

PHYSICAL IMPROVEMENT AND ITS IMPACT ON THE HEALTH OF STUDENTS

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Annotation. The directions of physical improvement in personal and individual approach and its impact on the health of students. The definitions of the concept of physical perfection and its main components: strength, speed, endurance, agility, flexibility. Special attention is paid to the importance of physical perfection as part of positive self-identity. Outlines the theory of the acquisition of physical improvement in the availability of a clear human motivation. It is noted that physical perfection is in need of motivation on the part of the student, the proper selection of a complex exercise and may be based only on a personal and individual approach based on the physical abilities of each student. Show the direction of their own physical fitness improvement during the self-study. It is shown that promoting the harmonious development of all-round, avoiding harmful habits, improve mental and physical performance and confidence in their own ability to significantly change the person's self esteem.

Keywords: physical, improvement, culture, strength, speed, agility, flexibility and endurance.

Introduction

Physical culture of students is an integral component of higher education. Questioning of students by Ministry of education gave deplorable results concerning their physical development and systematic character of practicing sports. Concerning first year students of higher educational establishments of Ukraine it appeared that 54% of respondents did not attend physical culture classes at school during last year. Only one half of them were on clinic books in connection with chronic diseases. With analysis of students questioning's results we received an interesting picture concerning students' attitude to own health. It was found that all respondents showed understanding of importance of healthy life style, but alongside with it 105 were tobacco smokers and only 9% practiced sports regularly. It should be also noted that 25% marked that their close relatives had cardio-vascular diseases. So, primary information about medical-social status of students witnesses about the absence of formed demand in physical perfection among most of respondents.

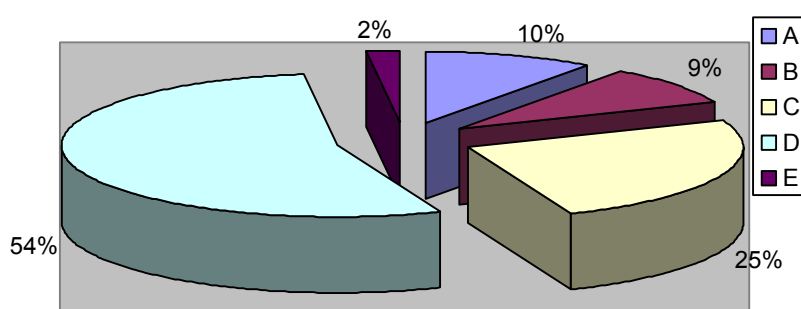


Fig. 1. Primary information about medical-social status of students

A=10% - tobacco smoking, B=9% - regularly practice sports, C=25% - diseases of cardio-vascular system of close relatives, D=54% - did not attend physical culture classes at school during last year of study, E=2% - did not answer question.

Recent years the problem of students' motion activity has become rather acute for specialists of Ukraine, as far as the quantity of diseases, resulted from hyperdynamia, has significantly increased. As per the data of specialists [2, 9-15] in different students' age periods their aims and motives for physical activity are different. In general, students' motives for training of health improving activity (HIA) differ from the motives of other age groups [3]. Physical perfection requires much strength, loads and endurance that is why most students chose simpler and unfortunately less effective for physical perfection exercises [8; c. 42-44].

The work has been fulfilled as per plan of scientific & research works of Kremenchug national university, named after Mykhaylo Ostrogradskiy.

Purpose, tasks of the work, material and methods

The purpose of the work is analysis of physical perfection in personal and individual approach and its influence on students' health.

The methods and organization of the research are study and analysis of literature sources.

Results of the research

Physical perfection is characterized by the state of health and comprehensive development of a person, to which we relate the state of physical abilities' development and formation of motion skills, general level of workability, functional changes of organism and its different systems and organs, mastering of special system of knowledge:

- Obtaining of required knowledge and skills by students in the field of physical culture in order to prevent from diseases;
- Increasing of organism's functional abilities with the help of physical culture means;
- Promotion of comprehensive harmonious development, giving up harmful habits, improvement of mental and physical workability with the help of physical self-perfection;
- Formation of physical self-perfection and healthy life style idea.

If a student has purposeful motivation for physical perfection and the sense of responsibility, it will make easier bearing of loads and permit to more effectively mobilize the resources of organism on its way to perfection.

For student's physical perfection it is important to understand the potential of his physical abilities. We call such separate motion bents as strength, quickness, patience, dexterity and flexibility physical abilities. Physical qualities of a person change in the process of growing and development of organism. These changes can be strengthened and accelerated by purposeful trainings and physical exercises, which are carried out at physical culture trainings at higher educational establishments of Ukraine. Only as a result of constant overcoming of training loads and student's wish for self-perfection a number of changes takes place in organism.

Physical perfection can be based only on personal and individual approach, with consideration of physical abilities of every student. At higher educational establishments students' physical perfection has the aim: development of such components as strength, quickness, patience, dexterity and flexibility. Means of strength training are exercises, for execution of which overcoming of different barriers, objects of different mass, such as weights, dumb bell shaped figures, rubber bunch and mass of own body (squatting, chin ups). For training of quickness the method of easy and difficult conditions is used (run downhill, throwing of light subjects). For example, they can be sawing of wood, swimming, heel-and-toe walk, long distance running.

Effective means of dexterity training are quick outdoor games, acrobatics. For training of flexibility active movements are executed, for example, body bending in different sides, different movements, legs' swings, side body bents. Physical abilities are not trained in isolated way, when improving one of them, we influence on other. This transferring of qualities can be both positive and negative.

There are several methods of physical perfection's education. Circular method is the method, whose name origins from the exercise, from which first exercise starts. Its essence is serial fulfillment of technically simple exercises, which are combined in complex as per certain schema. For every kind of exercises a place is assigned, which is called "station". Usually there are 8-10 of such stations. At every of stations one exercise is fulfilled – squatting, chin-ups, pressing ups, bends, jumps. They are fulfilled in several approaches. It should be remembered about such methods of physical strength perfection: quite little volitional effort is enough in order to have an owner of strong and handsome muscles for short period of time. In contrast to all other physical abilities strength quickly responses to training loads. Even short course of athletic gymnastics is sufficient for dressing body in strong and handsome muscular arms. Only one necessary condition: loads must increase gradually and every time it should be feasible. Strength is more than strength, it is also good health. But muscles require constant loads in order to preserve their tonus. Complexes of specially selected exercises will help to strengthen muscles as per abilities of trainees. There are also special exercises, which compensate flat-footedness, improve vestibular apparatus. Different multi axial movement in arms and legs joints maintain and develop anatomical structures in joints and, consequently, normal mobility. The state of joints and backbone influences on smoothness of movements.

For physical perfection and prevention from osteochondrosis it is necessary to insistently repeat movements, which are the most difficult, first with little amplitude and softly, then, increasing their scope and intensity. Individual experience shall be in the basis of dozing of exercises. It is very useful to fulfill several elementary exercises for restoration of joints' mobility in the morning, just after awakening, lying in bed. This first training improves mobility of joints and prevents from their premature aging. Students' training is possible with minimal efforts; for physical perfection it is easily possible to transform own flat in a kind of gym, in which there is everything that is required for gymnastic exercises. Instead of horizontal bar entresol or upper jump can be used.

An excellent exercise for development of arms, back and abdomen's muscles as well as for correcting of posture is chin ups. It is not good to quickly force loads: chin ups such straining of muscles, which first will seem to be excessive for organism, especially for cardio-vascular system. Only gradual fulfillment will be useful. Practically no equipment pressing up requires (from window bar, chair, floor). The lower the rest is located, the most difficult is execution of the exercise. Getting up an appetite for these exercises one will obligatory take care of improvement of equipment: acquire dumb bell shaped figures of different weight, hula hoop, chest expander, rubber or elastic bunch, skipping rope, rings, punching bag. Compulsory condition for home training is clean air.

However, physical perfection of students is possible only if enough leisure time is available. For youth, especially for students, leisure time is of the first priority; in the sphere of leisure a lot of social-cultural demands of personality is realized. Exactly in leisure person shows himself as free individual. However, in real practice opportunities of leisure are used not to full extent. Part of students, evaluating wrongly the role of physical culture knowledge as important factor of preservation and strengthening of health, prefer passive forms of leisure, because they have weak orientation on motion activity, connected with strengthening of health and under-evaluate the role of physical culture as a reason of mental development.

For solution of problem of formation of students' physical perfection in leisure conditions it has been found that sports leisure influences on improvement of educational, physical and physiological qualities of student youth. During academic year students can be trained by typical program: track and fields, outdoor games, rhythmic gymnastics. But for increasing of possibility of physical perfection it is necessary to additionally one time a week to fulfill yoga exercises, breathing exercises, shaping, dances, outdoor games under supervision of an instructor in free time. Physical education with accent on improvement in conditions of leisure increases humanistic and cultural values of students' physical culture.

The prospects of physical perfection are possible under the availability of theories of its motivation. By the data of V. Ztylkin [4], there are three theories of motivation of perfection: theory of necessity of perfection, theory of attribution and theory of achievement of target. Theory of necessity in achievement is a combined model, which considers both personal and situational factors as the most important indicators of human behavior. According to this theory people, who reach high achievements, strive to participate in competitions more often. An on the contrary, those, who do not reach high successes in sports, do not have desire to participate in competitions, in which evaluation of society is the main factor. The second theory points to the level, at which the person, who practice sports, understands his results, to what extent it influences on their further expectation and emotional responses that, in its turn, influences on motivation for achievement of perfection. So, prospects for physical perfection exist, if students have motivation for such type of trainings.

Summary

Having summarizing the above described it is worth to note that physical perfection requires, first of all, student's motivation and, secondly, correct selection of complex of exercises, which are oriented on comprehensive development of his physical qualities: strength, quickness, flexibility, endurance, dexterity. It is important to remember that physical perfection can be based only on personal and individual approach, with consideration of physical abilities of every student. Besides, physical abilities are not bred in isolated way; improving one of them, we influence on other and this transferring of qualities can be both negative and positive. That is why physical perfection can be practiced only up to certain indicators. To day, several methods of physical perfection's breeding are known, that is why correctly selected method will facilitate its efficiency. Every student shall independently take care of his physical form's perfection, because with its help promotion of comprehensive harmonious development progresses, denial of harmful habits, improvement of mental and physical workability and assurance in own abilities occur that, in its turn, substantially changes human self evaluation.

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