

Methodology of recreation in the structure of the educational space

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Abstract

Background and Study Aim The aim of the study is to present the methodological aspects of health, healthy lifestyle and recreation of students in higher educational institutions.

Material and Methods Sources of information are publications in domestic literature. A total of 37 publications were selected.

Results The historical moments of recreation and the conceptual definition of recreational activities are presented. Certain characteristics of types and functions of recreation, recreational system, recreational zoning, placement and correlation of active recreation facilities are given. An important factor in conducting recreational activities is: the desire of students; high professional level of doctors, rehabilitologists, instructors, methodologists of medical physical culture.

Conclusions Recreation is a collective concept and it reflects mainly active and passive recreation of a person outside of labor, educational, scientific and other activities. Such activities are aimed at the formation, restoration, strengthening and preservation of health. The most favorable environment are sanatorium and health-improving institutions.

Keywords: higher educational institution, student, teacher, recreation, active recreation, passive recreation.

Introduction

Health is an invaluable asset for every person and the whole society. Health is a qualitative prerequisite for the future self-realization of students, their active longevity and ability for complex educational and professional work. The years of study in a higher educational institution coincide with the time of the student's active development. During this period, there are profound changes in the way of students' life. There is a significant difference in the structure of students' value orientations in relation to a healthy lifestyle [1, 2, 3, 4, 5].

There is increasing tension in the learning process of students. Therefore, it is necessary to teach students a healthy lifestyle. It is necessary to create the necessary optimum activity for the central nervous system of the body. It is advisable to use the reserves of the body, to detect deviations and shortcomings of these reserves [4, 5].

The tendency to absolutize a healthy lifestyle distorts the essence of the problem, deforms the interpretation of a healthy lifestyle, approaches to its formation [6]. Other studies show different approaches to the methodological substantiation of recreation in the structure of the educational space [7, 8, 9, 10, 11].

A healthy lifestyle reflects the generalized typical structure of students' life forms. Such a structure is

characterized by the unity and expediency of the processes of self-organization and self-discipline, self-regulation and self-development. They are focused on the full realization of their abilities. With a healthy lifestyle, responsibility for their health is formed in students as part of their general cultural development.

The purpose of the study is to show the importance of recreational activities and their definitions for the formation, restoration, strengthening and preservation of students' health.

Methodology

Sources of information are publications in domestic literature. A total of 37 publications were selected.

The authors also studied the experience of the authors in the sanatoriums of the Kharkiv region (Ukraine): "Ray-Elenovka", "Grove", "Herringbone", "Vysokiy" [8, 12, 13, 14].

Results

It is a well-known historical fact that for the first time in the scientific literature the term "recreation" appeared in the United States in the late 1890s. [15]. This is due to the introduction of a normalized working day, a second day off and summer holidays. This term was understood as restoration, improvement. They also understood the space for activities. In the publications of recent years, there is a transition to a new vision of the

concept of “recreation”.

Zorin and Kwartal’nov [16] give the following definitions of recreation:

- expanded reproduction of the physical, intellectual and emotional forces of a person;
- game or entertainment: used to restore physical and mental strength;
- outdoor activities;
- vigorous activity in case of changing conditions and nature of the environment;
- civilized rest: disease prevention; excursion and tourist activities; physical exercise.

There was no definition of recreation in the Great Medical Encyclopedia [17]. In the Great Soviet Encyclopedia [18], recreation is characterized as rest and restoration of human strength after work. In the Great Medical Encyclopedia [17], recreation is defined more broadly and deeper: it is a person’s activity in their free time from work. The purpose of this approach is: restoration, strengthening of physical, spiritual strength; comprehensive development of personality with the help of natural factors.

Recreation is considered as a set of measures aimed at improving the processes of recovery of working capacity after physical and mental work [11]. At the same time, to have qualified specialists in the field of recreation and health-improving physical culture [19]. Lotonenko et al. [10] believe that recreation is aimed at: meeting biological needs for physical activity; enjoyment through movement.

For the organization of short-term rest, places should be allocated in settlements of any climatic zone. For the organization of long-term rest, the presence of conditions - balneological and climatic - is decisive in the choice of territory [12, 20, 21, 22, 23].

Of particular importance is a short rest [24]. The importance is given to activities after the completion of work (free time) [25]. In the practice of physical exercises, the term “recreation” appeared quite recently. However, it is widely used in the health resort system [26, 27]. According to its content, the sanatorium regime is active. It provides for a dosed training process, taking into account the patient’s health status [28]. The sanatorium regime implies the location of the institution in specialized areas. They are intended for sanatorium-educational activities [27, 29, 30, 31].

Stanishevski notes that the family plays an important role in education for recreation. The family for a young person is the basis of education: it affects his intellectual, moral, social, cultural, physical development and health [32]. A special place in the system of physical recreation of students is occupied by outdoor and sports games. The most common are: football, volleyball, beach volleyball, water games, swimming relay races [13]. The educational process in a higher educational

institution provides for a period of active and passive rest - holidays. An important place during the holidays is physical recreation.

In the domestic literature, there is still no consensus on the definition of the concept - “recreation”. Therefore, it is necessary to analyze the ideas of specialists on recreation as a unique biomedical, sociocultural and economic phenomenon.

Discussion

The complexity of defining the basic concepts of recreation is due to some reasons:

- there is no single terminological standard on this topic. Significantly different official interpretations of concepts and terms are used in different countries;
- in our country there is no unified legislative framework for the basic concepts of recreation and the recreation industry;
- definitions of recreation, tourism, recreation, excursion, leisure, free and recreational time are not so easy to distinguish [3].

In this regard, the question arises: What can be attributed to recreational activities? What does recreation mean? In this case, it is necessary to consider the conceptual methodological apparatus.

Krucevich [33] believes that methodology is the doctrine of a method, a set of research techniques in a branch of science. One of the basic principles of scientific methodology is that different points of view and approaches are allowed within the framework of the scientific study of objective reality. Peshkova et al. [34] notes that the methodology justifies a consistent system of knowledge. The methodology contains the principles of continuous development. The methodology takes into account the regularities of the pedagogical process.

Fomenko argues that recreation is the process of restoring the physical, spiritual and neuropsychic forces of a person. This process is provided by a system of measures and carried out in their free time in specialized areas [35].

It is possible to identify some of the main activities of students during the holidays:

- activities associated with a certain physical activity (exercise, walking, hiking, climbing);
- amateur activities (hunting, fishing, picking mushrooms and berries, etc.);
- introduction to the world of art creativity in the field of art;
- intellectual activity (reading, self-education);
- various types of communication;
- active or passive entertainment (games, dances, spectacles, reading, etc.);
- travel and excursions for pleasure;
- other types.

In our opinion, recreation is a collective concept. Recreation covers a wide range of problems: health

resort treatment; active and passive recreation; physical exercises, tourism; excursions, visiting cinemas, theaters, concerts, reading fiction, etc.

Recreation has its own functions, which are divided into biomedical, educational (social resort) and economic [26, 36]. However, it is difficult to draw a clear line between these functions. They are interconnected and complement each other.

The conceptual apparatus of recreation can also include: recreational system; recreational zoning; placement and ratio of active recreation facilities in a recreational special environment. An important factor in successful recreational activities are:

- the level of educational training of employees in this area;
- professionalism of doctors, rehabilitologists, instructors, methodologists of physical culture.

A qualitative solution to the forms of recreational activities can be achieved only on the basis of following quite certain rules and principles [37]. Methodical and methodological approaches during the physical recreation of students during the holidays is an important valueological and educational process. This process is aimed at preparing diversified and physically fit specialists.

Conclusions

Recreation is a collective concept and reflects mainly active and passive recreation of a person outside of labor, educational, scientific and other activities. Such activities are aimed at the formation, restoration, strengthening and preservation of health. The most favorable environment are sanatorium and health-improving institutions. Thus, we can state:

Recreation is one of the important means of improving a person, used in the prevention of diseases. Recreation is an active and passive recreation of a person (student), bringing him/her pleasure, satisfaction and well-being.

The following definitions are used in the methodology of recreational activities: person, student, health, healthy lifestyle, types and functions of recreation, recreational system, recreational zoning, placement and ratio of recreational facilities, free time, active and passive recreation, recreational recreation, physical recreation, "path of health", dosed therapeutic walking, motor modes.

There are two types of recreation: short-term and long-term. There are also three main functions: biomedical (active recreation and spa treatment); socio-cultural and socio-economic.

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