

SCIENTIFIC COLLECTION INTERCONF

No 96
January, 2022

THE ISSUE CONTAINS:

Proceedings of the 6th
International Scientific
and Practical Conference

SCIENTIFIC COMMUNITY: INTERDISCIPLINARY RESEARCH



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InterConf
Scientific Publishing Center

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PHYSICAL EDUCATION AND SPORTS

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IMPROVEMENT OF METHODS OF PHYSICAL EDUCATION TO IMPROVE THE LEVEL OF PROFESSIONAL QUALITIES IN THE FUTURE DOCTOR

Abstract. *The article covers the issues of modern students: maintaining and strengthening their own health, leaving vocational training. A healthy lifestyle for each individual, in his life a person is guided by the laws of society and the individual laws of his body. The study of the problem of a healthy lifestyle of student youth in a broad socio-cultural aspect is due to the specifics of this socio-professional, socio-demographic group, the peculiarities of its formation, position and role in society.*

Keywords: *physical exercises, physical development, health, physical qualities.*

Actuality of theme. Medical education places high demands on the physical training of students. From the point of view of the peculiarities of physical activity, it makes sense to consider two areas of activity of the doctor: direct manipulations or operations on the patient's body and purely intellectual activities related to clarifying the clinical situation, choosing diagnostic and therapeutic tactics. However, in everyday activities it is often difficult to separate manual and intellectual activities, and a doctor of any specialty needs such qualities as mobility of nervous processes; strength and coordination of movements and muscular efforts; ability to withstand prolonged stress, the body's resistance to adverse environmental

influences; emotional stability and will, concentration, self-control, determination, resilience. Physicians in most specialties are constantly experiencing acute and chronic occupational stress, the most common of which are the development of emergencies in patients, the constant pressure of responsibility for the health and lives of patients, the mismatch of efforts to moral and material rewards and more.

The purpose of our research is to study the problems of health and vocational training of student youth in higher education. An important component is the strengthening of physical, moral and mental health, the right to choose the goal, means and methods of its correction based on their own needs and motivations, and not the authoritative dictates of the teacher or the order of society. Low motivation to engage in physical culture and sports in higher education remains the most pressing problem of physical education.

This is due to the fact that at present, physical education of student youth is mostly not an educational process, which requires close cooperation between teacher and student. One of the problems is the insufficient number of hours per week devoted to physical education classes. This deprives students of theoretical and methodological training in the field of physical culture, and the process of physical education is mainly aimed only at improving physical fitness, physical performance and health. In our opinion, the process of involving students in the values of physical culture through theory and practice significantly activates the cultural potential of the student's personality, expands his worldview, increases spirituality, promotes the formation of an active life position.

Analysis of recent research and publications. Today, leading scientists (G. Apanasenko, D. Venediktov, D. Izutkin, Y. Lisitsyn, V. Ponomarenko, L. Sushchenko) emphasize a holistic view of health, which integrates its four components: physical, mental, spiritual, social. The formation of a culture of health shows that many aspects of this process are insufficiently studied. For example, there is no single approach to diagnosing the level of formation of this type of physical education for students of free economic education.

The analysis of the methodological literature shows that today in the process of physical education the main attention is traditionally paid to physical and

technical training, and to a lesser extent issues related to mental and professional-applied physical qualities that improve intellectual and physical performance, physical activity of students .

Presenting main material. Medicine also places high demands on the strength of the doctor, as most doctors experience significant physical exertion, mostly static, associated with the need to perform work in an awkward position. Most doctors are not ready for such loads, especially given the significant predominance of women among physicians, speed and power qualities, which are naturally lower. As a result, musculoskeletal pain is the most common complaint among physicians, often leading to disability. Pain in the neck or shoulders, lower back and knees complain of 28%, 23% and 12% of health professionals, respectively [2]. Doctors die more often than other specialties from cardiovascular disease [3].

Therefore, the key physical qualities that a doctor needs are agility, strength and endurance [7]. Training of these most important qualities of a doctor, ensuring the effectiveness of his activities and prevention of occupational diseases, is the most important task of physical education of medical students [2].

In addition, today among both first and senior students there is a negative attitude to personal physical fitness, their health, reluctance and inability to use physical culture and sports in everyday life. Most students who pass the physical education test do not use physical education and sports during the winter and summer holidays, especially after graduation.

In order to eliminate these phenomena, it is necessary to increase the number of hours for physical education and improve the methodology of physical education classes, which in turn involves making additions and changes to the work program (improving physical fitness and health of students).

Analysis of indicators of physical development and health of students during their studies in the Free Economic Zone is a necessary condition for the correct choice of methods and forms of physical education and dosing of loads.

The tasks of professional and applied physical training developed by us are aimed at: development of physical qualities - general endurance, strength of the shoulder girdle; development of psychophysical qualities - functions of attention,

improvement of ability to relax muscles; obtaining special knowledge of the theory and practice of PFP [6].

The urgency of implementing a physical education program is due to the social order of society for a well-developed harmonious personality of a specialist who must have a high level of health, be competitive in market relations, have the appropriate level of applied physical training, ability to improve to meet professional requirements. educational and qualification characteristics of the specialty. The complex of these issues is, first of all, the most important prerequisite for successful socialization of the specialist.

Unfortunately, the solution of these problems is not always provided by adequate and specific means, forms and methods.

As a result of processing the questionnaire of students at the stage of the ascertaining experiment, we found the most important psychological qualities that need to be specially worked out, improved and developed in students. This is the education of quick reaction, determination, self-confidence, caution, ability to influence the emotional and volitional sphere of people with the knowledge of psychology of behavior in any situation, courage, agility, balance, clarity of thought, self-control, self-confidence [6].

Thus, the system of physical education of university students should be based on universal humanistic values and national principles, taking into account regional characteristics and world best practices in the field of physical education [4].

It is important that physical education of students is a leading link in a single system of interconnected and interdependent levels of education in higher education, and the defining condition for building a pedagogical process in physical education is to ensure mutual respect, trust and cooperation between teachers and students. , able to make decisions independently and implement them in the process of professional and life activities.

Theoretical analysis shows that the special physical training of the future specialist should be aimed at equipping him with deep and comprehensive knowledge and skills in the theory and practice of physical education. This requires the use of the latest educational technologies in the organization of the educational

process in higher education. It is known that to achieve a high physical result by simply increasing the training load without following certain rules (principles of teaching) are not possible. Therefore, the task of the teacher is, on the one hand, to explain the laws of the educational and training process to students, and on the other - to ensure the implementation of these laws in practice [5].

To change the student's attitude to their health and create motivation for a long healthy life, to show the importance of man himself, his consciousness and thinking in achieving harmony between body and mind, physical education classes provided in the curriculum are not enough. In order to maintain the high efficiency of the body of university students, daily muscular work is required.

Conclusion. When choosing programs and dosing training loads in physical education classes, it is necessary to take into account the physiological characteristics of students. It is necessary to take into account their physical fitness, functional health and development of basic qualities with a deep enough understanding and analysis of individual characteristics of the body from freshmen to university graduates. Thus, an objective assessment of the levels of physical fitness, physical fitness and functional health of students is not only a priority, but also the most important prerequisite for working with them during physical education classes in higher education.

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