

Physical recreation in the structure of students' active recreation

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Abstract

Background and Study Aim The aim of the study is to generalize approaches to the concepts of physical recreation and recreational activities; reveal the directions and factors that contribute to the implementation of physical recreation; show the main provisions, means, forms, methods of physical recreation and its pedagogical principles.

Material and Methods Sources of information are publications in domestic literature. A total of 26 publications were identified.

Results The article summarizes the experience of the authors on the problem of "Physical recreation": the concept, means, forms and methods of physical culture used in physical recreation. The basics of physical recreation of students are presented. These include: building a comprehensive program, developing valeological and recreational activities; joint creative activity of teachers and students; use of modern methods of health-forming technologies.

Conclusions Favorable and unfavorable social factors should be taken into account in the process of motor activity formation. In practical work, the following areas should be taken into account: hygienic, health-improving and recreational, general preparatory and medical.

Keywords: higher educational institution, students, active recreation, position, means, forms, pedagogical principles

Introduction

The emergence of physical recreation is due to a variety of reasons. With the accumulation of knowledge and practical experience, people have formed a general idea about it. According to various authors [1, 2, 3], physical recreation arose in the system of physical education and initially performed a pedagogical function. It served as a means of active recreation, entertainment and health formation. The use of gaming forms of motor activity within the framework of recreation made it possible to model human activity in a social role [4].

Physical recreation is an organic part of physical culture, not regulated motor activity [1]. Physical recreation is aimed at optimizing the physical condition of a person, normalizing the functioning of his body in specific living conditions.

One of the system-forming features of physical recreation is its final result - the recreational effect achieved through its effective use by a person [1, 2].

The problem of physical recreation is currently attracting the attention of scientists. Also practical specialists in health care, education, physical culture. Moreover, this concern is justified by high morbidity and a decrease in the working capacity of the population (including students). The use of physical recreation in the educational process, in the work of medi

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entertainment institutions and in everyday life will provide an opportunity to form, restore, strengthen and maintain health in their life.

The purpose of the study is to generalize approaches to the concepts of physical recreation and recreational activities; reveal the directions and factors that contribute to the implementation of physical recreation; show the main provisions, means, forms, methods of physical recreation and its pedagogical principles.

Methodology

Sources of information are publications in domestic literature. A total of 26 publications were identified.

Results

The term "recreation" means: active rest; restoration of human strength. Such activities should bring satisfaction, pleasure and well-being. Favorable and unfavorable social factors influence the formation of habitual motor activity in humans [4, 5]. In practical work, the following problematic areas can be distinguished: hygienic, general preparatory, medical [6]. No less important in the problematic aspects of physical recreation is the education of a healthy lifestyle and sports lifestyle of students.

Students should be recommended active

recreation in sanatorium and resort conditions and in recreational places. In these cases, it is recommended to take into account the recreational environmental assessment of the region as a set of cultural and natural heritage objects [7].

Physical recreation in the modern sense is an activity that satisfies the needs of people in changing the type of activity, in active recreation, in informal communication during classes [8, 9, 10, 11].

Physical recreation is closely related to all types of physical culture. In the process of classes, the boundaries of self-education, erudition, and knowledge expand. Recreational activities are evidence of the level of culture and physical culture of the individual. The importance of physical recreation lies in the constant formation of the need for physical activity, which gradually decreases with age [3, 6, 12, 13, 14, 15, 16].

Physical recreation is of great theoretical and practical interest [2]. It consists in the psychophysiological changes in the human body when it switches to active activities.

When performing the above activities, it is important to observe the following physiologically based pedagogical principles [9]. Although they are recommended for therapeutic and recovery training, they can also be used in the process of physical recreation. These principles include: individual approach, conscientiousness, the principle of gradualness, cyclicity, consistency, novelty and diversity, moderation of impact [5].

Discussion

In addition, physical recreation is one of the types of physical culture. The methodological and theoretical basis of physical recreation is a complex of various modern scientific disciplines that study a person as a whole and his activity [20]. Adapting the author's view of the fundamentals of physical culture, we note that all these disciplines still study certain aspects of physical recreation, but the main thing is to create its theory.

Of course, Lotonenko et al. are right. [4] that physical recreation primarily solves the health problem. This is facilitated by various forms of its implementation, which allow changes in the nature and content of physical exercises depending on the motives, interests and needs of students. However, a positive effect can only be obtained through a competent and skillful reorganization of knowledge and its effect on a young organism. The free influence of various means and forms of physical

recreation instills in young people a sense of natural desire to regularly engage in physical exercises, more frequent communication with nature.

As you can see, one of the fundamental conditions for ensuring the health of a person (student) is his rational physical activity. It is important to conduct medical and pedagogical supervision and control. After all, motor actions are powerful factors that increase the adaptive capabilities of the body, expand its functional reserves. Naturally, the subject "Physical recreation" is a useful direction in the field of formation, restoration, strengthening and preservation of human (student) health.

As you know, one of the links in the struggle for the health of students is the education of emotions and the prevention of experiences. All this leads to stress. To do this, students first need to know themselves [21]. A significant role in the system of physical recreation of students is assigned to collective-group psychotherapy, which makes it possible for them to develop a culture of emotions, skills of optimal behavior and a system of relationships [22].

More detailed information about the use of psychotherapeutic methods of influencing a person is presented in the work of Kharkov medical scientists [23, 24, 25, 26]. However, it should be noted that any one psychotherapeutic method or technique cannot be considered valid outside the complex system of psychotherapy. This must be taken into account by both students and teachers of physical recreation.

Conclusions

Physical recreation is one of the varieties of physical culture. physical culture "uses" all its provisions, principles, means, forms and methods of training.

When assigning physical recreation to students, one should take into account: favorable and unfavorable social factors; directions of pedagogical, psychological, biomedical and natural principles; its main aspects (biological, social, psychological, educational, cultural, axiological and economic).

Simultaneously with the implementation of physical recreation by students, it is recommended to use psychotherapeutic methods: suggestion, self-hypnosis, self-persuasion, rational and indirect psychotherapy, collective-group psychotherapy, autogenic training.

Certainly, physical recreation occupies a worthy place in the system of physical culture.

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