

Анотації

Готовність до валеологічної діяльності розглянуто як професійну компетентність, що передбачає її поетапне формування на основі застосування методу проектів і доцільно підібраних завдань. Визначено основні підходи до формування готовності майбутнього інструктора фізичного виховання в дитячих освітніх закладах (діяльнісний, компетентний і валеологічний). Формування готовності майбутнього інструктора повинно відбуватися за трьома етапами: 1) формування уявлень про розв'язання завдань із фізичного виховання дітей за допомогою валеологічних знань; 2) набуття досвіду розв'язання професійних завдань із валеологічної діяльності на основі валеологічної культури; 3) удосконалення досвіду під час вивчення методичних дисциплін.

Ключові слова: валеологія, інструктор із фізичного виховання, дошкільнята.

Taras Semanishin, Sergei Popiel. Готовность будущего инструктора физического воспитания к валеологической деятельности в дошкольных заведениях образования. Готовность к валеологической деятельности рассматривается как профессиональная компетентность и предусматривает ее поэтапное формирование на основе применения метода проектов и целесообразно подобранных задач. Определены основные подходы к формированию готовности будущего инструктора физического воспитания в детских образовательных учреждениях (деятельностный, компетентный и валеологический). Формирование готовности будущего инструктора должно происходить в три этапа: 1) формирование представлений о решении задач физического воспитания детей с помощью валеологических знаний; 2) приобретение опыта решения профессиональных задач с валеологической деятельности на основе валеологической культуры; 3) совершенствование опыта при изучении методических дисциплин.

Ключевые слова: валеология, инструктор по физическому воспитанию, дошкольники.

Taras Semanishin, Sergei Popiel. Readiness of the Future Instructor of Physical Education to Work in Valeological Preschools Education. Readiness for the valeological (fundamentals of healthy lifestyle) activity is considered as professional competence and provides its step by step formation on the basis of application of a method of projects and well-handled selected tasks. Basic approaches to develop readiness of the future instructor of physical education in the children's educational establishments are determined: activity, competent and valeological. Development of the readiness of future instructor must occur into three stages: 1) formation of ideas about problem solving in physical training of children on the basis of valeological knowledge; 2) gaining experience in solution of professional problems of valeological activity on the basis of valeological's culture; 3) improvement of the experience during methodological study of subjects.

Key words: valeology (fundamentals of healthy lifestyle), instructor for the physical education, preschoolers.

УДК 796.011.3:004.738.5+378.172+37.037.1

Sergii Futorny

Actual Issues of Improving the Process of Student's Physical Education Through the Application of Modern Health-saving Technologies

National University of Ukraine of Physical Education and Sport (Kyiv)

Statement of the Problem and its Relationship with the Scientific and Practical Tasks. Healthy life depends largely on the value orientations of the student world, social and moral practices. Social norms, values, physical fitness sure accepted as students personally meaningful, but do not always coincide with the values developed social consciousness.

In the process of accumulating the individual social experience possible cognitive disharmony (scientific and everyday knowledge), psychological (the formation of intellectual, emotional, volitional structures), socio-psychological (social orientation, values), functional (skills, abilities, habits, behaviors activity relationship) processes. Such disharmony can cause the formation of anti-social personality traits.

Organizing their livelihoods, the person making it ordering using some stable structural components. This can be certain regime, when a student, for example, regularly at the same time, eats, goes to sleep, physical exercise, use of tempering procedures. Stable and could be a sequence of forms of life: after training one day off a week is dedicated to communication with friends, and the other - household affairs, the third - physical training.

These characteristics of a physical fitness are stable against to constantly changing the many influences human environment. They form a kind of barrier, protecting it from the need to always respond to variety of existing of judgments around, opinions, estimates, requirements.

Within these boundaries the student is free to regulate their activities to try out new patterns of behavior. On the one hand, stable and recurring components of life are addressed to a person related to her personal preferences, on the other – they are not its invention, and are formed and acquire cultural significance in the process of communication between people, in the course of their daily practice. Physical fitness is directional, which objectively expressed in what values they are made, what the public needs them to be satisfied that it provides for the development of the personality.

Between the real way of life, and they generated a system of subjective relations there are contradictions in the process of the settlement of which is a reorganization, development and improvement of lifestyle, a system of relations in it. It is important not only as a student lives, but one thing for which he lives, the hallmarks of which is fighting against. So a physical fitness becomes evaluative and normative concept.

Communication with the Scientific Programs, Plans, Themes. Work is done by according to the Consolidated Plan of the research work in the field of physical culture and sports for 2011–2015 3.7 «Improvement of biomechanical technology in physical education and rehabilitation to an individual motor skills man», the state registration number 0111U001734.

Analysis of Recent Research and Publications. In high school it is necessary to provide the individual conscious choice of social values a physical fitness and to form the basis of their stable, individual system of values, capable of providing a self-regulation of personality, motivation, its behavior and activity.

For a student with a high level of personal development is characterized not only by the desire to know oneself, but the desire and the ability to change the microenvironment in which it resides. Through active self-transformation and formed a personality of its way of life.

Self-consciousness, absorbing experience achievements of the person in various activities, checking physical and mental quality through external activities, communication, forms a complete picture of the student currently. At the same time the structure of consciousness include ideals, norms and values, social in nature. They are assigned to a person, become its own ideals, values, norms, part of the core of the personality – its identity.

Formulation of Goals and Objectives of the Study. Proceeding from all foregoing, the aim of our work was to study the chronological improving the process of student's physical education through the application of modern health-saving technologies.

Methods and Organization of Studies. Analysis and synthesis of scientific and methodical literature, documentaries, practical experience.

The Main Material Research with the Analysis of Scientific Results in the Study. Y. Amosova (2010) [1] formulated and proved the key competencies of students of pedagogical college in the field of healthy living: social and personal (knowledge and understanding of the rules of a physical fitness, understanding of the values of a physical fitness, and others) general science (knowledge of the conceptual apparatus and the basic principles of healing, understanding the conditions and characteristics of the formation of values of a physical fitness at the future of students and others.) general professional (knowledge of the basic theories of healthy life, knowledge of strategy and tactics of the modern use of health technologies in the professional educator and the ability to apply knowledge and skills in practical work, etc.). The author designed a model of formation values of a physical fitness of students of pedagogical college in which the competency-based approach and the use of monitoring technologies implemented direct involvement of students in the practical two-way health saving activity.

Physical training activity of students depends on the formation of the need-motivational sphere, including a set of sports-oriented needs, interests, goals, values and beliefs of personal, group and public nature, and is determined by such specific types of motivations and in the fact of acceptance (rejection) athletic person activities as a means of addressing the values, its existing needs and the degree of participation of the individual in this and other specific activities in the field of physical culture - management, advocacy, research, entertainment (Liu Yong Qian, 2011) [4]. Model of the organization in the process of formation of students motivation for a physical fitness, which designed Liu Yong Qian (2011) [4] focused on the prolongation of a physical fitness in the following age periods, aimed at a comprehensive and systematic exposure to social and educational factors on students based on their life and athletic orientation , gender, age, professional, ethnic and socio-cultural features.

In a study of I. Konovalova (2011) [3] developed a model of a culture of health is seen as a holistic process. It includes components such as social order, purpose, conceptual framework, educational technology, stages, levels, criteria and predictable result. Integrity of the process is ensured by observing the phasing and implementation of all procedural requirements, as well as the interrelationship and interdependence of its component parts. The model includes three modules: the target, the process-technological

and productive. Pedagogical conditions aimed at improving the efficiency of the test process, is considered by us as «foreign agent».

A. Tretyakov (2011) [7] continued the work begun by many scientists as to the validity of technologies to improve the stability of students to nervous – emotional stress in the educational environment of the university. The basis of the technology developed by the author based on the following provisions: self-organization of psychophysical training (CFT) by the method of «active rest»; in the content of training physical training should include types of physical activity, with the interests of working and problem solving software course in physical education; at the beginning of the semester in the course of theoretical and practical training in physical education, students should acquire the necessary knowledge and practical skills in the independent performance of exercise, dosing of physical activity, self-management skills for their physical condition, state of health and mood; at the beginning of the semester is necessary to test the level of development of physical qualities, development and improvement which provides the curriculum, as well as the level of physical health and functional fitness of the body of students [7].

According to V. Irkhin, I. Irkhina (2011) [2] health-saving activity in conditions of high school should be directed towards the general objective (HC) – education, training and development of health of students in accordance with a holistic understanding of health (the unity of physical, mental and social components). Achieving GC assumes a reduction, elimination risk factors for the health of students.

T. Sycheva (2012) [6] developed and proved innovative technology to strengthen health of students, on the basis of an integrated approach with the use of interactive and differentiated instruction, including the formation of a stable demand in physical activity, the use of multiple forms, tools and methods in the course of employment, student-centered approach to the formation of theoretical knowledge in physical education. Specialist for the formation of a system of knowledge on the subject «Physical Education» is scientifically justifiable use of «cognitive breaks» with the use of interactive technology and differentiated instruction during the training sessions.

In paper, Y. Yurchishin (2012) [8] developed and experimentally proved the technology to attract students to the motor activity of improving orientation, which is characterized by a complex integration of the principles of designing educational technologies, physical education, the provisions of self-determination theory and the concept of public education on active living in the formation of theoretical content methodological and practical training, control system and algorithm implementation in physical education with the use of modern information tools.

When organizing health-forming environment in higher education Zh. Malakhova (2013) [5] were taken into account the quality of health preservation, as well as its relationship with the level of preparedness for professional development of future professionals. The proposed technology specialist educational and correctional process differentially, based on homogeneous in their characteristics microgroups. For each micro-groups require different content and organization of educational and correctional work, the tempo, volume, complexity, methods and techniques, taking into account contraindications.

Today, it is generally accepted that in the perspective of higher education should dominate information components. After all, the education system should not only provide the necessary knowledge of the new information environment, and create a new world. Recent studies indicate that one of the causes of such a deplorable situation is the lack of sufficient information of students, knowledge of the importance of a physical fitness, the role of physical activity in enhancing physical health and basic skills of self-monitoring of their physical condition.

Modern theoretical research and existing practice of physical education strongly suggests that knowledge as a system of scientific ideas about the ways and means for the effective organization of the human motor activity, are the determining factor and the main guarantee of the successful formation of physical culture of the individual and society. Experts agree that the filling of this information vacuum is possible through the use of a process of physical education of information technology capabilities.

The modern period of development of a society characterized by a strong influence on his computer technologies that permeate all spheres of human activity, provide a flow of information in society, forming a global information space. The role of modern information, and, more recently and communication technologies in the improvement and modernization of the existing educational system is relevant for the past two decades.

However, most acute he received during the implementation in practice of the learning process and therefore relatively inexpensive personal computers available, united in the local network and having access to the global network Internet.

Conclusions. Background research is primarily due to changes in general civilization of post-industrial character, inherent in modern society. One of these important issues is the health of especially young

students. Automation of production processes, global computerization, the prevalence in our society mainly brainwork operator orientation – all this leads to a sedentary lifestyle.

A direct consequence of this is a substantial «rejuvenation» of cardiovascular and pulmonary diseases abnormalities in the development of the musculoskeletal system, a significant increase in all kinds of allergic reactions and other adverse deviations in the development of the younger generation. Lifestyle student is nothing like a certain way to integrate their needs and their respective activities, accompanying her experiences.

Structure of lifestyle is expressed in the relations of subordination and coordination, in which there are different kinds of life. This is evident in that portion of the time budget of the individual, which is spent on them; in fact, on what kinds of life a person spends his spare time, what kinds of life preference in situations where you can choose. If life does not include the creative types of life, its level decreases. Some students use the free time – reading, others - physical exercise, and others – communication.

Consciously Planning Time and Effort. Practical exercises in physical education in high school does not automatically guarantee the preservation and strengthening of health of students. It provides many components of lifestyle, among which an important place is occupied by regular physical exercise, sports and wellness factors. Development and implementation of the ideology and policy of saving the health of students as the main component of the national wealth, overcoming the demographic crisis by improving the quality of life, health and longevity of people shall be the basis for the activities of all the public authorities as a key strategy to address the problems of national development and security Ukraine, and further effective socio-economic development of the country.

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Annotation

In the context of the integration the national high school in the European system of higher education significantly increases the role of the technological development of physical culture, as only timely change of educational technologies can improve the quality of physical culture as a whole. The basic mistake made steps in the modernization of physical culture – their abstract nature.

Under the new conditions institutions continue to operate in a reflective mode, focusing mainly on the problems of resource support of the educational process, to a lesser extent doing justification strategy of development of physical culture. Today, therefore, need to be challenged contemporary theory and practice of sports education students.

We analyzed the peer-reviewed scientific literature on the issue of health preservation students, approaches and features of formation of students' needs in a healthy physically active lifestyle in physical education. It is found that the strategic goal of higher education should be to create an environment conducive to the physical and moral improvement of students, maintaining the existing level of health, strengthen it, augmentation, promoting a healthy

lifestyle, a culture of health, neutralizing and reducing the negative effects of internal and external environmental factors, boosting their ability to handle stress.

Key words: *health, physical fitness, physical education, students, health-saving technologies.*

Сергій Футорний. Актуальні питання вдосконалення процесу фізичного виховання студентів за допомогою застосування сучасних здоров'язберігальних технологій. *В умовах інтеграції вітчизняної вищої школи в європейську систему вищої освіти значно зростає роль технологічного розвитку фізичної культури, оскільки тільки своєчасна зміна педагогічних технологій може забезпечити підвищення якості фізичної культури в цілому.*

Основна помилка зроблених кроків у модернізації фізичної культури – їх абстрактний характер. У нових умовах ВНЗ продовжують діяти в рефлексивному режимі, орієнтуючись переважно на проблеми ресурсного забезпечення навчального процесу, меншою мірою займаючись обґрунтуванням стратегії розвитку фізичної культури. Тому сьогодні потрібно критично переосмислити сучасну теорію й практику фізкультурної освіти студентів.

Нами проаналізовано спеціальну наукову літературу з проблеми здоров'язбереження в студентів, підходи та особливості формування в студентів потреби в здоровому фізично активному способі життя в процесі фізичного виховання. Установлено, що стратегічною метою вищої освіти має стати створення середовища, що сприяє фізичному та моральному оздоровленню студентів, підтриманню відповідного рівня здоров'я, його зміцненню, примноженню, формуванню навичок здорового способу життя, вихованню культури здоров'я, яке нейтралізує та знижує негативну дію зовнішніх і внутрішніх її факторів, підвищує їх стійкість до дії стресу.

Ключові слова: *здоров'я, здоровий спосіб життя, фізичне виховання, студенти, здоров'язберігальні технології.*

Сергей Футорный. Актуальные вопросы совершенствования процесса физического воспитания студентов посредством применения современных здоровьесберегающих технологий. *В условиях интеграции отечественной высшей школы в европейскую систему высшего образования значительно возрастает роль технологического развития физической культуры, так как только своевременная смена педагогических технологий может обеспечить повышение качества физической культуры в целом.*

Основная ошибка сделанных шагов в модернизации физической культуры – их абстрактный характер. В новых условиях вузы продолжают действовать в рефлексивном режиме, ориентируясь, главным образом, на проблемы ресурсного обеспечения учебного процесса, в меньшей степени занимаясь обоснованием стратегии развития физической культуры. Поэтому сегодня необходимо критически переосмыслить современную теорию и практику физкультурного образования студентов.

Нами проведен анализ специальной научной литературы по проблеме здоровьесбережения у студентов, подходы и особенности формирования у студентов потребности в здоровом физически активном образе жизни в процессе физического воспитания. Установлено, что стратегической целью высшего образования должно стать создание среды, способствующей физическому и нравственному оздоровлению студентов, поддержанию уровня имеющегося здоровья, его укреплению, приумножению, формированию навыков здорового образа жизни, воспитанию культуры здоровья, нейтрализующей и снижающей негативное действие внешних и внутренних средовых факторов, повышающей их стрессоустойчивость.

Ключевые слова: *здоровье, здоровый образ жизни, физическое воспитание, студенты, здоровьесберегающие технологии.*