

OPTIMIZATION OF HEALTH LEVEL OF SENIOR PUPILS

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Today formed the idea of a healthy person is firmly connected with a harmonious, fully developed personality. A healthy personality in all respects can be called one that has the ability to respond adequately and adapt to constantly changing environmental, biological and social environments, can morally improve one self, maintain a high personal capacity [2].

At the present stage of the study of this problem, one must use the notions of health as an integral system designed to perform the basic function of the viability of the organism and human life in society. When it comes to the level of integral health, its high degree should be characterized by a functional balance of the organism with the environment in the presence of a state of physical, mental and social comfort [4].

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 [1].

The researchers note that study load increased, existing forms of physical education either are not applied or used inefficiently, there is widespread curtailment of the preventive direction due to lack of funding.

The young generation health is one of today's global issues. It is integral to the human being matter, comes into existence together with a human being and modifies according to human culture motion [3]. Health is a state of complete physical, mental and social well-being, but not merely the absence of disease or infirmity. This

definition is given in the Preamble to the Constitution of the World Health Organization. One of the most important indicators of health status is the level of human body major adaptive systems functional development. Health is a process of preservation and development of physiological, biological and mental functions of optimal labor and social activity within maximum duration of active creative life [5].

The maximum level of human health is the goal achievement of which should be provided to each member of the society by the modern state. However, it is not a secret that the modern system of health protection and medical science are mostly aimed at the design of the newest treatment technologies. But the number of sick people doesn't decrease; on the contrary, the epidemic of chronic non-communicable diseases grows in the world moreover among the population of the most active age. These diseases are major causes of death. This situation is also observed in Ukraine and is a threat to the national security. It is the youth medico-social status that will determine the quality of the labor, economic, reproductive and defense potential of the country in future.

Today's formed notions about health person closely connected with harmonious overall developed personality. Healthy in all attitudes person can be named such as able to react adequately and to adapt to constantly changing conditions of ecological, biological and social environment; is able to self-improvement morally, to support highly personality capacity.

Ideas about health as the integrated system fulfils the main function of supporting vital and human life in the society generally can be used advisably on the present stage of research of health human problem. In this connection if it is the level of integrated health, the high level is characterized by functional balance of the organism with environment in the presence of condition of the physical, mental and social comfort.

Generalized analysis and systematization of scientific literature prove that the modern information paradigm of personal health of a healthy human is presented as the union of its components: physical, mental and social [5].

Health of a healthy human as informational problem consists, as minimum of three modules:

- Module of informational knowledge field of basic subject spheres.
- Module of information technology research base.
- Module of information and organizational management tools.

Based on the modern health paradigm, we can say that health is a holistic multi-dimensional dynamical system having a definite structure. Health of the nation shows the level of life quality, determined by many parameters: physical, social, psychological and emotional, development of physical culture and sports.

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.). 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.

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