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# ROLE OF PHYSICAL EDUCATION OF STUDENTS IN THE FORMATION OF HEALTHY LIFESTYLES AND PROSPECTS OF IMPROVEMENT

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**Abstract:** *The psychological and pedagogical literature is analyzed, program analysis and policy papers on physical education is carried out. It has been established that the modern system of physical education in Ukraine is experiencing a period of search for strategic decisions of its development and is requiring the scientists to develop a new methodical maintenance of discipline "Physical Education". It is proved that the modernization of the methodical system must ensure the transition from a traditional to a new educational process with the use of modern health-improving technologies.*

**Keywords:** *system of physical education, educational and methodological support, physical education, student*

## INTRODUCTION

Social and economic transformation in Ukraine, the ecological situation in the country updated the problem of preservation and strengthening students' health. Content analysis of sport and health-improvement activities in the educational institutions of Ukraine and its western region, particularly in the educational institutions of Rivne region led to the following conclusions:

1. The number of participants in sport and health-improving activities in higher education institutions (universities) in Ukraine is increasing every year [5].

2. The ratio of the contingent of students enrolled for health in special medical group to the total number of students attending classes in physical education was 14,03% (universities I–II level of accreditation) and 10,99% in 2014 (Universities III–IV level of accreditation) [5]. Noteworthy is the fact that in 2014 compared with 2012, in secondary schools of Ukraine has nearly tripled the number of children with abnormalities (28,29% vs. 10,72%), and that are future applicants [5].

3. Over the last 12 years in Rivne region almost doubled the number of pupils and students who are included in special medical group. During this period, only the number of students of secondary schools that have rejection in health status has increased almost four times [6].

4. In the universities with III–IV level of accreditation of Rivne region ratio of students in special medical groups to the total number of young people who attend classes in physical education, was 24,50% in 2013, 26,41% in 2014 and 23,87% in 2015 [6].

An analysis of the scientific literature, legal and regulatory documents established that there is a need for the development and implementation of innovative health technologies of improving the health and motor activity of university students.

*An objective* is to study the modern status and trends in development of the educational system of culture of a healthy way of life of modern students as a part of the educational process on physical training; to expand existing failings and to identify ways to overcome them.

## MATERIALS AND METHODS

The methods of the research are theoretical analysis and generalization of scientific and methodical literature, Internet materials, content analysis, and pedagogical supervision.

## RESULTS

The research is based on the ideas of humanization in the upbringing of a healthy way of life, the relationship of the system and synergistic research approaches in the organization of physical education. On this basis the following theses were formulated:

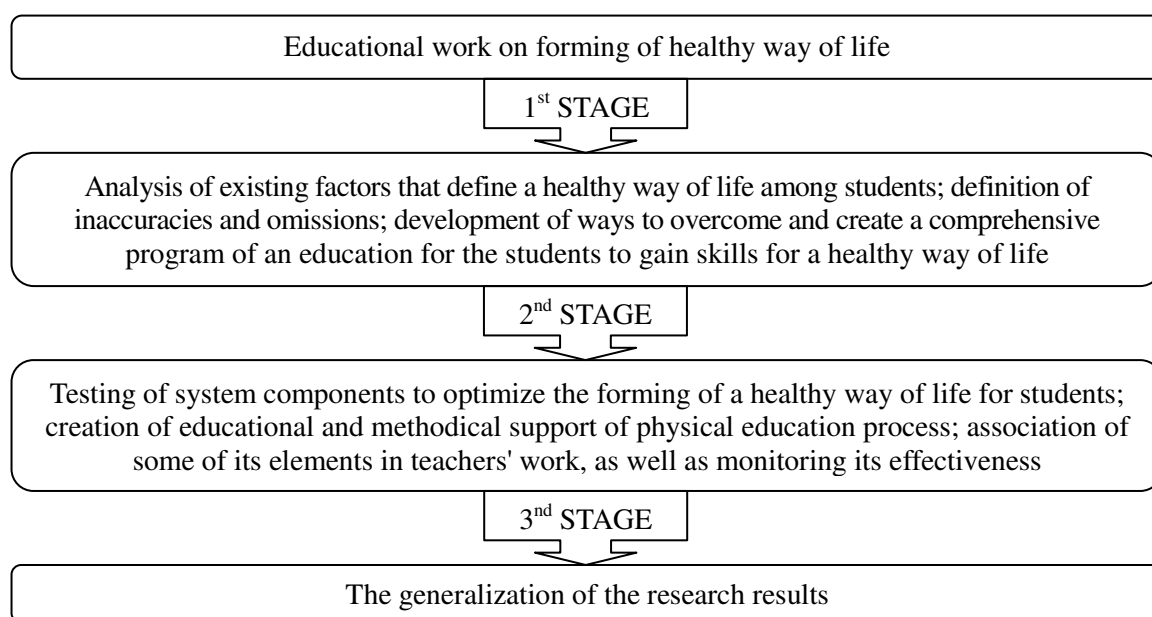
1. Implementing a process of physical education is needed for the active participation of students with their understanding of value of classes for maintaining and improving health, tempering, contribute to the proper formation of a healthy way of life.

2. Health-improving process in physical education includes basic and auxiliary means of physical education used under the direction of teachers as well as their own.

3. The technical components are the mechanisms for joint activities in the "teacher–student" system with a gradual transition to the independence of students.

4. Methodological components of the process of physical education is the availability of the proposed physical and mental stress for each student, efficient training system, which ensures consistency in learning the exercises, a differentiated approach to students by gender, state of health, physical development, and motor preparedness.

Implementation of the above abstracts is performed in three stages (*Figure 1*).



**Figure 1: Stages of educational work to form a healthy way of life**

*Source: created by author*

As a result of the study, we identified the main problems of the educational process on physical training:

*1. Disparity of tasks and possibilities of their realization, which are prescribed in the state program of development of physical culture and sports in Ukraine, and resource providing of physical education in higher education institutions (organizational, personnel, scientific and methodological, biomedical, financial, logistical, information).*

Over the years, the development of physical culture on the territory of independent Ukraine, the number of existing problems as their social significance is increasing, the character and magnitude of the problems is deepening, which are not solved for some reason for a long time [1, 2]. Despite the fact that the concept of the state targeted social program for development of physical culture and sports in Ukraine for the period up to 2020 [3] the purpose of the basic components of physical education system has undergone correction, other elements of the system in practice have not changed. It is known that if the purpose of the system does not coincide with its elements, in the end, this element drops out of the system or conflicts with it. These contradictions can even lead to the destruction of the system, which is happening today.

Maybe that's why in recent time at the state level deals with the priorities of development of physical culture and sports in Ukraine, develop and implement comprehensive measures to promote a healthy way of life, consider experts proposals in this sphere over the resurgence of the all-round in Ukraine.

Since July 2014, more than 200 youth organizations took part in the discussion of the state youth policy program for 2016-2020. Currently, the concept of the Program highlighted four priorities as overriding for the maintenance and development of the Ukrainian youth which is: a non-formal education, employment, housing and a healthy way of life [4].

*2. The absence of a unified theory and practice in physical education classes can be traced both to the level of teachers and students at the level of consciousness.*

At the present stage of development of Ukrainian society physical education and sport, as the humanitarian sphere, has a direct relationship to the person, who is both their subject and object [7, p. 49]. One of the main directions in the development of a healthy way of life is cultivation conscious, attentive, active attitude towards the health [9]. Professor B.M. Shiyan thought that humanization and democratization of the process of physical education compares favorably to the fact that students' problems are solved by their active participation [10]. The monograph by V.N. Kryaj and Z.S. Kryaj (2001) discloses the conceptual provisions of humanization of physical education [8, pp. 56-57]. The authors argue that physical education should always be directed to the people to satisfy their vital needs [8, p. 59].

*3. The absence of conceptual unity of the educational process on physical education and the existing requirements apply to the training of future specialists.* At the same time, modern society requires qualified professionals who have a significant potential for the general and special workability and successfully solve professional problems.

*4. The absence of an integrated approach to the classes of physical education and forming of a healthy way of life.*

It needs renovation and modernization of the content of education, in particular, sports and health-improving and methodical system of physical education, which do not meet today's requirements.

Based on the analysis we have developed practical recommendations on the formation of a students' healthy way of life.

1. Inclusion of the requirements to achieve the level of professionally-applied physical preparation in accordance with the characteristic of the specialty, as a mandatory state certification condition.

2. Increase the volume of motor activity of students up to 8-10 hours per week by the mandatory forms, and optional self-study, taking into account the interests, abilities and individual characteristics of students.

3. Expansion of theoretical section of the discipline program "Physical Education", filling it with modern knowledge, which is necessary for a forming of a healthy way of life.

4. The creation and expansion of physical culture and sports, health-improving and fitness clubs for popular types of recreational physical activities.

5. Increasing the professional and pedagogical competence of teachers of physical education and the quality of their training classes.

6. Establishment of the personal responsibility of university rector for the development and modernization of students' physical education. Its functions include: management decisions for creating the necessary conditions for the implementation of physical education and sport; monitoring the state of students' physical education and health; annual report on the state of physical education and sport at higher education institution, etc.

7. Creation of a unified educational complex for physical education.

## CONCLUSION

The proposed recommendations have a practical character of variability, because there is no education institution with the same learning conditions and the same number of students. All of them complement each other and are manifested in unity, but for different universities content of these components may vary depending on the type, location, work specifics, traditions and institutions opportunities. With the help of established methodology of introduction of health-improving technologies in the process of students' physical training these recommendations will have a scientific basis in their design in the educational space of the university.

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