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A HEALTHY LIFESTYLE AS AN INDISPUTABLE COMPONENT SUCCESSFUL FUTURE DOCTOR

Bala O., Yefremova A., Mokhoul S., Svintsytska N., Katsenko A.

Introduction. During the organization of the educational process, each higher educational institution of Ukraine has the following tasks: to train specialists at a high scientific and technical level with the use of innovative creative methods, to improve the educational process, ensuring the use of future knowledge and skills in clinical work or research. But the full acquisition of professional knowledge and skills is possible only with excellent health, high efficiency of young professionals, which can be acquired by them during regular and specially organized physical education classes.

The health of the nation is an essential indicator of the social and economic development of the state, and the health of the youth is its future. The economic, intellectual and cultural potential of the country is directly dependent on the health of future generations [3]. Therefore, maintaining the health of the younger generation is a priority of society and public sector structures: medical, social, economic, educational, media.

The aim of the study. To consider the influence of harmful factors on the formation of a healthy lifestyle among student youth.

Research results and their discussion. Lifestyle is a general formula of everyday life of a person, typical, often practiced norms of human behavior, the way of their activity in work and life, in the production and consumption of both material and spiritual values. Lifestyle does not exist in animals. He is only where there is culture. Only people are organized by culture, give a certain rhythm and symbolic

meaning to a set of events that characterize the way of life. Culture and way of life are two sides of the same thing.

In this regard, the problem of forming a healthy lifestyle is extremely relevant, due to the typical student youth spread of smoking, alcohol and drug use, incomprehensibility in sexual relations, the growth of crime. Therefore, the basis for maintaining and strengthening the health of young people and the general population is a healthy lifestyle, which is especially important in today's primary prevention of various diseases, the need to increase natural immunity and resistance to many adverse environmental factors.

The program of a healthy lifestyle is based on the following principles: consideration and use of individual biorhythms, increase of psychoemotional stability, motor activity of an organism, a mode and character of food, complex hardening of an organism, hygienic behavior in a life and work process, refusal and prevention of bad habits (drugs, alcohol, smoking), prevention and treatment of diseases (mainly chronic) [2].

The main current health risk factors at a young age are as follows: malnutrition and inactivity cause overweight and obesity, which leads to chronic diseases of the gastrointestinal tract and cardiovascular system; prolonged psycho-emotional stress affects the human nervous system, impairing its mental activity; alcoholism, smoking, drug addiction cause a number of diseases that lead to premature death (cancer, poisoning, tuberculosis, suicide, cardiovascular disease); irresponsible sexual life impairs reproductive function (spread of sexually transmitted diseases, HIV, hepatitis, unwanted pregnancy, infertility). The process of educating the conscious attitude of young people to their own health begins with the first year of study in higher education and is provided by a number of pedagogical conditions, namely: the combination of the educational process with the practical activities of students; acquaintance of young people with the basics of a healthy lifestyle, the formation of their own healthy lifestyle; formation of targeted guidance and motivation of students to strengthen their health and acquire relevant knowledge, skills and abilities.

Exercise is especially important in terms of maintaining and strengthening the health of students. Hypodynamia, which affects 90% of students, leads to pathological changes in metabolism, decreased enzyme activity, destructive changes in cells, leading to dystrophy or atrophy of tissues and is a consequence of reduced functioning of body systems [1].

In ancient Greece, the words «If you want to be strong – run, you want to be beautiful – run, you want to be smart – run» were carved on a huge rock. Movement is a sign of a full life and activity of a person at any age. Regular exercise improves blood supply to the brain, expands the functionality of the nervous system at all levels, normalizes the processes of excitation and inhibition, are the basis of physiological activity of the brain. At one time, physical activity has a beneficial effect on mental activity, helping to increase tone, the emergence of vigor and cheerfulness. Physically trained people strengthen the immune system, which contributes to resistance to hypothermia, overheating, infections, fluctuations in atmospheric pressure. Therefore, the fight against inactivity is a necessary condition for

maintaining health and efficiency. It must be led by each person, constantly, remembering the words of the great physiologist IP Pavlov that the human body consists of many muscles. Not letting them work is a great pity that can lead to a sharp imbalance of our whole being.

Therefore, physical culture in the structure of educational and professional training of future professionals acts not only as a discipline, but also is a means of directed development of a holistic personality.

Today's young people do not consider smoking to be a negative factor in human health. The prevalence of this bad habit among young people is growing, despite certain preventive measures (inscriptions on cigarette packs about the dangers of smoking, films demonstrating changes in the organs and systems of the human body under the influence of smoking). The expansion of the market of alcoholic beverages in modern Ukraine, their diversity, affordability, advertising, tradition of alcohol consumption among the population are the cause of early alcohol consumption by young people, which indicates a trend of alcoholism [2, 3]. Under the influence of the media and advertising, young people form a wrong and dangerous idea of alcohol as a means of relaxation, avoidance of problems, improve mood, facilitate communication. Students do not perceive the threat of undesirable consequences of alcohol consumption (development of diseases, hangovers, problems with family, police) as really possible, they consider it unlikely. Therefore, measures for the primary prevention of alcoholism should be aimed at forming a negative attitude in the younger generation to the use of alcohol. The state of reproductive health of student youth is a matter of concern. Recently, premarital sex among students has become common and, in some cases, even the norm. Incomprehensible sexual intercourse among young people contributes to the spread of sexually transmitted diseases, leads to numerous surgical interventions to terminate an unwanted pregnancy, which can cause future infertility. An important link in the organization of a healthy lifestyle for students is the work of teachers-curators. The activities of teachers-curators should be aimed at forming a conscious attitude to their own health through targeted assistance in the rational organization of students' lives.

Conclusions. Thus, the formation of a healthy lifestyle of student youth is carried out at three levels:

1) social: information and educational work. That is, a systematic solution to the problems of forming a healthy lifestyle of student youth in educational, informational and behavioral terms. It is necessary to create an information and advocacy system to increase the level of knowledge about the negative impact of risk factors on health, the possibilities of reducing it.

2) infrastructural: specific conditions in the main spheres of life (availability of free time, material resources), access to special preventive procedures that should slow down the natural aging process, the availability of appropriate environmental conditions, other components of a healthy lifestyle, mainly related not only to physical and mental as well as social and spiritual health;

3) personal: the value attitude to health and a healthy way of life is considered as a target and meaningful component of the life process.

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ВИКОРИСТАННЯ ІННОВАЦІЙНИХ ВИДІВ РУХОВОЇ АКТИВНОСТІ У ЗАКЛАДАХ ОСВІТИ

Руслан Балакшій

Питання про здоровий спосіб життя і збереженні здоров'я учнів в наш час дуже актуальне, тому що більшу частину свого часу вони проводять у школах, де і відбувається їх безпосередній розвиток і навчання. Добре відомо, що правильно організована рухова активність – найважливіший фактор формування здорового способу життя та зміцнення здоров'я людини незалежно від її віку. Це відноситься в першу чергу до дітей та підлітків, для яких процеси росту і розвитку є тим морфофункціональним фоном, на якому вплив рухової активності особливо важливий.

Рухова активність – природна і спеціально організована рухова діяльність людини, що забезпечує її успішний фізичний розвиток. Організація рухової активності учнів загальноосвітніх установ вимагає науково обґрунтованого підходу, що враховує вікові особливості учнів, стан їх фізичного здоров'я, можливості загальноосвітнього процесу для проведення оздоровчо-спортивних заходів, розподіл інтенсивності і тривалості рухового навантаження протягом дня і тижня. Якщо потреба в русі недостатня, то це негативно позначається на діяльності всіх органів і систем організму, на фізичній і розумовій працездатності і у потребі пізнавальних процесів.

Будь-які зміни у процесі фізичного виховання в закладах освіти повинні базуватися на об'єктивних наукових даних. Як зазначають фахівці [1, 2], в умовах розбудови національної системи фізичного виховання важливого значення набуває діяльність пов'язана з інноваційними підходами, які органічно доповнюють її. Неодмінною складовою цього процесу має бути врахування досвіду провідних країн світу.

Аналіз науково-методичної та спеціальної літератури показав, що застосування засобів і напрямків оздоровчого фітнесу дозволяє отримати більш виражений позитивний ефект в оптимізації рухової активності та підвищенні фізичної підготовленості школярів, ніж заняття за діючою програмою з фізичної культури. Впровадження новітніх технологій, нових методик, засобів таких, як дитячий фітнес допоможуть з вирішенням цих