

Theoretical and methodological approaches to the problem of students' health in the algorithm of recreational activities

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Abstract

Background and Study Aim The aim of the study is theoretical and methodological approaches to the problem of student's health in the algorithm of recreational activities.

Material and Methods Sources of information are publications in domestic literature. A total of 23 publications were selected.

Results The characteristics of the physical development of a person and his/her physical fitness, physical form and fitness, physical activity and functional readiness are given. The opinions and views of scientists, teachers and doctors on the definition of human health, including a student, are presented. All these definitions are taken into account in terms of recreational activities. The characteristic of the definition of recreation, physical recreation and other conceptual recreational systems is given.

Conclusions The main components of human health are the following: physical, mental and social health. There are other components of health: occupational factor, genetic component, environment. One of the main activities of higher educational institutions is to educate students in high demands on themselves, the vital need to work, the desire and ability to work creatively, to replenish and improve their knowledge; lead a healthy lifestyle.

Keywords: higher educational institution, student, health, recreational event, definitions, recreation.

Introduction

A high-quality professional educational process of students in a higher educational institution is impossible without their active educational and labor cognitive activity. Economic and social reasons do not allow to increase the period of study. This makes it necessary to intensify the educational process. This approach requires students to mobilize willpower, psychophysical, spiritual and physical qualities.

Currently, there are dozens of different definitions of health. The modern scientific definition of this concept should be based on the fact that the state of health acts as a process and as a material phenomenon in the human body. In this context, workers in healthcare, education, physical culture and science face the following tasks: to develop valeological and recreational activities that would contribute to the formation, restoration, strengthening and preservation of students' health. All this calls for the study and formation of recreation as one of the main subjects for the improvement of students. The concept of «health» includes several components. According to the WHO definition, health consists of three main components: physical, spiritual, social.

This problem needs to be studied and developed measures aimed at the formation of health-forming and health-saving technologies for students [1, 2, 3, 4, 5, 6]. In this regard, physical recreation can be useful for students [7, 8, 9, 10]: active recreation with the use of physical culture. The purpose of this approach is to restore and strengthen the student's health. The considered problem of human health (including the student) continues to be relevant, theoretically and practically important.

The purpose of the study is theoretical and methodological approaches to the problem of student health in the algorithm of recreational activities.

Methodology

Sources of information are publications in domestic literature. A total of 20 publications were selected.

Results

Physical recreation must be considered from the definition of definitions: what is health, recreation, active recreation. This will reveal the main essence of physical recreation. Numerous regulatory documents make it possible to use the means and methods of physical recreation in full. However, in practice this is not always possible.

Brekhman [11] offered the opinion about human health - it is the ability to maintain age-appropriate stability in the face of abrupt changes in the quantitative and qualitative parameters of the flow of sensory, verbal and structural information.

The development of health care poses new challenges for medical theory [12]. One of them is the development of the concepts of «individual health» and «public health». Lishchuk and Mostkova [13] set out their definition of health: it is the ability to self-preserve and increase a person's vitality. Based on this, the authors recommend adhering to the nine steps to health.

Apanasenko and Popova [14] classify health as a complex category. This category represents the result of the interaction between the individual and the environment. Stal'kov and Panin [15] invest their own concept of health - it is the unity of the biological, physiological, mental and social formation of the body.

The implementation of various health programs is unthinkable without the knowledge accumulated by previous generations. For example, Aleksandrov's "Comprehensive Health Program" [16] may be the main focus for the implementation of preventive measures.

However, the above definitions of the concept of "health" do not exhaust all available in the literature. They represent the main typical variants of this concept in form and content.

Discussion

The implementation of the course for recovery is based on six basic principles [17]. Among them, the most important for students are: prevention at all stages of life; the creation by society of an environment conducive to human health; empowering people to improve their health; universal access to opportunities for health promotion. Promotion of physical activity is one of the key components of any strategy. It is also emphasized that a physically active lifestyle: contributes to the improvement of individual physical and mental health; contributes to strengthening the social cohesion of the entire community and improving its well-being.

Comparative evaluation and critical analysis of various variants of definitions of the concepts of health made it possible to identify: a wide range of signs and properties of health; variety of methodological approaches to its definition; manifestation of professional predilections of scientists in formulating the scientific concept

of health. In many definitions, such elements as dynamism, consistency, and the ability to adapt to changes in the environment deserve attention.

Physical recreation in the universities of physical culture (as an academic discipline) is one of the most important components of the holistic development of the student's personality. It allows you to organize activities taking into account the interests and needs of each student, the material base, local and national traditions, and social activity.

To strengthen the mental health of the individual, it is proposed to use six wise tips, proven by the experience and life of many generations [18]. The modern educational process, the way of life and the accelerated pace of life cause students to become tired and overtired. This requires great concentration and careful attention from them. additional physical and mental energy. In order to prevent such a condition, it is recommended to use recreational rest in a suburban area or in sanatorium-and-spa places [7, 19, 20]. We believe that recreation is an active and passive rest of a person outside of industrial, educational, scientific and other activities. Such rest is aimed at the formation and strengthening of human health. Such a holiday should bring satisfaction and well-being.

The student needs to know that recreation has its own functions. They are divided into biomedical, educational (social resort) and economic. 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.

Conclusions

Health is a complex phenomenon, the characteristic and significant aspects of which cannot be expressed briefly and unambiguously. Health continues to be an urgent, theoretically and practically important problem.

The main components of human health are: physical, mental and social health. There are other components of health: occupational factor, genetic component, environment.

One of the main activities of higher educational institutions is to educate students in high demands on themselves, the vital need to work, the desire and ability to work creatively, to replenish and improve their knowledge; lead a healthy lifestyle.

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