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FEATURES OF PHYSICAL EDUCATION CLASSES AND THEIR EFFECTS ON INCREASE OF PHYSICAL
WORKABILITY OF FEMALE STUDENTS AND THE COURSE

The purpose of the work: to investigate the influence of modern fitness technologies on the level of physical condition of students of higher education. **Methodology:** theoretical research methods were used, in particular, analysis and generalization of methodological, psychological-pedagogical and educational-methodical literature, which made it possible to reveal the influence of modern fitness technologies on the health of student youth, determining the health of students according to the Pyrogorova method. **Scientific novelty:** it was found that the indicators of the state of health, physical fitness, motor activity and motivation of students for traditional physical education classes are at a rather low level. A survey of physical education teachers showed that in institutions of higher education there is an insufficient amount of computer equipment that would be used during classes. The physical condition of higher education graduates who are engaged in modern fitness programs, where the results are observed to be significantly higher, was also analyzed. **Conclusions:** the main idea of introducing fitness technologies into the educational process of physical education is to create a conscious attitude to health-related activities, the formation of a sustainable interest in physical culture, a positive and active attitude to a healthy lifestyle, and the disclosure of everyone's creative and motor abilities. This approach has a positive effect on the physical condition of those who practice. The interest of young people in fitness culture is due to the accessibility, effectiveness and emotionality of the components of its basis of health fitness, among which are elective physical exercises with the use of innovative programs and technologies, components of a healthy lifestyle, the possibility of diagnosing physical condition, visible external improvements, etc.

Keywords: fitness technologies, physical condition, healthy lifestyle, physical education, students.

Мілкіна О., Напалкова Т. Вплив сучасних фітнес-технологій на рівень фізичного стану здобувачів вищої освіти. Мета роботи: дослідити вплив сучасних фітнес-технологій на рівень фізичного стану здобувачів вищої освіти. **Методологія:** було використано теоретичні методи дослідження, зокрема, аналіз і узагальнення методологічної, психолого-педагогічної та навчально-методичної літератури, що дали можливість розкрити вплив сучасних фітнес-технологій на стан здоров'я студентської молоді, визначення стану здоров'я студентів за методикою Пирогової. **Наукова новизна:** виявлено, що показники стану здоров'я, фізичної підготовленості, рухової активності та мотивації студентів до традиційних занять з фізичного виховання знаходяться на досить низькому рівні. Опитування викладачів з фізичного виховання показало, що в закладах вищої освіти є недостатня кількість комп'ютерної техніки, яка б використовувалася під час занять. Також проаналізовано фізичний стан здобувачів вищої освіти, яка займаються за сучасними фітнес-програмами, де результати спостерігаються значно вищими. **Висновки:** основна ідея впровадження фітнесу-технологій в освітній процес з фізичного виховання полягає у створенні свідомого ставлення до оздоровчих занять, формуванні стійкого інтересу до занять фізичною культурою, позитивного та активного ставлення до здорового способу життя, розкриття творчих та рухових здібностей кожного. Такий підхід позитивно впливає на фізичний стан тих, хто займається. Інтерес молоді до фітнес-культури обумовлений доступністю, ефективністю та емоційністю складових її основу засобів оздоровчого фітнесу, серед яких – фізичні вправи виборчої спрямованості з використанням інноваційних програм та технологій, компоненти здорового способу життя, можливість діагностики фізичного стану, видимі зовнішні покращення тощо.

Ключові слова: фітнес-технології, фізичний стан, здоровий спосіб життя, фізичне виховання, студенти.

Formulation of the problem. Deterioration of physical condition and health of different categories of the population of Ukraine is one of the most significant problems our society, as the health of the population of our country is negative dynamics. Specialists note a significant deterioration of physical condition indicators among students of higher education and associate it with unfavorable environmental and socio-economic conditions, a decrease in motor activity, with the epidemiological situation in the country regarding the spread of Covid 2019 and others.

Currently, socio-economic transformations are taking place in our country also affected the processes of rethinking the concept of development systems of higher education. The main task of higher education institutions: formation of a young specialist who is ready effectively realize the needs of society. At this stage of reformation system of higher education, the requirements for the level of training are increasing young specialists whose main goal is to fulfill functional tasks and obtained as a result of training competencies. The new requirements of society provide for the introduction innovative approaches and non-standard methods in the entire educational system process, and in the field of physical education - development and use non-traditional means and modern methods.

It should be noted that the term "student fitness" appeared relatively recently, adapted to pedagogical science. Today, fitness touches on various aspects life activities of student youth - everyday life, leisure time, the world surrounding material and spiritual values. Term is perceived as modern, socially demanded, methodically a well-founded and effective component of the physical sphere education. The component does not just perform the basic functions of the physical education in general, the main thing is that he actively realizes his full potential fitness equipment - in particular. Health fitness is one of the ways of active combination of physical, spiritual and intellectual personality formation, and fitness culture embodies purpose, means and result of harmonious development on self-improvement of life potentials of students. It is purposefully repetitive motor actions for mastering motor skills and development physical qualities and energy supply mechanisms. Owning and actively using various physical exercises, gainers improve their physical condition and preparedness, physically are improving In the youth environment, today it has become visible the tendency to consume expensive fitness services, including classes in various types

of aerobics, roller skating, use of cardiovascular and elliptical trainers, running tracks, etc. Classes in fitness clubs are increasingly included into the student mainstream. Therefore, fitness is not considered today only as training that ensures harmonious physical development qualities, but also as a social phenomenon affecting different parties human activities. Classes are beginning to gain wide popularity among students on cardiovascular and elliptical trainers. This is a whole complex treadmills, exercise bikes, step trainers. Thanks to availability of cardiostest, computerized speed control rotation and angle of inclination of the treadmill these simulators provide express diagnostics of the hemodynamic system in determining individual load thresholds [3].

Analysis of literary sources and research. Conditions of modern compliance with increasingly higher requirements for biological and social capabilities of a person. New opportunities can be created with the help of a balanced, scientifically based system of raising children, protecting and developing their health (Dutchak M., Sitovskiy A.). History shows that it is physical culture and sports, or rather, a holistic system of physical education, that can give people the most important thing – health. The most acute social problem in Ukraine is the deterioration of the health of children and youth (Nosko M. O.). Negative factors that reduce the level of health are improper nutrition, hypokinesia, psycho-emotional overstrain, bad habits.

Physical education is of great importance to maintain health and improve physical and mental performance students of higher education. During his stay at the higher educational institution higher education seekers lead a mostly sedentary lifestyle, which negatively affects their health. State of health of students of higher education the period of study at the institution does not improve, but on the contrary, worsens, which leads to the appearance or exacerbation of various diseases.

Presentation of the main research material. To solve the issue of a sedentary lifestyle and increase scientists suggest the level of physical condition of higher education students use multi-modal types of motor activity.

At the present time, activities with the means are gaining considerable popularity modern fitness technologies. Specialists recommend training methods aquafitness, with the aim of improving health and improving the level of physical condition different contingents of the population; Challenging Cycle and Zumba classes positive changes in functional indicators and physical condition in general.

They are also very popular among students of higher education classes: with fitball, pilates, tai-bo, step aerobics, fitness running and others [1].

Summarizing the data from the literature, we can say that the questions regarding assessment of the level of physical condition of higher education students remains a relevant and important issue for this category of the population of Ukraine. Determining the level of physical condition of students of higher education will allow pick up health care products to improve it.

In order to solve the set goal, it was evaluated level of physical condition of students of higher education according to Pyrogova's method as a result of the study, the following results were obtained:

The obtained results indicate that 13.5% of those obtaining higher education have a high level of physical condition, 23.2% of the subjects are above average; 31.4% - average; 33.5% - below average, 6.2% of the subjects have a low level of physical condition;

According to the results of the study, it was found that the largest number 52.3% of higher education graduates have an average and above average level of physical condition, but a large part also has a low and below average level of physical condition, 38.5%. Only a small number of students belong to the high level of physical condition, 15.5%.

One of the ways to solve the issue of improving physical condition of higher education students is the use of health programs in physical education classes.

Cyclical sports that contribute to the development of all basic physical abilities, increase the level of functional capabilities of the respiratory and cardiovascular systems, and have a positive effect on the recovery and strengthening of the nervous system are the most favorable for solving the problem of physical education and improving the health of students. To achieve the necessary health-improving effect, students of higher education are advised to use, in addition to exercises that develop aerobic possibilities, exercises of an anaerobic nature, with the help of which you can increase the intensity of the load.

As a result of research, it was found that 33.5% of higher education students have a low or below average level of physical condition and are a risk group. The process of physical education should be aimed at increasing the level of physical condition of students of higher education and maintaining it for a long time. Thus, it can be hoped that timely assessment and correction of the physical condition of higher education students, their awareness of the need to improve their physical condition, and their involvement in independent activities will contribute to improving their health.

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 based on the latest achievements of information technologies. That is why the introduction of modern ICT into the education system, which ensures further improvement of the educational process and the preparation of the younger generation for life in the information space, is of great importance.

The influence of information and computer technologies becomes so great that it often forces today's youth to limit their interaction with reality and immerse themselves in the virtual electronic world. They begin to live and think in the categories of the world created by mass media, video films, and computer games [1].

Claims that the process of "computerization" of thinking is objective and independent of teachers. Therefore, it is necessary to use the positive aspects of the introduction of information and communication technologies in the minds of students in order to form motivation for physical education classes [3].

In recent years, a new direction related to the informatization of education has appeared in pedagogical science. The main task of this direction is the process of providing the sphere of education with the methodology, technology and practice of developing the optimal use of modern information and communication technologies, focused on the implementation of psychological and pedagogical goals of education and training [2].

Nowadays, motivational and value orientations in general and physical education in particular are largely formed through audiovisual means, mainly through television, video films, and the Internet [1].

Various forms and means of presenting theoretical information are extremely important to increase the effectiveness of the perception of educational material related to motor activity, and the technologies of interactive interaction used at the same time contribute to motivation for independent educational activity and cognitive activity [4].

The implementation of information and communication technologies in the educational process can not only increase the effectiveness of the learning process, but also form physical culture, which contributes to increasing the motivation to engage in physical exercises, leading a healthy lifestyle, physical improvement, and improving the level of motor activity.

The introduction of new educational information technologies can solve a wide variety of tasks: imparting knowledge, monitoring the progress of their assimilation, demonstrating the performance of both statistical and dynamic exercises; comparison of biomechanical characteristics of the standard of motor actions performed by the student and instructions for further training depending on the identified discrepancies with the standard; storage of information in the form of data banks with lesson notes, planning documents, card files of mobile games, lists of literature, educational and control programs, complexes of general developmental exercises; control, accounting and analysis of the dynamics of physical development of students; keeping documentation and processing the results of sports competitions; etc. The use of information and computer technologies in education significantly affects the motivational sphere of student youth, causing the formation of priority educational and cognitive motivations for learning, which ensure the successful acquisition of knowledge and skills that contribute to the health of students, improving their physical health, physical fitness.

It is worth noting that in today's world, most young people own fitness bracelets that can be used for any sport. Most of all models look quite simple and identical to each other, but at the same time, many different fitness programs have been developed for each gadget.

These programs are multifunctional, and most of them relate to determining the state of health, the level of physical development and physical fitness of students and those who play sports, the technical and tactical fitness of young athletes, etc. At the same time, there are not enough programs aimed at determining the individual level of motor activity taking into account anthropometric indicators, physical fitness and morphofunctional indices [4].

So, today there are many scientific works, both by domestic scientists and foreign authors, in which the essence, structure and functions of physical education, its influence on the activity of systems and organs and its importance in the life of every person are defined, the analysis of the current state of physical culture in country and defined constructive measures that improve its situation.

However, the theoretical foundations of the modern system of physical education developed by the authors, the content of the program for improving the motor activity of modern youth within the framework of a higher pedagogical school 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 student formation needs for physical education classes and improving the level of motor activity.

Conclusions. The analysis of the scientific literature on this research issue shows that the health status of higher education graduates is followed by a decrease in the level of physical fitness and physical condition in general. The main factors that affect the physical condition are environmental, socio-economic and lifestyle of higher education students, which prompts to timely assessment of the level of physical condition and its correction.

As a result of the assessment of the physical condition of the students of higher education it was established that only 15.5% of higher education students have a high level of physical condition, 38.5% have a low and below average level of physical condition and belong to the risk group. Therefore, the assessment of the level of physical condition of students of higher education can be used as a health criterion effectiveness of physical exercises.

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