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**SCIENTIFIC AND PEDAGOGICAL APPROACH IN TRAINING  
OF MEDICAL SPECIALISTS IN PHYSICAL EDUCATION  
CLASSES IN HIGHER EDUCATION INSTITUTIONS  
IN THE CONDITIONS OF PANDS**

**Pustolyakova L. M.**

*Candidate of Pedagogical Sciences,*

*Associate Professor at the Department of Physical Education and Health  
Bogomolets National Medical University  
Kyiv, Ukraine*

One of the important tasks of education is the formation of a physically and spiritually healthy personality, creating conditions for its development, maintaining its physical and mental health, mastering the chosen profession.

Physical education of students is an extremely complex process in which many factors operate, and it must be considered as a determinant of socio-cultural genesis of the individual, so the task of the modern education system is to determine the basic parameters of young personality development and prospects [2].

Physical education in higher education is an integral part of the educational process. In combination with professional education, moral and aesthetic education, it provides training for healthy, spiritually and physically developed young skilled workers for the national economy.

The program of physical education of higher education institutions should provide for the implementation of relevant educational, educational and health tasks, including the formation of students' system of theoretical

knowledge, practical skills and abilities in the field of physical culture necessary for successful professional self-realization.

The main tasks of physical education in higher education include the optimization of physical development of the student in the direction of comprehensive improvement of his physical qualities needed in the future profession, improvement of motor skills, health, systematic formation of vital motor skills, skills and related.

It is important that physical education focuses each student on physical and spiritual development, a healthy lifestyle and preparation for the chosen profession.

Physical education in higher education is considered as an educational process of purposeful pedagogical influence on the student's personality, the result of which is the development of professional and applied physical qualities needed by the future specialist, the formation of appropriate motor skills, increased motor activity and training, health, psychological, professional and applied nature.

Due to the global changes in human life associated with the spread of coronavirus infection, many people, including students, in order to prevent the spread of infection, are in isolation and gain knowledge using distance learning, which has become possible due to widespread use of information technology.

Physical education in educational institutions is set tasks aimed at reducing the load of students in psychological and mental terms and, at the same time, increase motor activity, which allows to get a charge of energy and vitality in conditions of increased hypo dynamics. All of these actions have a positive effect on the well-being of students, who, through regular exercise, help to improve their health.

During self-isolation, students are sedentary, sitting at computers, so the use of exercise in the mode of educational activities has a positive effect on their health and mental abilities.

It is thought that physical education is difficult to teach remotely. But this is not quite true. Digital technologies are developing quite actively. Thanks to various videos and other programs, it is possible to provide physical education classes in remote conditions.

The current epidemiological situation has identified a key change in the means and pedagogical technologies of teaching physical education, taking into account the distance from the place of their actions. This created a real opportunity for the rational use of Internet communications, through which interested students could provide themselves with exercise.

It is believed that one of the most difficult aspects of physical education classes in a pandemic is the ability to motivate students to systematically

perform physical exercises at least three times a week. This is due to the fact that previously, in the absence of quarantine measures, young people visited gyms or sports grounds, thus meeting with their peers. It is known that a person is much more comfortable to play sports in a team, which increases the level of productivity and overall efficiency of the activities. However, at the level of sports activities at home, this issue causes some difficulties, because not everyone can train alone.

In our opinion, several key positions need to be taken into account for successfully organized physical education classes at home. They will generally determine a set of safe conditions and moments that do not allow injuries or accidents.

Based on the study, errors of the typical level were identified, which creates difficulties in the construction of professional activities. Teachers are not always able to correctly select educational material for students, which will optimally motivate them to engage in physical culture and sports at home. In addition, teachers mistakenly overload the presentation of information with theoretical material, which does not ensure the implementation of practical aspects in the course of physical education.

We believe that in order to create a quality basis for physical exercises in the distance format, teachers need to improve their skills in computer literacy and the necessary knowledge in the field of physical education. In order to motivate students, it is necessary to actively support their interest through various technologies and means of interaction. To prevent injuries, it is recommended to conduct constant instruction, taking into account the location and choice of physical education at home, as well as the technology of providing appropriate practical recommendations.

In addition, the teacher needs to constantly change the types of control over the process of physical activity of students.

In our opinion, when organizing distance learning, it is desirable to devote most of the time to practical aspects, and the theory should be studied only not to the detriment of physical activity, as a sedentary lifestyle only worsens his physical qualities and reduces immunity, reduces the risk of various respiratory infections.

Based on the above, it can be concluded that exercise in the general structure of the working day of students in distance learning can reduce the negative impact of high mental load on the health of students with limited physical activity and improve their physical and mental condition.

Sports, professional and applied physical training and physical education today more than ever play a crucial role in organizing quality of life and the ability to improve their health.

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