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PHYSICAL RECREATION IN THE MODERN EDUCATIONAL ARIAL OF STUDENTS

Мороз Юрій, Зеленович Мілан. Фізична рекреація в сучасному освітньому просторі студентської молоді

Ключові слова: рекреація, фізичне виховання, рухова активність, рекреаційний потенціал

The socio-economic changes that are taking place in Ukraine have affected the health of the population. In addition to positive developments, there are also

negative phenomena in the life of people, in particular, the decline in life expectancy (life expectancy Ukraine is the last place among the countries of Europe [3]; child mortality in the country is 2 times higher than in Sweden, 1,5 times higher reduction of movement activity, which led to increase of the level of non-infectious chronic diseases; significant reduction of financial security; loss of healthy orientation. Life; refusal of physical culture of children, youth and adults [1]. Every year the number of students who are engaged in special medical groups increases. Their number is between 30 % and 40 %. About 90 % of young people have some deviations in their health, and more than 50 % have unsatisfactory physical training [6]. Among the factors that negatively affect health should be considered deterioration of socio-economic indicators, sanitary-epidemiological and ecological situation in our country, psycho-emotional overloads, etc.

Probably one of the main reasons for deterioration of the situation with public health is insufficient financial and material support of recreational and health sector, which leads to a certain physical passivity. Most young people have a low level of movement activity and low interest in recreational activities and physical training programs. The main reasons that prevent young people from doing physical activity are: shortage of time, financial problems, lack of friends for joint physical exercises, lack of knowledge of independent studies, lack of desire, sports clothes or motivation. The majority of young people have expressed hypokinesy, despite the daily movement activity [8].

Thus, it can be argued that in Ukraine recreation and health activities have not gained widespread and popularity. The intensification of work in the direction of recreation and health activities of youth is extremely important, as the health of Ukrainians becomes ever worse, and the number of persons, involved in the systematic exercise and physical activity becomes less and less every year [4].

The purpose of the research. To reveal the essence of influence of recreational activity on modern youth, to characterize the basic elements of recreational sphere, to study the peculiarities of use of movement activity within the limits of physical recreation.

During the scientific research the following methods of research were used: Method of analysis and synthesis, empiric method.

In view of the decline in the standard of living of the population, deterioration of ecological conditions, reduction of medical and social programs, the problem of physical health of modern youth arises first of all. Nowadays, successful education is possible only on condition a sufficiently high level of health, and therefore taking into account the peculiarities of the way of life, namely physical activity and positive attitude to physical sports activity, is an important element in organization of physical education of youth. Recently, there has been a steady deterioration in the health of the population, particularly young people. It has been established that in higher education institutions the number of preparatory and special medical groups is constantly increasing from the first year to the fourth. Accordingly, there is a decrease in the number of students of the main

group [7]. The decline in health and physical working capacity is the result of significant psycho-emotional loading, violations of the day regime and food. The critical state of youth health, connected with adverse factors, low level of movement activity, requires urgent measures to overcome the crisis in physical education. Constant physical activity is one of the main and the best natural measures to prevent the disease and to continue active lifestyle. One of the promising ways to solve this problem is to improve the composition of the means used in the process of physical education of young people. In particular, to increase the interest of young people to exercise physical culture, it is proposed to the traditional means in a greater extent to include the most popular among young groups of physical exercise and sports. One of the defining means for increasing youth's interest in their health is physical recreation, because it is an independent form of physical culture functioning, and it can satisfy the needs of modern youth in active recreation, and get pleasure from movement activity and pleasant communication. During unfavorable economic conditions of life, loss or change of social goals, physical recreation becomes especially important. Definition of «recreation» used for a long time, and depending on the sphere of its use, may have a lot of meanings. Different points of view on the importance of the recreational value that can be found in many sources, at the same time have a lot in common. The Ukrainian Encyclopedia explains the concept of «recreation» in the following meaning-recreation is a combination of etymological meanings: Entertainment, rest, absence of labor activity, includes space intended for the mentioned actions [2]. According to [10], recreation is a process of using physical exercises, games, entertainment, as well as natural factors for active rest ; transition to other kinds of activity; departure from processes that cause physical exertion , mental and intellectual stress; getting pleasure from physical exercises [5].

The functions of recreation are divided into three basic groups: biomedical, socio-cultural and economic. Recreational activity is free-time activity , aimed at restoration and development of physical, mental forces of a person on condition of receiving pleasure from this activity [9]. Thus, taking into account the above mentioned, we can assert that physical recreation is such kind of activity that satisfies the needs of people, including youth, in changing the type of activity, in active recreation, in informal communication , in free time and during physical exercises [6]. A significant characteristic of physical recreation is the satisfaction, joy from active movement, and it can be not only physical exercises and entertainments, but also easy, pleasant work, which always brings pleasure. Scientists say that to support physical and mental health, we need to carry out active movement in natural conditions at least 200 hours a year. This is not a lot, just three days a month. According to the Institute of Age Physiology, even during the days of physical training, in the absence of other types of physical activity, young people do not receive up to 40 % of the required movement load, and without physical training – up to 80 % of this load. In modern conditions a lot of health programs, health-improving systems (yoga, shaping, aerobics, etc.) have been developed. The content of physical recreation is an aerobic

exercise combined with anaerobic exercises, which perform with less intensity in the form of various games and entertainments, and also change some kinds of activity to others, which in the end leads to strengthening of health, improvement of efficiency. All types of movement activity, which contribute to the satisfaction of needs in active rest, are realized in the process of physical recreation. These types of motion activity can be attributed to physical exercises, natural factors, different types of massage, as well as to the work-therapy, and work on simulators. Among the various forms of the classes you can allocate morning and evening gymnastics, different types of medical gymnastics, dosed medical walking, health jogging, dosed swimming, walking on skis, health tourism, the simplest sports competitions, moving games, etc. [4]. A qualitative prerequisite for the future self-realization of modern youth, its active longevity and ability to complex educational, and in the future and to professional activity, is sufficient level of health and physical development. The years of education in the higher education institution coincide with the time of active formation of young people as personalities and intensive psychophysiological changes of the organism. Also during this period there are profound changes in the way of life of young people, its cultural and psychological perception, which leads to the formation of professional and creative potential of future specialists. Recently, we have seen a significant intensification of the educational process, the tendency to decrease the volume of youth movement activity, which negatively affects its physical health. In this regard, the issues of youth health formation, preservation and strengthening are of particular social importance. A large negative impact on this situation is the growth of popularity in the youth environment of various types of non-physical activity.

Reducing the health indicators of modern youth is one of the major social problems of today. The lifestyle with a low level of movement has become familiar to most young people. Today, most scientists state a catastrophic situation in the health of young people [1]. The necessity of rapid and cardinal reconstruction of the system of physical education of modern youth, the problem of youth involvement in independent forms of employment has reached the maximum [7]. Therefore, the need to identify the factors that influence the values of personal orientation on the process of self-improvement as a result of self-employment is extremely great. Understanding the value of the youth of the time itself, the ability to use it rationally, critically to consider the choice of employment plays a special significance. At the same time, it is the factors of effective youth activity that are decisive in the further development of modern healthy society. Motivation for a healthy lifestyle should be an integral part of the education of modern youth.

Conclusions. Therefore, based on the above mentioned, we can assert that one of the most effective means of preserving and improving the health of young people in modern conditions is physical recreation. Increasing attention in educational institutions to physical recreation is a prerequisite for solving the extremely important problem, problem of harmonious development and formation of youth in modern, extremely difficult conditions. Physical recreation is an active realization of the fundamentals of physical culture, due to which during rest the health of modern youth is formed,

renewed and preserved, and a motivational institution for physical and spiritual self-improvement are formed. It is very important in the problematic aspects of physical recreation that young people have a responsible and positive attitude to their health.

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ОЗДОРОВЧІЙ НАПРЯМОК ФІЗИЧНОГО ВИХОВАННЯ

Lutsenko I. M. Health direction of physical education

Keywords: Student, health, physical training, therapy physical culture, distance learning

Вступ. Останнім часом у системі вищої освіти України відбувається багато важливих і стратегічно ціннісних змін, спрямованих на підготовку всебічно підготовленого та розвиненого фахівця. Звичайно, одним з важливих