

THE IMPORTANCE OF NEW TECHNOLOGIES IN FORMING HEALTHY LIFE STYLE OF STUDENTS AT PHYSICAL TRAINING LESSONS

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Annotation. The article analyzes the main directions and tools used in the modern system of higher education, and notes the introduction of innovative technologies in teaching practice. Under such conditions, new forms and methods of physical activity at the lessons of physical education of university students can contribute to the formation of a healthy lifestyle.

Key words: health, youth, healthy lifestyle, innovative health technologies, physical culture.

Health is a key factor influencing the desire and ability of a person to study well, develop, and receive new sports and health technologies. Improving the health of the younger generation and preventing diseases is one of the priorities of health care and education. The results of a medical examination of student youth show that the higher education system does not fully ensure the health of students. Many researchers have noted the deterioration in the health and physical fitness of students over the past decade.

Most young people with disabilities enter the first year of higher education each year; almost 20% of students are overweight, about 47% have deviations in the development of the musculoskeletal system. Studies of the incidence of university students have shown that pathologies of the respiratory system, cardiovascular, nervous system, and sensory organs are in the lead among chronic diseases.

In senior years, the number of students with disabilities will increase from 18 to 25.5%. During the years of study in high school, the incidence of future professionals will increase 3-8 times than socialists. For comparison: a fifth of every thousand students of the first year of study receive dispensary registration. 25-30% of students report feeling unwell and in poor physical shape. 50-60% of students did not pass the control standards.

There is evidence in the scientific literature that the effects of cardiovascular dysfunction and psycho-emotional effects on the respiratory system persist until the end of stress. The negative impact of higher education on the health of students - stress, relationships - specific diseases of the university profile.

The need for disease prevention, promotion of a healthy lifestyle, the formation of appropriate attitudes in the upbringing of the younger generation should be put in the first place. The problem of preserving the health of the younger generation is now recognized as a pedagogical one. In this regard, the study of ways to preserve, preserve the health of the younger generation in the context of the pedagogical process and pedagogical methods continues. Long-term scientific researches in the field of formation of students' healthy lifestyle skills are based on the use of various algorithms in the system of physical education in higher educational institutions. Leading experts in the field of physical culture and sports have developed the conceptual foundations of the theory and methodology of physical education, focused on the priority of human health.

At the same time, the variety of curricula of higher educational institutions in physical education is not aimed at educating students in the priority of health as one of the most important human values. The curricula and plans include all the various sections of the education of a healthy lifestyle with its manifestations: optimal physical activity and immunity training, rational nutrition and psychophysical self-regulation, hardening and the proper organization of the work and rest regimen.

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In addition, in the modern system of physical education at the university it is used mainly in the mode of ready-made knowledge, that is, in the presentation of knowledge in finished form. With this method, the physical education teacher proposes a specific set of tasks, providing standard information for sensation and repetition. With this approach, the personal characteristics and motivation of students are practically not taken into account, and creative activity is reduced to a minimum. As a result, loss of interest in physical education, decreased activity, disrespect for the subject and the teacher, consumerism.

The assessment of motor abilities and abilities is usually carried out on the basis of several indicators of standard standards, which do not take into account the personal achievements of the student, there is no dependence on age characteristics, and there are no intermediate points.

A feature of the modern concept of physical education should be to increase the role of the educational orientation of the personality of the pupil, and not special physical education, because innovative means of physical culture are aimed at increasing the general level of education and ensuring the psychophysical readiness of pupils for future professional activities. A student's orientation towards a healthy lifestyle within the framework of the discipline "physical culture" can be realized through the active use of its theoretical part.

At the same time, it is difficult to fully implement the theoretical part of the discipline "physical culture" in university practice. On the one hand, it takes a lot of time to master this section, on the other hand, training is not for physical exercise.

The need to increase students' theoretical knowledge of the basics of a healthy lifestyle and the development of motor qualities is contradictory. It can be solved through the introduction of innovative information and communication programs, independent development of the theoretical section. The use of modern information technologies is the main way of high-quality information delivery. Informatization of the discipline "physical culture" allows solving the problems of personality development (thinking and aesthetic perception), forming a new information culture and information worldview, increasing the information orientation of the educational process.

Computer support of the educational process allows you to independently acquire knowledge, create conditions for self-control, stimulate and increase interest in doing exercises, and consolidate knowledge gained in practice. The introduction of information and computer support for the process of physical education in higher educational institutions allows remote training of students in special medical groups. The advantages of distance learning in this case are undeniable.

Acquiring knowledge at any convenient time allows students not only to stay in a familiar environment and maintain their usual rhythm of life, but also to choose an individual training program. You will have the opportunity to choose the most suitable sports and health programs. Such a system of education opens up new opportunities - education and creative self-expression, eliminates anxiety and self-doubt caused by subjective factors.

Effective forms of computer support in the process of physical education are: electronic teaching aids, multimedia innovative programs for improving physical qualities, methods of self-assessment of the level of physical development, psychosomatic and functional state of the body, methods of self-control of basic health indicators. This education system enhances the humanitarian component of the process of physical education, allows you to use the potential of the Department of Physical Education, meet the needs and needs of students, encourage them to engage in physical education.

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