

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.

Анікеєнко Лариса, Білоконь Віктор. Спортивні ігри в університеті. Вплив на стан здоров'я студентів.

Актуальність фізичного виховання в загальноосвітніх навчальних закладах є однією з основ структури фізичної підготовки студентів і відображає рівень фізичного та психосоматичного здоров'я, функціональні можливості, які в останні роки викликають серйозне занепокоєння серед медичних працівників, педагогів, психологів, громадськість. Найбільш значний приріст усіх видів захворювань припадає на період, що збігається з навчанням у ВНЗ. Деякі причини пояснюються гіподинамією та постійним використанням комп'ютерів, гаджетів та телефонів. Важливою причиною є низька мотивація учнів до фізичного розвитку. У зв'язку з цим фізична культура і спорт є одним з основних засобів зміцнення і збереження здоров'я, підвищення активності і фізичного вдосконалення. Фізична культура і спорт є найважливішими чинниками розвитку потенціалу людини.

У статті розкривається вплив спортивних ігор на підвищення рухової активності студентів вищих навчальних закладів. Проаналізовано сучасний стан рухової активності студентської молоді. Встановлено, що одним з найпопулярніших видів спорту серед студентів є баскетбол і футбол. Розроблено практичні рекомендації щодо вдосконалення рухової активності за допомогою спортивних ігор. Зв'язок рухової активності з психофізичним станом, чим нижчий рівень рухової активності, тим нижчий рівень здоров'я, гірший психоемоційний стан. Встановлено, що одним із ефективних шляхів підвищення рухової активності учнів є залучення їх до спортивних ігор.

Ключові слова: сутність, гра, діяльність, значення, навчання, виховання учнів, спортивні ігри.

Formulation of the problem. Student youth is a social group that is characterized by a number of specific life conditions. The decrease in the level of motor activity of students is due not only to the increase in time spent on educational activities in institutions of higher education, but also to the way of life that has become common for most young people (enthusiasm for computer games, social networks, irrational nutrition, lack of sleep, insufficient time in the open air, the presence of bad habits). In such conditions, only the proper organization of the process of physical education in higher education institutions of Ukraine is able to overcome negative trends in the state of health and physical fitness of student youth [4].

Increasing the motor activity of students is important for maintaining and improving their health. Currently, medical, and biological studies of children's health show that studying in institutions of higher education is stressful, accompanied by a decrease in the body's adaptive capabilities, developing several diseases. Motor activity is a human activity aimed at forming physical conditions necessary and sufficient for achieving and maintaining a high level of health, physical development, and physical fitness [3]. The main thing in achieving physical activity is the systematic use of physical exercises, which are based on achieving and increasing interest in motor activity. Research in the field of motor activity is based exclusively on means and methods, organization of classes for the development of motor components. There is insufficient data on the accounting of typical features of the structure of physical activity of students in the process of physical exercises, there is no information on the possibility of integrating the interests of students in physical culture and sports activities. Therefore, the problem of insufficient motor activity and ways to increase it became the subject of a number of scientific studies. The analysis of the scientific and methodical literature shows that the research direction is not disclosed and requires additional developments.

Analysis of literary sources. Recently, a sufficient number of studies devoted to the inclusion of sports games in the educational program have been conducted. However, despite the rather extensive coverage in the scientific and methodical literature of various aspects of the demand for sports games for the purpose of the general physical development of students and the cultivation of a culture of health through physical culture, most of them mainly relate to sports training, the work of Olympic reserve schools, etc. leaving open the question about the peculiarities of using sports games in the process of physical education in physical education classes. Kruglyak O.Ya., Kruglyak N.P. [1], Krutsevych T., Panhelova N. [2], Sirovatko Z.V., Yefremenko V.M. [3], Yadviga Yu. P. G. V. Korobeynikov, G. S. Petrov [4].

Model of the educational process in physical education with the inclusion of sports games. Description of the model of the educational process in physical education with the inclusion of sports games. The model is presented in the form of a system of physical education and sports activities at the university. The content of the process of physical culture at the university is indicated by educational, developmental, nurturing and health-improving tasks. The organization of the process of physical education at the university has the following forms of organization: development of lesson notes and development of sports and educational scenarios for competitions and sports days. The control and diagnostic component are based on the assessment of sports results according to the age criteria of the first and second years. The result of the implementation of the model is an increase in the level of physical fitness and physical activity in physical education classes.

Modern specialists successfully develop new and improve already existing methods and means of training and expand the capabilities of the used means aimed at the formation of motor skills of students of higher education in the process of physical education classes. However, questions regarding the impact of sports have insufficient scientific development games to increase motor activity among students of higher education institutions [1].

Long-term reform of the social and industrial sphere of our society does not always have a positive effect on the way of life, work, and everyday life of various segments of the population, including student youth. Learning in institutions of higher education is characterized by chronic emotional and intellectual stress caused by the complication of the professional training program against the background of significant restriction of motor activity students. A characteristic feature of student youth is a low level of responsibility for one's own health, prevalence health risk factors (smoking, use of alcohol, drugs, etc.). Urgent socio-pedagogical and curative and preventive measures to preserve and strengthen the health of young people. In this regard, the modern process of physical education in higher education institutions should be aimed, first of all, at the formation of a healthy lifestyle in students, based on the activation of motor activity in young people. Motor activity is a natural need for the harmonious development of the human body, preservation and strengthening of health in all periods of life. If a person in childhood is limited in the natural need to move, then his natural mental and physical aptitudes will not receive proper progressive development.

Restriction of motor activity leads to negative functional and morphological changes in the body, decrease in mental and physical capacity of a person.

The harmonization of motor activity and professional development of young people becomes especially important during the period of obtaining higher education, when high demands are placed not only on mental activity, but also on physical capacity. Thus, there are contradictions between the unsatisfactory physical condition of today's youth and insufficient motor activity of students in the process of studying in higher education institutions, as a necessary condition for strengthening and maintaining health; between the need to increase the motor activity of students in the process of physical education in higher education institutions and its insufficient software and methodical support.

To a large extent, due to a lack of movement, the process of students' adaptation to studying in higher education institutions is rather slow, causing neuropsychological breakdowns and various disorders of the cardiovascular system. Lack of physical activity has a particularly negative effect on the health of students of higher education institutions. The problem of hypokinesia of student youth remains one of the dominant ones in the research of both domestic and foreign specialists.

A number of topical problems remain unsolved, related to methodological approaches to evaluating the health-improving effectiveness of existing and developed physical exercise complexes for the preparation of students' physical training programs, as well as the selection of the main means for the implementation of the sports orientation provided for by the requirements of the new physical education program: to use means of the chosen sport in its "pure" form or add exercises from other sports [2].

The main approach to the problem of motor activity management is based on the proposition that tasks and content the process of physical education before labor must meet the modern requirements of life.

Scientific and technical progress significantly transforms living conditions and human activity, changes the pace of life, youth lead a more sedentary lifestyle, which negatively affects their health. After all, the relationship between motor activity and psychophysical state is well known, the lower the level of motor activity, the lower the level of health, and the worse the psycho-emotional state.

Therefore, one of the effective ways to increase students' motor activity is to involve them in sports games. Importantly to note that volleyball, basketball, football is among the numerous sports cultivated in institutions of higher education have always been very popular among student youth.

Sports games are traditionally popular among all categories of the country's population due to the versatile impact on the body human, including emotional. Therefore, they serve as an effective means of increasing the level of motor activity among student youth. It is an effective means of physical education that creates the necessary conditions for harmonious physical development, full-fledged recovery, meaningful rest, and free time of students for their self-realization, acquisition of healthy skills way of life.

Scientists emphasize that sports games provide the necessary level of motor activity, which is positive affects the work of physiological processes, improves the work of all organs and systems of the body of those who practice. Scientists consider sports games as a mass form of physical education. For students the best for sports are volleyball, basketball, badminton, and tennis, which not only help to form a positive attitude to motor activity, but also have a positive effect on health. The development of endurance is also important, speed and dexterity, maintenance of muscle tone, formation of resistance to cold diseases due to strengthening immunity.

The main task of physical education is the formation of the need for physical exercises, improvement motor activity, strengthening health, increasing work capacity, intellectual, moral, ethical, and aesthetic development.

The most important feature of sports games is that they represent a universal type of physical exercises. Playing games affects both the motor and mental spheres of those involved. Choice of behavior in constant changing conditions of the game causes the wide inclusion of mechanisms of consciousness in the processes of control and regulation. As a result, the strength and mobility of nervous processes increases, the functions of regulating the activity of all body systems by the cerebral cortex and the central nervous system are improved [4]. At the same time, game activity differs in complexity and variety of movements. As a rule, they can have all muscle groups are involved, which contributes to the harmonious development of the musculoskeletal system. Variability of playing conditions requires constant adaptation of used movements to new situations. Therefore, motor skills are formed flexible, plastic. Dexterity improves, the ability to create new movements from previously learned ones develops.

The analysis of literary sources and the generalization of data on the physical fitness of students gave the possibility to develop practical recommendations based on the use of sports games: 1. Compilation of working training programs for physical education of students should be carried out taking into account their movement modes, both before entering the higher education institution and during the study process in it, as well as individual initial data of physical development, motor fitness and health levels. 2. When developing differentiated programs for physical training, based on the use of sports games, it is necessary to be guided by the principle of priority selection of means and methods that ensure the greatest extent of implementation loads in the mode of mixed energy supply, which in terms of their impact are the most health-improvingly effective for increasing the reserve capabilities of the students' body. 3. From the variety of means of physical preparation of students, it is advisable to use a combination of basic means sports - basketball, football. During classes, repeated, interval, game and competitive methods should be alternated, which significantly contribute to improving physical development and motor readiness, as well as increasing the level of health of students. 4. It is advisable to increase the health effectiveness of the applied means and methods of physical fitness carry out physiological and pedagogical control of the educational process, using traditional accounting methods for these indicators of physical development and motor readiness, as well as comprehensive methods of measuring students' health levels.

Thus, when determining the impact of sports games on the human body, their importance in the system of physical education must be based on the general characteristics of game actions. Various movements and actions are used in sports games: walking, running, jumping, sudden stops, turns, various throwing and hitting the ball. The players, using appropriate game techniques, strive together with their partners to gain an advantage over the opponent who actively resists. In addition, sports

games are one of the effective means that help relieve nervous tension and cause positive emotions and have a positive effect on increasing motor activity.

One of the advantages of the game is that it opens wide opportunities for the development, formation, correction of the general and professional abilities of future specialists. The role and significance of sports games in the education of students is considered separately. Since the game is a special activity human essence aimed at orientation and knowledge of subject and social activities it, is widely used in physical (physical education) education of students. Follow-understand that not every activity will provide means achieving positive results in education and development, including in physical education nom education, in physical development. As the entire experience of mankind shows in this area, effective education, and development a person can only be reached if optimal conditions are created for this choosing the type of activity. In other words, the person century in its formative period should be placed in certain conditions, ensuring development of all aspects of his personality, taking into account volume of the genetic program and in accordance with a social program. The best conditions for the development of personal it must be ensured by the selection of species activities, their content, forms, and methods. An outdoor game with rules can be considered take place as a conscious, active activity, characterized by accurate and timely performing tasks related to the implementation eat the rules of the game. Use of outdoor games allows not only to realize motor component of physical education, but also expand students' knowledge of folk culture. Outdoor games in physical education classes tours at the university evoke positive emotions, related to the plot basis of outdoor games, and contribute to the socialization of students thanks to the role function of the players [3].

Conclusions.

Thus, the proposed recommendations with the use of sports games as a means of increasing the motor activity of student youth provide not only compensation for the lack of motor activity in students of higher education institutions, but also have a positive effect on their physical fitness, morpho-functional and psychophysical indicators. We define a sports game as a free action that takes place according to voluntarily accepted rules within a certain framework of place, time and meaning, accompanied by a feeling of emotional uplift, physical tension and bringing joy and joy to the participants. Relaxation after mental and neuro-emotional stress. The formation of personality is a product of activity "superimposed" on the human genetic program. In physical education and sports activities, it is important to provide students with the right to freedom of choice of type sports, physical exercise systems. This will, to a certain extent, "decode" the student's genetic program, which relates primarily to somatic (physical) education, and will create conditions for the simultaneous assimilation of moral, universal values, including the values of physical culture (health, sufficient level of development coordination and conditioning abilities, sufficient motor activity, etc.). Of course, outdoor and sports games develop personal qualities, but at the same time, one cannot ignore the impact of games on the important properties of an individual: health, work and condition of his vital organs and systems, enrichment of motor experience, development of physical qualities, etc. our opinion, when considering the meaning sports games often consider not only a dual socio-biological determination, but also an asymmetry towards the social. A person in a game always acts not only as a subject with his goals and objectives, but also as an object of the influence of games on the body, functions, systems, etc.

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FORMS OF MEDICAL CONTROL IN STRENGTH CLASSES

Medical control is a scientific and practical branch of medicine that studies the issues of physical development, functional state, and health of the human body during physical exercises and sports. The purpose of medical control is to promote the effectiveness of the physical education process in every way, the correct use of physical culture tools. Medical control is a mandatory condition for injury prevention, preservation of human health, longevity, and creative activity. The main tasks of medical control: determining the state of health and solving issues of admission to classes in various forms and groups; carrying out