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STRENGTHENING THE HEALTH OF ELDER SCHOOL-AGE CHILDREN IN THE PROCESS OF SELF-EDUCATION BY PHYSICAL EDUCATION

Modernization of the education system in Ukraine is characterized by a combination of traditions developed in secondary school with new ideas that are connected with the entry of Ukraine into the European and world educational space. In today's society, a great help for active regulation of all branches of today is the activation of cognitive interest, without which no branch of education can function effectively. Today, the question of pedagogical conditions for the formation of the health culture of children of the senior school age in the conditions of use of independent work is extremely acute.

The level of the functional development of the leading adaptive systems of the organism of human is one of the most important indices of health status. Health is the process of retention and development of the physiological, biological and mental functions of optimum working and social activity with the maximum duration of active creative life [2].

According to the Ministry of Health of Ukraine, 80% of young people have a deviation in their health. The situation is exacerbated by the growing popularity of attractive types of non-physical activity in the youth environment (watching television programs, computer games, etc.) [1]. According to the National Sociological Survey "The Lifestyle of Ukrainian Youth" conducted by the Ukrainian Institute of Sociological Studies, in the group of young people aged 10-22 years, factors of lowering the level of health are: reduced physical activity, in particular, review of transmissions more than four hours a day or work for a computer more than 10 hours a week (24%); psychological discomfort (22%), tobacco smoking (20%), consumption of alcoholic beverages (14%), chronic diseases (10%), use of narcotic substances (5%); overweight (4%). That is, insufficient physical activity is recognized as a leading risk factor for health.

Before the teachers of physical culture, the task is to create a lasting cognitive interest in the students of the classes. An effective means of raising pupil's cognitive activity is independent work. Key points for the formation of a healthy lifestyle can be formulated as follows: a teacher must be able to create a positive motivation for students to understand health as a value; it is necessary to use health-improving technologies, to reduce the impact of negative lifestyle on schoolchildren's health in the educational process and in the process of independent work; directing the maintenance of health technologies to the development of all aspects of individual health (spiritual, psychic, physical) of senior pupils in conditions of use of independent work; development and introduction into the educational process of the components of the culture of health.

Creating a positive motivation for the pupils to understand health as a value is determined by us as one of the main pedagogical conditions for a successful solution to this problem. The isolation of this condition is due to the fact that the understanding of health as a value is one of the most important factors in the formation of the culture of health of students. Extremely important in this regard is the use of teachers of various forms of independent work.

Independent work of the student is the main means of mastering the educational material at the time, free of compulsory training. It is carried out in order to process and master the teaching material, consolidate and deepen knowledge, skills and abilities; performance of individual tasks, preparation for future classes and control activities. Student's independent work on mastering the theoretical and practical teaching material on physical education can be performed at sports facilities of an educational institution, in sports and health clubs, in the library and at home. Independent work of the student is carried out in the following forms:

- study of educational methodical literature;
- self-monitoring of personal functional state and physical fitness, registration of indicators in the diary of self-control;
- preparation of abstracts on the subject of the curriculum;
- participation in sports competitions;
- systematic classes in extra-curricular time by any kinds of motor activity.

The educational material on physical education, provided by the curriculum for independent work, is put on the final control together with the educational material, which was developed at the training sessions.

Using independent work can form positive motivation in students to understand health as a value. The acute need for the formation of sustainable values of a healthy lifestyle is conditioned by the constant increase in morbidity and deterioration of the health of students. Today, high school students are not well-informed about the importance of physical exercises to maintain the necessary level of ability to work, their physical fitness is not sufficient for the implementation of educational programs for physical education for general education institutions.

So, the problem of human health was given considerable attention at all stages of development of society. Special process of forming a culture of health in senior pupils acquires significance, since recently a sharp deterioration in the health status of an apprentice youth has been observed, which is caused or induced by an educational institution. The components of the culture of health that need to be formed in upper-grade students are: humanistic value orientations and ideals that allow orientation of the personality in a wide range of values and form an appropriate attitude on this basis to the outside world; knowledge of the spiritual, psychological and physical aspects of human health; owning health-improving technologies for the formation, preservation and strengthening of their health.

Literature

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