

## CULTURE OF HEALTH OF A PERSON AS A PART OF PHYSICAL CULTURE

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**Annotation:** *Purpose:* to determine the general concepts of the theory and methods of physical education. On the basis of their form defining the components of physical culture and personality reflect the place of culture health of individuals among these components. *Material:* processed more than 40 references. *Results:* a definition of generalizing concepts of "culture", "health", "physical culture", "culture of health" formulated defining components of physical culture personality: health culture personality, culture motivational values and beliefs, culture of educational excellence, physical culture perfection, excellence and culture of the motor provides a definition of each. Given a reflection of culture of health in the physical culture of the individual. Considered separately culture a person's health as a component of physical culture. *Conclusions:* it has a logical and hierarchical unity of the principal terms of the theory and methods of physical education, including culture of health of the person is a body of knowledge and skills of a healthy lifestyle, self psychological, social, spiritual and physical development.

**Key words:** culture, health, physical, personality, time.

### Introduction

At present in manners and customs of citizens, and sometimes in scientific literature we can often see identification of physical culture with the school subject physical culture. The terms physical culture, physical preparation and physical education are apprehended as the synonyms. The content of school subject physical culture doesn't meet its name.

As it is mentioned in the State National Program "Education (Ukraine of the XXI Century)", perspective direction of reforming of the home system of education is transition from lessons of applied character to the modern technologies of realization of students' creative potential. Improvement of population health becomes the main goal in the work of personnel in the sphere of physical culture, which is achieved by means of improvement of quantitative characteristics of the indices of physical qualities development [1; 2]. Directing of the efforts of voluntary physical culture-sport collectives and organizations, general educational and higher educational establishments for improvement of children's, teenagers' and young people's health, demands harmonious actions. That is why the problem of making conceptual apparatus of theory of physical culture in accordance with the modern demands and level of development of the system of physical education of pupils and students is quite topical.

There are about a few hundred definitions of the notion culture [2], where it is mainly explained as acquisition [3], creative activity and social manifestations of mankind [2]. When uniting the content of the already existing definitions into one, we can affirm that the culture is totality of material and spiritual acquisition of mankind, accumulated and enriched during the history, which is passed from one generation to another [2; 3].

Physical culture is shown as a part of general culture and it is creative activity [4] directed to harmonious formation of personality [5] and which is a combination of achievements of the society in the sphere of physical mastering and improvement of person's health [6].

In the law of Ukraine "About Physical Culture and Sports" physical culture is defined not as a value, which plays the leading role in formation of person's health, but as a process of active operating of the subjects of sphere of physical culture, which goal is harmoniously developed body and the ability to lead healthy way of life. In this context physical education appears as the main way of introduction of physical culture into the life of citizens. This introduction is carried out due to the compulsory conducting of physical training lessons in all educational establishments of Ukraine [4: 6]. So, in this law we can see reflection of physical culture according to the stereotypes of our society. Physical culture is shown as a process, but not as a goal of physical activity. In the law of Ukraine "About Physical Culture and Sports" the definitions of terms physical preparation and physical education are also given. The goal of physical preparation is to form motive skills and abilities, as well as development of physical abilities of the organism. The goal of physical education is to educate a person using motive activity. The authors of the law explain physical preparation as a component of physical education, and physical education they understand as a totality of all known forms of activity in the sphere of physical culture, directed to the thorough development of personality, his improvement of health and ability to do professional activity.

Health in the scientific literature is defined as a state of well-being [7; 8; 2; 6] and prosperity of the organism [7; 8; 2; 9], as an ability to counteract negative influence of the surrounding [7; 4; 2; 9], and as the highest vital value of a person and a society [6]. Uniting the experience of the previous researchers into one definition, we can affirm that the health is the state of physiological, psychological and spiritual well-being, and the harmony of the organism with surrounding world, which guarantees and remains determinative precondition of effective fulfillment of physical educating of young people, physical, intellectual, psychological and moral abilities of the personality [7; 8; 2; 6; 9].

Culture of health is shown as a component of physical one, and so of general culture, which presence favors preservation of personality's health [10; 11].

Personality - is an individual, who in the process of social development becomes carrier and creator of culture [12; 13].

**Purpose, tasks of the work, material and methods**

*The aim of the research* is to determine the main concepts of the theory of physical culture, to systematize and to arrange them in hierarchic unity.

*Tasks.*

1. To give generalizing definition of the terms: “culture”, “health”, “physical culture”, “culture of health”.
2. To determine the components of personality’s physical culture.
3. To show the place of culture of health in personality’s physical culture.

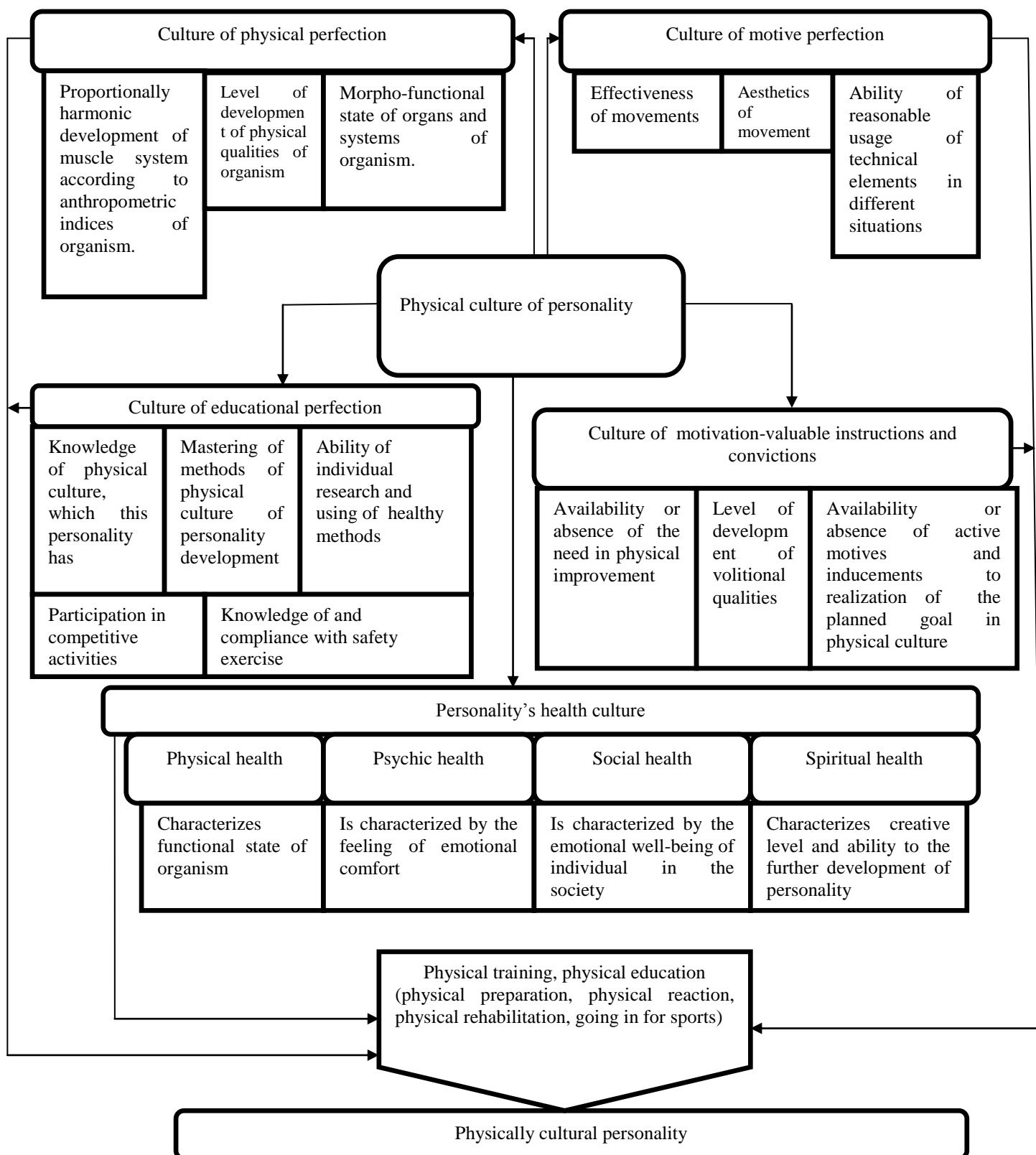
*Methods of research.*

On the basis of the studied literary sources and analysis of the received information, the generalizing preliminary scientific experience definitions of the basic terms of physical culture were formed.

**Results of the research**

Literary sources contain different views to the definition of the term “physical culture”. Combining the content of these views in one definition, we can affirm the following: physical culture is a part of general culture, which is creative activity [4], directed to harmonic formation of personality [5], and which is totality of society’s achievements in the sphere of physical mastering and improvement of person’s health [6]. The goal of physical culture, as a number of authors claim, is formation of healthy, educated, creative personality. Personality, who is able to adapt himself to modern realities of existence and changes, taking place both in nature and in society [4; 5; 6]. Formation of such a personality takes place in the process of acquisition of the individual values of physical culture, and changing them into personal values, typical only for this particular individual, forming, in such a way, physical culture of personality, as a component of general physical culture [4; 5; 6]. In its turn, physical culture of personality – is an affective aspect of pedagogical activity of specialists, directed to formation vitally-necessary skills and abilities, knowledge that guarantee high level and quality of personality’s life. Teacher of physical culture is a professional, who is characterized by the high level of formed physical culture (physically cultural personality), and who is able to pass and form vitally important values of the pupils in the sphere of physical culture. But, as the experience and practice prove, not every teacher of physical training can be called a teacher of physical culture. And in the same time a teacher mustn’t always be a professional in physical education in order to assist introduction of values of physical culture into the students’ lives [14].

The analysis of scientific sources on the subject allowed us to define components of personality’s physical culture and their content, to which belong: culture of personality’s health, culture of motivation-valuable instructions and convictions, culture of educational perfection, culture of physical perfection, culture of motive perfection (see pic.1).



*Pic. 1. Structural-contextual chart of forming of physically cultural personality.*

So, components of physical culture of personality have several elements. Firstly, it is culture of personality's health – totality of acquirements of personality, which were received in the process of development and favor preservation and improvement his health. Secondly, it is culture of motivation-valuable instructions and convictions - acquirements of personality, which were received in the process of development of personality with the aim to form the need in physical perfection, motivation, value guidelines and development of volitional qualities. Thirdly, culture of

educational perfection is the result of mastering of the physical culture knowledge, methods of development of physical, psychic, intellectual qualities of the organism, ability individually to implement developing methods, to conduct complex self-educational activity in the sphere of physical culture and sports, to take part in competition activity, mastering of the knowledge of safety at work, which in complex, make educational component of personality at this stage of his development. Two other elements are defined as: culture of physical perfection – it is the result of physical education of personality, which is manifested in proportionally harmonic development of muscle system, development of physical qualities of the organism and morpho-functional state of organs and systems of the organism; culture of motive perfection – it is the result of physical education of personality, which is manifested in effective technique of movements, aesthetics of movements and ability to reasonably apply the acquired technical abilities and skills in different situations.

In the context of tasks of the research it is necessary to study the essence of the notion “culture of personality’s health”, to determine its components and its semi-functional structure. So, on V.P.Horashchuk, V.M.Yeminov and others opinion, culture of health is an important component of physical culture, which is determined by certain material and spiritual environment of society’s vital activity, expressed in the system of values, knowledge, needs, abilities and skills as for formation, preserving and strengthening of health. The essence of the notion “culture of personality’s health” can be also explained as an important component of physical culture of a person, determining formation, preserving and strengthening of his or her health [10; 11].

As a number of authors claim, the main way of physical culture forming is physical education [15]. Accordingly, physical education is the main way of forming physical culture of personality, as a component of physical culture and culture of personality’s health, as a component of personality’s physical culture. At this stage of society’s development the process of physical education is oriented mainly to forming of culture of personality’s health and it is a totality of all known forms of activity in the sphere of physical culture, directed to thorough development of personality, his or her improvement of health and ability to perform professional activity [10; 11; 15].

The world science worked out complex opinion to the culture of health of personality as a phenomenon, integrating at least four its spheres or components: physical health, psychic health, social health and spiritual health [15; 16; 17]. As it is mentioned by O.A.Fedko in his work “Multidimensionality of the notion “Health” in the Modern Scientific Thought” about the first component of the personality’s health culture, physical culture is the most important component of the culture of person’s health, it characterizes biological state of the organism. Physical health depends on the ability of the organism to adapt to the surrounding factors, level of physical development, physical and functional preparation of the organism to doing physical exercises and ability to continue family tree.

Besides physical health of personality O.A.Fedko gives characteristics to the second and the third component of culture of personality’s health, and namely psychic and social health. Psychic health – it is a state of individual’s psyche, when all psychic functions of the organism harmoniously and in concerted way cooperate and guarantee individual feeling of comfort, favoring high ability to work in the given surrounding, psychic health provides for ability to live in love and harmony with himself or herself and with the surrounding world. Social health is characterized by the feeling of an individual in the surrounding society, presence of health allows the personality to feel himself or herself comfortably among other people.

The fourth component of culture of personality’s health is spiritual health, which includes the following: presence of the ideal of healthy personality, vital values, working capacity, creative activity, feeling of beautiful and cheerful, trust in himself and in other people, responsibility for the own deeds; spirituality of the personality is characterized by the categories: “morality”, “spirituality”, “conscience”, “responsibility”, “respect” [16; 18].

### **Conclusions.**

Analysis of the literary sources and official documents proved considerable differences and contradictions in understanding and interpreting outgoing scientific categories of theory and methods of physical culture. Thus, in the law of Ukraine “About Physical Culture and Sports” “physical culture” is explained not as the goal of physical activity, but as a process of activity, directed first of all to physical development, and to the healthy way of life. Actually, this interpretation reflects understanding of physical culture by the students of university. Survey says that for majority of freshmen physical culture is a pedagogical subject, which should provide development of their physical qualities. But in the scientific literature on the theory and methods of physical education the notion “physical culture” is reflected as a component of general culture, and it is a combination of acquisitions of the society, directed to forming of healthy personality.

In the process of work with literary sources and conducted analysis of the received information, we generalized definitions of the main terms of the theory and methods of physical culture. On the basis of received information we found logical and hierarchic unity of the main terms of the theory and methods of physical culture, where physical culture, as a semi-semantic notion, becomes a part of general culture of the society. Physical culture of the personality is a complex notion, which content is formed by means of acquiring new qualities as a result of contextual symbiosis of the components, which are the part of it: culture of personality’s health, culture of motivational-valuable instructions and convictions, culture of educational perfection, culture of physical perfection, culture of motive perfection.

As a result of working out literary sources we determined that in scientific literature still take place scientific discussion as for the content and components of culture of personality’s health, and the state of being worked out of this problem is sometime characterized by controversial results, which are obtained because of usage of different

methodological approaches to solving of this important scientific-pedagogical problem. As a result of the research we made, we determined components of physical culture of personality and formulated their definitions.

Culture of health of personality is a component of physical culture and it is a totality of knowledge, abilities and skills of leading healthy way of life, psychological self-perfection, social and physical development. The components of culture of health of personality are: physical, psychic, social and spiritual health. Formation of culture of personality's health is determined by the level of development of health, health-preserving methods of personality, ability to preserve and improve own and others' health, and apprehend it as the highest value. Culture of personality's health favors formation of the personality as full value member of the society, adjusted to life in this environment and able to adapt to the changes of society.

*Perspectives of further researches in this direction.* Determination of the content of methodological bases of forming of students' culture of health.

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