of the process of forming a culture of attitude towards one's health in younger schoolchildren was ensured, firstly, by the purposeful organization of this process on the basis of coordinated interaction and active participation of the entire teaching staff of the school; secondly, by involving all students in health activities, regardless of their current state of health and belonging to a medical group; thirdly, the structuring and planning of all activities that make up the content of this work; fourthly, the readiness of primary school teachers to work, which ensures the formation of a culture of attitude towards their health in younger schoolchildren; fifth, certain material and technical equipment of this process.

It should also be noted that the influence of physical education in the educational process on the formation of a culture of attitude to health among younger schoolchildren has not been sufficiently studied to date. At the same time, this age is the most beneficial for solving the above-mentioned problem, and it is the means of physical education, because at this age, children especially urgently need a mobile way of life.

However, in real practice, the contradictions remain unresolved 1) between the age-related need of children of primary school age for motor activity and the specifics of the educational process, which restrains this natural need and leads to a decline in children's health; 2) between the need to preserve and support the health of students during the education process, which is one of the determining conditions for their optimal learning and development, and the insufficient inclusion of the students themselves in this process as active subjects of activities related to the preservation and improvement of their health.

The mentioned contradictions give reason to consider health in the system of personality culture and to formulate a research problem: what are the pedagogical conditions for the formation of a culture of attitude to health in younger schoolchildren by means of physical education in the education process?

Hence, the purpose of the research is revealed development and implementation of pedagogical conditions that ensure the effective formation of a culture of attitude to health among younger schoolchildren in the process of education by means of physical education.

Charging activates breathing, blood circulation, bowel activity. Numerous impulses that arise during morning exercises in the muscles, tendons, joints, and internal organs enter the corresponding centers of the cerebral cortex, which stimulates the work of various organs, increasing both their efficiency and the efficiency of the entire organism as a whole. Muscle movements excite the sympathetic nervous system. As a result, tissues secrete special substances into the blood that increase the efficiency of many organs. The purpose of independent physical education classes is to acquire knowledge, skills, organization skills and conducting classes to improve health and lead a healthy lifestyle [4].

Thus, the independent work of schoolchildren should take place without coercion, so that children like to engage in physical education, they can find activities for themselves without the help and under the supervision of adults. They were able to independently learn motor actions and do physical exercises, that is, the child's internal motivation and value attitude to physical education were fundamentally changed. Needs for independent performance of physical and recreational and sports recreational exercises aimed at increasing motor activity, adaptation of the body of children of primary school age to physical exercises, and

value attitude to health culture were developed.

Conclusions. The formation of a culture of attitude towards one's health among students of education was carried out through the implementation of a model in which the purpose, tasks, regularities, principles, content of the educational process, methods, forms and pedagogical conditions are organically interconnected. Within the framework of this structural-functional model, we identified, described and implemented the pedagogical conditions for the formation of children's culture of attitude to their health in the process of education by means of physical education.

Reference

1. Krutsevich T. Yu. Control in physical education of children, adolescents and youth / T. Yu. Krutsevich, MI Vorobev. - K. - 2005. -- 193 p.
2. Kurish V. I. Kurish, M. I. Luk'yanchenko, M. V. Shcherbets. - Drogobich: KOLO, 2004. -- 144 p.
3. Manko VM Didactic think about the form of students' professional and educational interest to special disciplines / VM Manko // Socialization of specialties: zb. sciences. ave. NPU imenya M.P. Dragomanova. - K.: Logos. - 2000. - No. 2. - p. 153 - 161.
4. Nazarova OL New information technologies in quality management of the educational process in college / OL Nazarova // Informatics and education. - 2013. - No. 11. - S. 79-84.
5. Hotchenko I. A. Creative and individuality of confusion: theoretical information and information in the organization of control over personal achievements / I. A. Hotchenko // Science hour writing of the National Pedagogical University of M.P. Dragomanova "Series 16. Creative specialty of a teacher: problems of theory and practice. - Kiev, 2014. - № 24. - S. - 78-80.

DOI 10.31392/NPU-nc.series15.2022.12(158).03

Chekhovska A.
senior lecturer at the Department of Health and Sports Technologies
National Technical University of Ukraine Igor Sikorsky Kyiv Polytechnic Institute
Salamakha O.
senior lecturer at the Department of Health and Sports Technologies
National Technical University of Ukraine Igor Sikorsky Kyiv Polytechnic Institute

USE OF HEALTH FITNESS EQUIPMENT FOR BODY WEIGHT CORRECTION OF STUDENTS OF VOCATIONAL SCHOOLS

It was determined that in the conditions of man-made development of society, the problem of preserving health is key. Among all health technologies, a prominent place belongs to physical culture. Its wide and multifaceted health effect has been confirmed by numerous scientific studies. It has been established that the positive effect of physical exertion is expressed in the normalization of the functional and morphological state of the organism, the increase in physical fitness and work capacity, the general physical condition of the persons engaged in. The identified health-improving effect of physical culture became the basis for the scientific and methodological justification of various fitness programs, which are a practical embodiment of physical culture and health-improving technologies.

Among the many means that normalize body mass and composition, the strategy aimed at creating an energy deficit by limiting the caloric content of the daily diet and increasing energy expenditure due to the use of physical activity is considered the most common.

In women, the problem of combating excessive fat accumulation is complicated by the additional activation of fat deposition processes to ensure reproductive function. Creating conditions for increasing the body's total energy expenditure is considered a fundamentally new way to solve this problem. It reveals additional perspectives for the use of physical exercises that have great potential in accelerating metabolism not only during the immediate exercise, but also in the post-exercise period. In this regard, the violation of body weight today refers to the non-compliance with the optimal parameters of not only the total body weight, but also the ratio of its components.

Keywords: physical exercises, physical education, motor activity, students, health culture.

Чеховська А., Саламаха О. Використання засобів оздоровчого фітнесу при корекції маси тіла студентів ЗВО. *Визначено, що в умовах техногенного розвитку суспільства проблема збереження здоров'я має ключове значення. Серед усіх здоров'я формуючих технологій визначне місце належить фізичній культурі. Її широкий та багатогранний оздоровчий ефект був підтверджений численними науковими дослідженнями. Встановлено, що позитивний вплив фізичних навантажень виражається у нормалізації функціонального і морфологічного стану організму, підвищенні фізичної підготовленості та працездатності, загального фізичного стану осіб, що займаються. Виявлений оздоровчий ефект фізичної культури став основою для науково-методичного обґрунтування різноманітних фітнес-програм, які є практичним втіленням фізкультурно-оздоровчих технологій.*

Ключові слова: фізичні вправи, фізичне виховання, рухова активність, студенти, оздоровчий фітнес.

Formulation of the problem. The problem of excess body weight is one of the most disturbing in the fields that are related to health care. Unfortunately, this problem is also considered relevant for the population of Ukraine, where excess weight is predicted for 40% of adults and 10% of children [28].

Along with an increase in body weight, there is concern about a violation of its component composition, which is expressed in a significant increase in the proportion of the fat component and leads to no less a health threat than excess weight