

IMPLEMENTATION OF NEW TECHNOLOGIES IN THE AEROBICS PROGRAM FOR FEMALE STUDENTS OF HIGHER EDUCATIONAL INSTITUTIONS

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Annotation. Physical culture" in universities is characterized by a desire to develop and implement new ways of improving the health of students, which is caused by a large number of students with impaired health who attend physical education classes as part of special medical groups. At the same time, if physical education is taught in the main educational department in accordance with the Approximate Program for universities, then there is no such program for a special department, which forces departments to independently develop program materials, and in some universities generates the practice of mastering the discipline.

Keywords: physical education of female students, generation, aerobics, pedagogical technology, design.

Physical education is an integral part of the state curriculum of higher professional education. The state educational standard in the field of physical culture focuses on solving a number of tasks related to maintaining the physical, mental, and moral health of students. Currently, the requirements of the standard for the learning process in the discipline "Physical Culture" provide for the allocation of mandatory academic hours for the discipline and include theoretical, practical and control sections, but without specifying the means and methods of their implementation.

This poses a problem for sports and pedagogical science that requires a theoretical justification and a practical solution. However, new research is constantly needed in the sections of training in the discipline "Physical culture" related to the formation of students' positive attitude to this subject. The ways of implementation lie in the search for effective, attractive and affordable means for students, as well as in improving the process of physical education itself.

Due to the fact that the state educational standard provides for various options for organizing physical education for students, it becomes possible to include separate elective elective courses, where athletics, wrestling, sports games, skiing, etc. are mainly used. But these funds are more attractive to young men. Female students prefer means related to music, plastics, and artistry. Classes saturated with these exercises make it possible to resist physical inactivity and decreased performance. Aerobics is a universal type of such motor activity that is attractive for girls. In this regard, it becomes obvious the need to study and scientifically substantiate the effectiveness of the use of aerobics in physical education of female students of higher educational institutions.

However, a logical question arises: for what period of time will these conditions be enough for a graduate, even if he has mastered a good arsenal of knowledge, skills and abilities, and has a satisfactory level of health? In conditions of rapid change of requirements for a person in society, education becomes continuous and depends on the desire to self-actualize. Moreover, the most valuable quality is not a quantitative indicator of the acquisition of knowledge, skills and abilities, but the ability to apply them in real conditions.

Of course, the problem of health promotion is acute in the absence of proper attention to it. A significant deterioration in the health of young professionals, largely due to the restriction of motor activity, is an indisputable fact today. It is no secret that traditional education most often provides us with data and information, less knowledge, occasionally understanding and very rarely wisdom. The first four classes help us achieve our goals more effectively, and wisdom allows us to determine the value of this goal. Indeed, it is possible to successfully move towards a useless or unimportant goal.

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For example, students often have the main purpose of attending classes is to successfully complete the final control of mastering the discipline "Physical Culture".

However, due attention is not paid to the possibility of improving health, the formation of motor qualities necessary in professional activity, etc. Therefore, it is necessary either to realize the insignificance of the goal and change it (to a more significant one), which will require wisdom, or to shift the motive to the process of achieving the goal itself or some result of the process. The generation that is currently receiving education in universities is called the generation. This generation grew up during a period of a sharp leap in the development of electronics, the Internet, and media resources. The rapid development of high technologies has led to significant changes in the style of work and life in general, which, in turn, has negatively affected the physical and spiritual well-being of many young people.

So, on the one hand, the use of the Internet expands the educational space, on the other hand, it does not provide the necessary opportunities to reflect on new knowledge, evaluate different points of view, analyze and form one's own attitude to the fragments of information seen, which, according to the hierarchy of meaningful components of learning, can only be attributed to data, which means that you are at the lowest stage of learning a human being.

At the same time, the network generation, which will soon form the basis of post-industrial society, tends to obtain aesthetic satisfaction, creativity, original self-expression, self-affirmation. Thus, on the one hand, there is a public need for creative people who are able to apply their own knowledge in practice and have sufficient health reserves, on the other hand, an insufficient level of knowledge, skills and abilities in the field of theory and methodology of physical education exacerbates the problem of motivation of physical activity, as a result, restriction of motor activity and impaired health.

Physical education allows you to solve a number of tasks in one lesson aimed at improving health, developing creative abilities, self-expression (in competitive activities and self-affirmation). Such a synthetic possibility of discipline, complemented by the attributes of creative products (music, art, play), can contribute to the formation of motivation of students' inner orientation. To identify ways to solve these problems in universities, the development and implementation of pedagogical technology using a complex of recreational aerobics tools was carried out. Physical education has great possibilities of synthesis, allowing in one process to get satisfaction from the products of creativity, strengthen health, prepare for professional activity, take into account the desire of the current generation to express themselves and assert themselves.

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