PROBLEMS OF FORMATION AND DEVELOPMENT OF PERSONALITY

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СОВЕРШЕНСТВОВАНИЕ ЗДОРОВЬЕСБЕРЕГАЮЩЕГО ОБРАЗОВАТЕЛЬНОГО ПРОСТРАНСТВА СРЕДСТВАМИ ФИЗИЧЕСКОЙ КУЛЬТУРЫ

IMPROVEMENT OF HEALTH-SAVING EDUCATIONAL SPACE
BY MEANS OF PHYSICAL CULTURE

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Аннотация:

В статье обосновывается роль физической культуры и спорта в совершенствовании здоровьесберегающего пространства в образовательной организации. На основе анализа и обобщения наиболее прогрессивных подходов к формированию у студентов ценностного отношения к здоровому образу жизни, использованию потенциала физической культуры для активизации учебно-познавательной деятельности студентов, собственные наблюдения из практики преподавания физической культуры в Северо-Осетинском государственном университете им. К.Л. Хетагурова, выявлены основные направления эффективного применения методов и приемов физического воспитания для активизации познавательной деятельности

Abstract:

The article substantiates the role of physical culture and sports in improving health-saving space in an educational organization. Based on the analysis and generalization of the most progressive approaches to the formation of students value attitude to a healthy lifestyle, using the potential of physical culture to enhance the educational and cognitive activity of students, their own observations from the practice of teaching physical culture in the North Ossetian State University named after K.L. Khetagurov, the main directions of the effective application of methods and techniques of physical education to enhance the cognitive activity of students, the development of their mental and creative abilities identified. The authors of the article prove the thesis that acting as one of the most

студентов, развития их умственных и творческих способностей. Авторами статьи аргументировано доказывается тезис о том, что, выступая одним из важнейших направлений общей культуры личности, физическая культура способствует формированию ценностного отношения к здоровому образу жизни, успешному решению социальных, образовательных, воспитательных и оздоровительных вопросов. Она выполняет массу функций и необходима почти всем возрастным категориям населения. Поэтому занятия физической культурой и спортом должны занимать существенное место в системе высшего образования. В совершенствовании процесса организации здоровьесберегающего образовательного пространства через физическую культуру, подготовки физически здоровых специалистов, способных к продолжительному и квалифицированному выполнению своих профессиональных задач, повышения уровня анатомического и физиологического состояния студентов ведущая роль принадлежит преподавателям физической культуры. От того, какие формы, технологии и приемы организации физической культуры студентов будет реализовывать преподаватель, будет зависеть успешность процесса культивирования физкультурно-оздоровительной деятельности, направленного на активизацию учебно-познавательной деятельности студентов.

Ключевые слова:

физическая культура, физическое воспитание студентов, здоровый образ жизни, двигательная активность, активизация учебно-познавательной деятельности.

important areas of the general culture of the individual, physical culture contributes to the formation of a valuable attitude to a healthy lifestyle, the successful solution of social, educational, educational and recreational issues. It performs a lot of functions and is necessary for almost all age groups of the population. Therefore, physical culture and sports should occupy a significant place in the higher education system. In improving the process of organizing a health-saving educational space through physical culture, training physically healthy specialists who are able to perform their professional tasks for a long time and skillfully, raising the level of the anatomical and physiological state of students, the leading role belongs to the teachers of physical culture. The success of the process of cultivating sports and recreation activities aimed at enhancing students' learning and cognitive activity will depend on the forms, technologies and methods of organizing the physical education of students.

Key words:

physical education, physical education of students, healthy lifestyle, physical activity, activation of educational and cognitive activity.

The problem of promoting health and maintaining a healthy lifestyle is, *inter alia*, a pedagogical problem. A person must be taught to make efforts to find a lifestyle that would maximize the preservation of health and peace of mind at each stage of personality formation. The role of the teacher is not only to transfer this knowledge, but also to achieve an understanding by the student of the importance of physical activity, a healthy lifestyle.

The fulfillment of this mission begins with pre-school education and continues right up to higher education. E.R. Kochieva puts self-knowledge at the center of the search for a healthy lifestyle. In her opinion, the process of self-knowledge is most active in the period of younger adolescence, when children build their behavior on the basis of previously acquired and established personality traits [1]. It was during this period that they needed an explanation of these qualities as a necessary condition for the proper organization of their behavior. This is achieved by methods such as self-observation, introspection and self-esteem. The role of the teacher at this stage will be to assist students in the formation of an analytical attitude to their actions.

The optimization of physical culture and sports in higher education is reflected in the writings of such scientists as A.A. Abdiev, M.T. Bodeev, R.T. Bodeeva A.G. Bugulov, S.S. Zholob, V.Yu. Kolesnikov, H.M. Sokaev, G.T. Tnimova et al. [2-4], the problems of students' value attitude to a healthy lifestyle are dealt with by V.V. Butorin, V.I. Ilyinich, K.E. Ketoev, T.E. Petrova, T.I. Tolstova, S.K. Pribylova, A.T. Paygildin, N.I. Trushina, [5-8].

As the analysis of a fairly large volume of research shows, students who regularly engage in physical education [9,10], recognizing the value of motor activity [11], owning methods of strengthening and maintaining health [12], have higher functional capabilities of the basic systems of the body, which allows them to cope with the solution of complex educational problems.

The used pedagogical methods can be conversation, analysis of the character's behavior, solving case problems, organizing discussions or debates. For clarity, these methods may be accompanied by audiovisual means or practical exercises. As a result, students will form certain mental, physical and social attitudes, which will serve as the foundation for the formation of a healthy lifestyle [4].

For students, the picture appears in a slightly different light. Students can be divided into a separate category, united by a certain age, living and working conditions, psychological attitudes and social expectations [3]. In connection with participation in a single educational process, students find similar negative consequences of studies associated with increased tension of mental activity, a large amount of processed and assimilated information, a chaotic daily routine [6]. Such consequences include increased fatigue, lack of motor activity, disturbance of sleep and nutrition, which leads to possible stress and an increase in the incidence of students.

The negative dynamics of the students' health status is associated with the influence on them of the educational environment of the educational institution in which they spend a long time. Modern students are increasingly using various gadgets for study – laptops, computers, smartphones – both in the university itself and beyond. In such a rhythm, it is important that students comply with hygiene requirements when working with computer equipment and other devices, alternate working hours and rest, perform special exercises to relieve tension from the eyes, and make more active movements in order to prevent physical inactivity. Responsibility for recreational activities lies with both the student himself and the educational organization, which should shape the educational process in a health-saving manner, contributing to the formation of students' value-based attitude towards a healthy lifestyle.

Improving the quality of higher education in Russia necessitates its construction on the basis of modern approaches, including those affecting the field of physical education, physical education, development and rehabilitation of students. The urgency of the problem of improving the physical education of students is due to the fact that the state of their health, as well as that of all young people, lags noticeably behind the established norms of modern society. "Physical fitness is characterized by functional readiness, which ensures the realization of motor potential in a sports result. The concept of functional readiness is polyparametric, including psycho-emotional readiness" [8, p. 404-416]. When studying the problems of motor activity of modern students, it was found that most of them during their studies at the university consider it necessary to regularly engage in physical education and sports in order to maintain and strengthen their health.

The content of physical education and sports with students is based on knowledge and skills of using physical culture means [10]. It is based on professional, physical and sports training [12] in order to gain positive experience in sports and athletic activities. Thanks to systematic physical education and a fairly high physical activity, mental abilities of a person develop [11], and a focus on a healthy lifestyle is developed [5], a certain stereotype of the daily routine is formed [13]. Such students are more sociable, ready for community, socially adapted, easier to cope with studies, have higher achievements.

In the understanding of many educators and practitioners theoretical knowledge, practical skills necessary for mental and physical development of a person [1,6,9]. In addition, the exercise helps to improve the anatomical structure, the physiological capabilities of a person, his motor activity and social adaptation [11].

Thus, physical education is an absolutely necessary means of developing the mental and physical potential of students. It contributes to the moral, intellectual, moral education of students, the formation of a healthy lifestyle. Systematic physical exercises help students relieve stress, organize the daily routine, maintain

performance, reduce aggressiveness, etc.

Recognizing physical culture as an organic part of universal human culture, it is important to note its special practice-oriented direction, which determines the ways of students' physical activity, strengthening their health, increasing their working capacity and creative abilities [9]; cultivating the conditions necessary for the development, development and management of students' physical and psychological abilities [14].

Expanding the anatomical and physiological capabilities of students, physical education increases their emotional stability, determination, concentration and, accordingly, the level of educational and practical activity. In the student community, they more often acquire the status of a leader [5], more easily master professionally important qualities that meet the requirements of the modern labor market. In this regard, there was a need to introduce innovative technologies in higher education institutions in the methodology of teaching physical education, optimizing the mental, physical, psychophysiological and somatic state of students.

Intensive physical exercises, as many scientists note, improve not only the physiological state of students [10], but also positively affect metabolic changes in the body [1], activate anaerobic processes, improve the functioning of cardiorespiratory systems [6], etc. The consequence of such activities at the university is a combination of high functional capabilities of students, which determine their ability to successfully perform future professional functions with high efficiency. "Many diseases of the psycho-emotional sphere are associated with a disease of the musculoskeletal system and with a violation of posture. Chronic fatigue syndrome is the most common disease of modern man" [14, p. 149-156]. This confirms once again the invaluable role of physical culture in the system of higher education, its importance in the educational, cognitive and practical activities of students. Thus, the teachers of higher education have an important task – the education of a physically healthy specialist, capable of long-term performance of their professional functions and meeting the requirements of the modern labor market.

In universities, the subject of "Physical education and sport" is presented in the form of compulsory discipline and one of the components of the normal development of an individual. The organization of physical education of students is regulated by the content of the main educational program of the corresponding direction and profile of training, and, as a rule, includes practical, theoretical and control-measuring blocks of educational materials. As part of this program, a physical education teacher carries out a set of educational, methodological, and cognitive measures. The result of activities in physical culture is physical fitness and the degree of perfection of motor skills, a high level of development of vitality, resistance to stress, moral, aesthetic, intellectual development and so on.

A necessary condition for the formation and consolidation of skills for

systematic physical exercises, maintaining a healthy lifestyle, maintaining physical activity are classes that must satisfy the following pedagogical requirements:

1. You need to know exactly the purpose of the classes, what results should be expected. Exercises should not be a random set of actions of the same type. They should be based on a clearly planned system of sequentially increasing actions.

2. Specially monitor the accuracy of the tasks, so as not to fix mistakes if they arise, follow the results of exercises, comparing the actions performed with the standard, be aware of what successes have been achieved and on what shortcomings you should fix your attention in order to eliminate them.

3. The number of exercises, which depends on the individual characteristics of the students, should be sufficient to form the supposed skills.

4. Exercises should not be interrupted for any length of time, otherwise the skill is formed slowly or, if it is not fixed, quickly weakened, the speed and accuracy of movements are lost.

Thus, physical education and sports at the university are designed to maintain and strengthen the health of students. The modern level of social development requires constant improvement of students' physical and sports fitness. That is why the expansion of physical and sports work among students will contribute to an increase in the mass of physical culture and sports, the formation of a moral-value attitude to a healthy lifestyle.

There is no conflict of interests.

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