

## An Increased Level Students Theoretical Knowledges for Building a Physical Fitness in the Process of Physical Education

*National University of Ukraine of Physical Education and Sport (Kiev)*

**Introduction.** Health – one of the most important values of human society. Stands maintain the health one of the basic functions for such social institutions as medicine, sport, recreation and leisure. Human health, its formation, preservation and strengthening are the central problem in virtually all countries of the world. Strategy for conservation of human health is under scrutiny of the United Nations (UN) and its specialized agencies – the World Health Organization (WHO) - and is reflected in documents such as the «World Declaration on Public Health», «Health-21. The policy framework for health for all in the WHO European Region».

The pooled data of numerous studies [4], depending on various health determinants are told that health-care system makes an average of only about 10 % of the full range of impacts on the body, the remaining 90 % is the environment (20 %), heredity (20 %) and most of all – on the condition and lifestyle (physical activity, balanced diet, bad habits, working conditions, recreation and other) (nearly 50 %).

**The purpose of the study** – analysis of current scientific evidence on the issue of a physical fitness of students in physical education, to raise their level of theoretical knowledge on the subject.

**Results and discussion.** In Ukraine, the most damage to human health causing cardiovascular disease, cancer, endocrine, infectious, hereditary diseases and diseases of the nervous system. Moreover, cardiovascular diseases cause more than 60 % of premature deaths of citizens of Ukraine, whereas in all other diseases as factors in premature death accounts for less than 40 % [1]. Obesity in Ukraine suffers from one in eight men and one in six women, and overweight has almost half the adult population. There is an increase in the overall prevalence of smoking. In 2005, the percentage of smokers has reached 25,3 %. And their number was 10,35 million. This was primarily due to an increase in smoking among men aged 30–59 years, adolescents and young adults aged 14–17 and women aged 18–55 years and older. Over the past few years, almost 35 % increase in average annual alcohol consumption per capita.

These and other factors, one way or another associated with the lifestyle of people who have a negative impact for their health. Serious health affects worker productivity, which is one of the reasons that hinder economic growth and, hence, welfare. One of the major problems at present is the issue of health and physical capacity of the population, especially that part which relates to the working-age [1].

The successful solution of problems by improving the training of qualified personnel is closely linked to the strengthening and health, increased performance of students. In this regard, one of the priority tasks of the present phase of modernization of higher education must be the preservation and promotion of student's health, forming their values of health and physical fitness.

Reducing health and physical performance in young people is a consequence of high psychological and emotional stress, disturbances of hygienically sound mode of the day, food. The majority of students all exacerbated the need to adapt to new conditions of living and communicating with others. Studies show that the alteration of the student's organism to new social conditions is an active mobilization, and then the depletion of natural reserves and, consequently, the failure of the adaptation and development of a number diseases.

All factors, which affected the student's health, can be divided into two groups: 1. The objective, which organizing the living conditions (length of school day, the density of the load due to scheduling, meals, and its regularity, sleep and sufficient duration, organized physical activity, etc.); 2. Subjective, personal characteristics (organization and discipline, motivation physical fitness; maintaining a daily regimen, the presence of harmful habits, formation of the physical culture personality and realization of its active components) [3, 4].

College education is an important stage of identity development of the future specialist of the new formation. Many authors have noted that a large role in the complex system of educational process belongs to physical education. Physical education is one of the most important factors in the formation, preservation and student's health. Its goal is to facilitate the preparation of highly qualified specialists, who will be developed harmoniously.

In recent years, researchers [2] draw attention to the need for fundamental restructuring of the process of physical education in schools, the introduction of innovative approaches, technologies for the organization of sports and recreation activities in the student's education. According to T. Krutsevich [2], N. Moskalenko [3], a priority system of physical education is to develop students' knowledge and skills of a physical fitness, meaningful relationship to the preservation of their health.

Analysis of peer-reviewed scientific literature on developing the foundations of student's physical fitness, as well as learning the real state of the problem in the experience of schools point to the existence of contradictions between: a) the public need to develop the foundations of a physical fitness of the younger generation and the lack of individual knowledge and capacity of personal physical culture for most people, and b) education opportunities and a lack of scientific-theoretical and practical elaboration of health formation and health development technology, and c) the content of existing programs in physical education students, taking into account only partially physical development of the student and the modern requirements for sports and recreational activities to lay the groundwork for a physical fitness [4].

Laying the foundations of a physical fitness of students in physical education may be more effective in providing the following conditions: a) the study of real educational needs of the population regarding the student's improvement by means of physical culture, and b) the conformity of the material and technical capabilities of the school problems of physical culture activities designed lay the groundwork for the student's physical fitness, and c) determining the basic criteria of the physical fitness formation, and d) development the program of sports and recreational activities in educational institutions basis on the principles of consistency and comprehensiveness, scientific and availability, integrity, complaining and accounting a regional peculiarities [4].

**Conclusions.** Thus, analysis of research for issue of student's physical fitness, current trends and trends in the direction of preventive sports and recreation activities during physical education shows a lack of an integrated approach to the development of innovative approaches and advanced technologies of the physical education system in schools. At the area of innovation the field of physical culture and sport much emphasis the search for new organizational forms of student's sport and recreation activities at the educational process and free time. In line with modern approaches the main tasks of sport and recreation activities at school is to develop for students the need of physical exercise and maintaining a physical fitness that will improve their functional status, development of physical qualities, formation of motor skills, promote emotional, intellectual, spiritual, moral and esthetic personality development, formation of creative abilities.

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#### *Annotation*

*Peer-reviewer's analysis of scientific literature for student's health preservation, attitudes and characteristics of the formation students' needs for healthy physically active at the process of physical education. Founded, that the strategic goal of higher education should be creating of the environment, which conducive physical and moral student's improvement, maintaining the existing level of health, to strengthen it, and multiplying, forming a physical fitness, educating a culture of health, which neutralize and reduce the negative effects of internal and external environmental factors increase stress resistance.*

*Generalized the theoretical approaches to the problem of health preservation for educational process participants, which makes it possible to plan realization activities of health-technology at the university, to determine their essence, components, criteria and direction of the learning process in relation to the organization of the vocational education system. It is proved that the development and realization of the ideology and policy saving students health as the main component of the national wealth, overcoming the demographic crisis by improving the quality of life, health and longevity should be the basis on activities of all public authorities as a key strategy for address the problems of national development and security of Ukraine and further socio-economic development.*

**Key words:** *health, physical fitness, physical education, students.*

**Сергій Футорний. Про підвищення рівня теоретичних знань студентів із формування здорового способу життя в процесі фізичного виховання.** Проведено аналіз спеціальної наукової літератури з проблеми здоров'язбереження в студентів, підходів та особливостей формування в них потреби в здоровому, фізично активному способі життя в процесі фізичного виховання. Установлено, що стратегічною метою вищої освіти повинно стати створення середовища, яке сприяє фізичному й моральному оздоровленню студентів, підтримці рівня наявного здоров'я, його зміцненню, примноженню, формуванню навичок здорового способу життя, вихованню культури здоров'я, що нейтралізує та знижує негативну дію зовнішніх і внутрішніх середовищних факторів, підвищує їх стійкість до стресу.

Узагальнено теоретичні підходи щодо дослідження проблеми здоров'язбереження в учасників освітнього процесу, що дає можливість окреслити напрями діяльності з реалізації здоров'язберігальних технологій у ВНЗ, визначити їх сутність, компоненти, критерії та напрями розвитку в процесі навчання щодо системи організації професійної освіти. Доведено, що розробка й реалізація ідеології та політики збереження здоров'я студентів як головного складника національного багатства, подолання кризової демографічної ситуації за рахунок підвищення якості життя, здоров'я та довголіття повинні бути покладені в основу діяльності всіх державних органів влади як ключової стратегії для розв'язання проблем національного розвитку й безпеки України та подальшого соціально-економічного розвитку країни.

**Ключові слова:** здоров'я, здоровий спосіб життя, фізичне виховання, спорт, студенти.

**Сергей Футорный. О повышении уровня теоретических знаний студентов по формированию здорового образа жизни в процессе физического воспитания.** Проведён анализ специальной научной литературы по проблеме здоровьесохранения у студентов, подходах и особенностях формирования в них потребности в здоровом физически активном образе жизни в процессе физического воспитания. Установлено, что стратегической целью высшего образования должно стать создание среды, способствующей физическому и нравственному оздоровлению студентов, поддержанию уровня имеющегося здоровья, его укреплению, приумножению, формированию навыков здорового образа жизни, воспитанию культуры здоровья, нейтрализующей и снижающей негативное действие внешних и внутренних средовых факторов, повышающей их стрессоустойчивость.

Обобщены теоретические подходы к исследованию проблемы здоровьесбережения в участников образовательного процесса, что даёт возможность наметить направления деятельности по реализации здоровьесберегающих технологий в вузе, определить их сущность, компоненты, критерии и направления развития в процессе обучения применительно к системе организации профессионального образования.

Доказано, что разработка и реализация идеологии и политики сохранения здоровья студентов как главной составляющей национального богатства, преодоление кризисной демографической ситуации за счёт повышения качества жизни, здоровья и долголетия должны быть положены в основу деятельности всех государственных органов власти в качестве ключевой стратегии для решения проблем национального развития и безопасности Украины и дальнейшего социально-экономического развития страны.

**Ключевые слова:** здоровье, здоровый образ жизни, физическое воспитание, студенты.