

DOI <https://doi.org/10.30525/978-9934-26-253-1-16>

**THE USE OF FITNESS TECHNOLOGIES AS A MOTIVATING
FACTOR FOR PHYSICAL EDUCATION CLASSES
IN INSTITUTIONS OF HIGHER EDUCATION**

Kotova O. V.

*Candidate of Pedagogical Sciences, Associate Professor,
Associate Professor at the Department of Theory and Methods
of Physical Education and Sports Disciplines
Bohdan Khmelnytsky Melitopol State Pedagogical University
Melitopol, Zaporizhzhia region, Ukraine*

Sopotnytska O. V.

*Candidate of Pedagogical Sciences, Associate Professor,
Associate Professor at the Department of Theoretical Foundations
and Methods of Physical Education
Volodymyr Hnatyuk Ternopil National Pedagogical University
Ternopil, Ukraine*

Nepsha O. V.

*Senior Lecturer at the Department
of Theory and Methods of Physical Education and Sports Disciplines
Bohdan Khmelnytsky Melitopol State Pedagogical University
Melitopol, Zaporizhzhia region, Ukraine*

The modern student is not satisfied with the teaching of general physical training according to outdated methods; they want something «new». However, like the figure of a physical education teacher, he is an innovator and a creative thinker. It is not by chance that modern students respect only those teachers of physical education who, due to their cultural level and special methodological training, attract them, are interesting, knowledgeable and authoritative interlocutors and, at the same time, are highly qualified in a specific sport, demonstrating real skill and a creative approach in one's business.

Today, the word «fitness» is familiar to everyone. Fitness has become an integral part of the lives of all those who care about their health and want to look great. Thousands of people are engaged in fitness, they talk about it, write, argue about it; someone makes money and a career on it, someone devotes their free time to it.

The word itself comes from the English verb «to be fit», which means, «to fit», «to be in good shape». Well, in exact translation from English,

«fitness» means «conformity». Fitness involves matching various sports exercises, activities and other ways to improve health, adjusting the figure for overall strengthening of the body. This is not a sport, because sport involves professional pursuits aimed at achieving better results. This healing technique allows you to change the shape of the body and its weight, as well as to permanently consolidate the achieved result. It includes physical training combined with a well-chosen diet. Fitness is not only physical exercise, but also a certain way of life filled with the realization of victory over oneself, a sense of joy and pride in one's successes. Fitness is a way of life leading to the physical and mental health of a person [1, p. 219–220].

The real volume of motor activity of students does not ensure the full development and strengthening of health. Physical education of students is considered as an integral part of the general system of their education and upbringing. It is designed to maintain high performance of students throughout the entire period of study at the university, instill in them the necessary knowledge and skills in the field of physical education, and ensure further comprehensive physical development.

Due to the fact that the student's workload is high (including both classroom studies and self-study), most of them have a lack of movements in the daily routine. A sedentary position affects the functioning of many systems of the student's body, especially the cardiovascular and respiratory ones, which leads to a decrease in the efficiency of the whole organism and especially brain activity: attention decreases, memory weakens, coordination of movements is disturbed, and the time of mental operations increases. The nature of physical development as a process of changing these indicators during life depends on many reasons and is determined by a number of patterns. It is possible to successfully manage physical development only if these regularities are known and they are taken into account when building the process of physical education.

In order to improve the process of physical education at the university, it is necessary to involve students to the maximum extent in physical culture and health-improving classes based on the most popular types of motor activity, in particular, using various fitness programs. These exciting and useful health-improving physical culture classes can increase the emotional background, high general and motor density of the lesson, ultimately improving the effectiveness of the learning process as a whole. An occupation with such an orientation can get the highest rating among students.

In the space of modern youth society, the concept of «fitness» today acquires the status of a socially significant phenomenon that forms

a personality on the basis of a normative-value system of principles of a healthy lifestyle, psychophysical self-improvement, purposeful preparation and adaptation to educational and professional activities [1–5].

The interest of young people in fitness programs is due to the availability, effectiveness and emotionality of the means of health-improving fitness that form its basis, including selective physical exercises using innovative programs and technologies, healthy lifestyle components, physical condition diagnostics, etc.

According to N.A. Kulik [3, p. 105] fitness refers to the subject area of physical culture, since it forms special knowledge, develops motor abilities and skills that determine the physical capacity and health of a person based on the use of innovative approaches, means, methods, equipment, inventory and conditions for conducting classes. The formation of a socially significant phenomenon in demand in the youth environment-fitness with the active creation of new somatopsychic and sociocultural priorities requires the specialists of physical education to introduce new pedagogical technologies to solve specific problems of acquiring modern physical education knowledge by students, developing the necessary motor skills, skills and abilities, positive motivational-value attitude to work.

An obligatory condition for the productive innovative activity of physical education teachers is the development and use of pedagogical innovations – the result of the introduction of innovations in order to improve the control object and obtain the proper effect [2]. Innovative activity finds its expression in the development and implementation of new technologies for organizing the process of physical education of students during the formation of personality-oriented education, the implementation of the transition from compulsory curricula to individual variable formats.

The principle of health-improving orientation of student youth physical education is concretized in intensively developing fitness technologies. In this context, the concept of «technology» covers the paradigmatic foundations of special knowledge and practical experience in the implementation of the physical culture and health potential of various (both traditional and new, as a rule, innovative) forms of motor activity using modern methods of their pedagogical support and control [5, p. 103].

Fitness technologies are a set of evidence-based methods and methodological techniques aimed at improving the health process, meeting the needs of students in physical activity, forming positive emotions, a positive attitude towards a healthy lifestyle, and social success. Thus, the concept of fitness technology is, on the one hand, the process of using various means of physical education for recreational purposes, on the other

hand, it is a scientific discipline that develops and improves the foundations of the methodology of physical education and health training. In practice, physical culture and health technologies in the physical education of students are introduced through various fitness programs as forms of motor activity, specially organized within the boundaries of group classes. They can have a health-improving orientation to reduce the risk of developing diseases, achieve and maintain an adequate level of physical condition, or promote the development of motor abilities for the purpose of sports improvement.

Thus, fitness, as a modern socially significant phenomenon of student youth, requires physical education specialists to develop and implement new pedagogical technologies, which are considered in a broad sense as a set of means and methods for reproducing theoretically based training and education processes that allow successfully implementing the educational goals. Focusing on the normative-value system of youth fitness culture priorities, teachers need to pay special attention to the development of fitness technologies that implement the principles of health-improving orientation of students' physical education.

References:

1. Котова О. В., Вавілюк А. О. Використання сучасних фітнес-технологій у програмі фізичної культури в закладах вищої освіти. *Наука III тисячоліття : пошуки, проблеми, перспективи розвитку* : матеріали III Міжнародної науково-практичної інтернет-конференції (25–26 квітня 2019 року) : збірник тез. Бердянськ : БДПУ, 2019. С. 219–220.

2. Качан О. А. Упровадження інноваційних технологій у фізкультурно-оздоровчу та спортивну діяльність закладів освіти. Слов'янськ : Витоки, 2017. 138 с.

3. Кулик Н. А. Фітнес в системі оздоровчої фізичної культури студентів ВНЗ. *Актуальні проблеми фізичного виховання різних верств населення* : матеріали III Всеукраїнської науково-практичної конференції. Харків, 2017. С. 105–110.

4. Сопотницька О. В., Сопотницький Р. С. Сучасні оздоровчі технології в процесі фізичного виховання студентської молоді. *Інноваційні підходи до фізичного виховання і спорту студентської молоді* : матеріали п'ятого регіонального науково-методичний семінару / за заг. ред. Огнистого А. В., Огнистої К. М. Тернопіль : В-во СМТ «ТАЙП», 2020. С. 160–164.

5. Усачов Ю. О., Зінченко В. Б., Жуков В. О., Козубей П. С. Використання сучасних фітнес-програм і технологій у фізичному

вихованні студентів : матеріали Всеукраїнської науково-практичної конференції «Актуальні питання фізичного виховання спорту та здоров'я студентської молоді», 15–17 черв. 2011 р., Бердянськ. Бердянськ : БДПУ, 2011. С. 103–106.

DOI <https://doi.org/10.30525/978-9934-26-253-1-17>

ENSURING THE HEALTH AND DEVELOPMENT FUNCTION OF PHYSICAL EDUCATION OF PRESCHOOLERS

ЗАБЕЗПЕЧЕННЯ ОЗДОРОВЧОЇ ТА РОЗВИВАЛЬНОЇ ФУНКЦІЇ ФІЗИЧНОЇ ОСВІТИ ДОШКІЛЬНИКІВ

Kotiai N. I.

*Senior Teacher at the Department
of Physical Therapy, Occupational
Educational and Scientific Institute
of Health Care
The National University
of Water and Environmental
Engineering
Rivne, Ukraine*

Котяй Н. І.

*старший викладач кафедри
фізичної терапії, ерготерапії
Навчально-наукового інституту
охорони здоров'я
Національного університету
водного господарства
та природокористування
м. Рівне, Україна*

Вступ. Міцне здоров'я та повноцінний фізичний розвиток – запорука оптимальної готовності дітей п'яти років до навчання у школі.

Цілком очевидною є пріоритетність освітянської ланки у становленні й розвитку нових суспільних відносин. Прогностичний аналіз тенденцій розвитку освіти, здійснений В. Андрущенко, В. Кременем, Д. Табачником, Д. Чернилевським, свідчить, що в ХХІ столітті жодна держава не буде в змозі забезпечити достатньою мірою перспективи власного суспільного розвитку, якщо не ставитиме систему освіти в ранг інституту майбутнього.

Галузь освіти є однією зі складових загальнолюдських цінностей, тож для забезпечення її високої якості відбувається процес реформування. До основних стратегічних завдань реформування освіти в нашій країні належить розбудова національної системи освіти,