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Methodology of recreation in the structure of the educational space

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Authors' Contribution: A – Study design; B – Data collection; C – Statistical analysis; D – Manuscript Preparation; E – Funds Collection

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

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Authors' Contribution: A – Study design; B – Data collection; C – Statistical analysis; D – Manuscript Preparation; E – Funds Collection

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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Recreational resources – the basis of human active recreation

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Authors' Contribution: A – Study design; B – Data collection; C – Statistical analysis; D – Manuscript Preparation; E – Funds Collection

Abstract

Background and Study Aim The aim of the work is to analyze the theoretical aspects of recreational resources in Ukraine and their use in practice.

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

Results Theoretical aspects of the recreational resources of Ukraine, their classification and scoring (biomedical, psychological, technological) are presented. A particular difficulty in assessing recreational resources lies in the fact that they should be considered from the perspective of recreation organizers and vacationers. The importance of recreational relax for a person (student) in sanatorium-resort conditions is shown. Therefore, the curators have two main tasks: medical care for patients (secondary prevention) and recreation.

Conclusions One of the foundations of active and passive recreation are recreational resources. Recreational resources are a set of natural and artificial objects and phenomena that can be used for active and passive recreation, tourism and treatment. Therefore, it is necessary to focus on resource centers of the sanatorium and medical type and historical and cultural resources.

Keywords: recreational resources, Ukraine, classification, score, recreation, resort

Introduction

Recreational resources play an important role in carrying out recreational activities for a person. In this regard, it is necessary to study and evaluate those that have a certain recreational territory. Some authors argue that recreational resources are components of the natural environment and phenomena of a sociocultural nature [1, 2, 3, 4]. They have special properties: uniqueness, originality, aesthetic appeal, health-improving significance. They can be used to organize various types and forms of recreational activities.

Depending on the origin, natural recreational resources are divided into physical, energy-informational and biological [5, 6, 7]. Each type of these resources has its own characteristics, inherent only to them.

Recreational geography is a branch of geographical science that studies the patterns of formation, functioning and distribution of territorial recreational systems [1, 6, 7, 8]. They consist of natural and cultural complexes, engineering structures used for recreation [9, 10]. Such geography is engaged in the study of territories of recreational systems, the development of principles for the organization of recreational economy and the foundations of recreational nature management.

The purpose of the work is to analyze the theoretical aspects of recreational resources in

Ukraine and their use in practice.

Methodology

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

Results

Recreational resources are a material prerequisite for the formation of the recreational sector of the national economy, its resource base. They need to be carefully and economically used, protected and multiplied. All this is connected with the need for their quantitative and qualitative assessment, determination of suitability and alternative use in one or another branch of the national economy [11]. Evaluation of recreational resources can be differentiated and integral. A differentiated assessment is given to each individual resource, its property or features within a region or country as a whole. An integral assessment is given to a certain area of the territory, which is characterized by homogeneity and a set of individual types of resources. There are three main assessments of natural resources in science: biomedical, psychological, technological [2, 4, 8, 12, 13].

The psychological assessment takes into account the aesthetic qualities of the territory - exoticism and uniqueness. The exoticism of the territory is defined as the degree of contrast between the place of rest in relation to the permanent place

of residence, and the uniqueness - as the degree of occurrence or uniqueness of objects and phenomena. Technological assessment reflects the interaction of a man and the natural environment through the «technology» of recreational activities and technology. An economic assessment of natural recreational resources is necessary for the economic justification of investments in the reproduction, protection and improvement of the use of recreational resources. Qualitative indicators take into account the attractiveness of the tourist site, landscape, comfort level, so on. Voskolovich argues that the study of tourism services marketing aims to form the knowledge and competencies of specialists in the main areas [14]. A particular difficulty in evaluating recreational resources lies in the fact that they must be considered both from the position of recreation organizers and from the position of vacationers.

Water resources are the national wealth of Ukraine, which needs rational use and protection. All water bodies represent a single fund, which includes rivers, lakes, reservoirs, canals and ponds, as well as groundwater [15, 16, 17, 18]. Among other recreational areas, the Kharkiv region can be distinguished [14, 19, 20, 21, 22]. In the complex of recreational resources, a special place is occupied by historical and cultural resources, which are the legacy of past eras of social development [8, 22].

Discussion

Balneology is gaining importance: search and research of resort resources; study of the needs of the population in sanatorium treatment; development of scientific foundations for resort construction and improvement; sanitary protection of resorts [9, 12, 23, 24]. It is recommended to use climatic factors that affect the human condition: air temperature, atmospheric pressure, air humidity, wind, equivalent effective temperature [12, 25]. Resorts are used for therapeutic measures and for health-improving rest for practically healthy people.

Thus, the relationship between society and nature developed in proportion to the accumulation of knowledge. Natural recreational resources are an indispensable condition and material base for the development of recreational nature management. The degree of satisfaction of recreational needs depends on the quality of the environment in a particular region.

At present, the recreational potential of Ukraine is assessed according to the following indicators of

resources [1, 3, 4, 13, 26, 27]: historical and cultural, landscape, medicinal and mineral and health. According to the nature of the health-improving effect, resorts can be divided into recreational-prophylactic, rehabilitation and therapeutic. One of the priority areas of Ukraine in the field of recreation is the Transcarpathian region. The analysis of these areas of recreation is presented in some studies [7, 11, 28, 29]. The main components of the resource potential of this region are: natural (natural-geographical); historical (historical and cultural); sacral-cult and ethno-cultural; socio-economic [9].

Natural geographic resources are a set of natural objects and phenomena that can be used for recreation, treatment and tourism. The main components of recreational zones are: landscape-territorial; natural-aquatorial. It should be noted that the flora and fauna of the studied recreational area are also important. Historical and cultural resources are a set of anthropogenic objects and phenomena that have historical and cultural value. These resources can be used for recreation, treatment and tourism. The main components of recreational zones are [7, 30]: monumental-architectural and architectural-urban planning. As we can see, the historical and cultural potential of the study area is determined by the totality of combinations of the above components.

Conclusions

One of the foundations of active and passive recreation are recreational resources. These include the following components: geographical location, relief, forests, mineral waters, climate, burial mounds, water spaces, vegetation, wildlife, historical and cultural monuments, and others.

Recreational resources are a set of natural and artificial objects and phenomena that can be used for active and passive recreation, tourism and treatment.

The main balneological resources of the regions are the sources of mineral waters. The surface waters of rivers, lakes, and artificial reservoirs are also of great importance. But they all create the unique beauty of coastal landscapes. Therefore, it is necessary to focus on resource centers of the sanatorium and medical type and historical and cultural resources.

The idea of natural-historical-ethnographic recreation should form the basis for the development of regions.

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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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Methods of studying the cardiovascular system in students of a sports university in the process of recreational rest

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Abstract

Background and Study Aim The aim of the study is to develop a methodology for examining the cardiovascular system in students with different levels of physical activity.

Material and Methods Students of the Academy of Physical Culture (Kharkiv, Ukraine) took part in the study: 3-4 year full-time and part-time students. A scheme for examining the cardiovascular system in this category of students has been drawn up. A survey was conducted during practical exercises on physical recreation during the years 2006 – 2011. The research methods were taken as the basis: circulatory organs; patients with diseases of the cardiovascular system; circulatory systems.

Results The definitions of recreation are considered. Its types and functions are shown. Directions for assessing the level of the functional state of the cardiovascular system in students with a high level of physical activity are given. A plan-scheme for studying this system has been drawn up. The peculiarity of the system is to take into account the specifics of the future profession. Assessment of the functional state of the student's cardiovascular system is carried out in a complex manner.

Conclusions It is necessary to take into account the anamnesis of the entire life of the student. It is necessary to apply sports, clinical, instrumental, laboratory, biochemical research methods. The results of functional trials and tests should be taken into account. Functional tests and tests should reflect the response of the cardiovascular system to the physical load and determine the overall physical performance

Keywords: student, functional state, research methods, functional test, test.

Introduction

Recreation is an active and a passive recreation outside of industrial, scientific and other activities. Recreation is aimed at the formation, restoration, strengthening and preservation of human health. An important element of recreation is to obtain satisfaction and pleasure. Passive and active rest can be short-term (with a return for the night to the places of permanent residence) and long-term (with an overnight stay outside the place of permanent residence). This holiday provides for three main functions: biomedical, socio-cultural and economic. Active recreation of a person involves the use of physical culture and its forms and methods of training.

The study of the cardiovascular system is one of the central places in sports medicine [1]. This is due to the fact that the functional state of the circulatory apparatus plays an important role in the body's adaptability to physical stress. It is also one of the main indicators of the functional state of the athlete's body. It is known that the heart of an athlete functions more productively than the heart

of an untrained person [1]. This is evidenced by the studies of scientists, teachers and doctors [2, 3, 4, 5, 6]. Also confirmed by our data [7, 8, 9, 10].

There are many studies of the functional state of the cardiovascular system in student athletes. In this context, the methodological approach in the process of studying this system is especially important. But there are very few such studies, and this problem needs to be studied and improved [4, 11].

Therefore, the purpose of the study: to develop a methodology for examining the cardiovascular system in students with different levels of physical activity.

Materials and methods

Participants

Students of the Academy of Physical Culture (Kharkiv, Ukraine): 3-4 course full-time and part-time departments.

Study design

A scheme for examining the cardiovascular system in this category of students has been drawn up.

A survey was conducted during practical classes

on physical recreation during 2006 - 2011. The research methods were taken as the basis: the circulatory organs by Shkliar [12]; patients with diseases of the cardiovascular system by Shelogurov [13]; circulatory system by Vasilenko [14] and others [15, 16]. We also used our own many years of practical experience in the clinic and sports [17, 18, 19]. Modern research methods in sports were taken into account [20, 21, 22, 23, 24]. When examining students, they followed the research methods used in medical practice. Our many years of practical experience in sports was also taken into account.

Results

Students with various kinds of cardiac disorders may not complain of the disease for a long time [14]. They can also remain able-bodied due to the action of a number of regulatory mechanisms. These mechanisms determine the state of compensation.

During a general examination of a sick student, a number of very important diagnostic data are obtained. This examination allows you to: detect the heart hump; determine the properties of the heart impulse; to identify various kinds of pulsations.

A general examination of a student-athlete may provide an opportunity to identify a number of signs that are important for assessing his condition and diagnosis. Inspection should begin with: the position that he occupies; determination of the color of the skin and mucous membranes; detection of edema; examination of the heart, peripheral vessels and limbs.

Also, a student-athlete undergoes functional tests and tests. Unfortunately, they are not studied in medical universities and are almost never used in medical practice. In the universities of physical culture in the discipline "Sports Medicine" special attention is paid to functional tests and tests [8, 9, 11, 15, 16, 25]. Functional trials and tests are often used by coaches in their sports practice.

In the process of conducting practical classes, an important point is: the development of thinking among students; independent observation-research; analysis of the results and preparation of the study protocol. Students check and refine the sample methodology, analyze its information content. An independently completed task is also important because it allows you to determine the level of student preparation. This approach contributes to the education of the student's sense of personal responsibility, introduces him to the educational and research work.

Discussion

One of the important problems of sports medicine is to determine the functional state of the body of a student-athlete. For this, clinical and additional research methods are used. They are performed at

rest, during physical exertion, after exposure and at different stages of recovery.

Such approaches make it possible to determine the readiness of an athlete to achieve high sports results [25]. When conducting functional tests and tests, physical activity is most often used. As physical activity, running, jumping, squatting, step-test, running, cycling and others are recommended. Along with physical loads, loads of a different nature were used. Among them, there are four groups: Physical activity; Respiratory stress; Pharmacological loads; Alimentary or food loads. The accuracy of the results of functional trials and tests depends largely on various conditions, circumstances and situations. Therefore, they must meet certain standard requirements. Tests must be stable, objective and valid (informative). For practice, tests are also used that have a rating scale or standards. When performing the test, one should adhere to the accuracy of the implementation of the research methodology.

In medical practice, it is customary to examine and examine a person from the respiratory system. Then an examination of the cardiovascular system is carried out. Then the rest of the body systems are examined [12, 13, 14]. However, in sports practice, we have broken this routine and start with the study of the cardiovascular system. We proceeded from the fact that two indicators are important in sports practice: heart rate and blood pressure. In addition, they are also easy to identify in any situation. In accordance with this approach, a survey scheme is drawn up.

Conclusions

The plan-scheme for studying the functional state of the cardiovascular system in student athletes makes it possible to determine the state of their health and fitness. The plan-scheme used in medical practice should be taken as a basis. At the same time, it is necessary to take into account the specifics of the educational process: study; educational and training sessions; participation in sports competitions.

To determine the functional state of the cardiovascular system, the student must know and master (if possible) research methods. Also evaluate the results obtained in the complex:

- clinical (questioning, examination, palpation, percussion, auscultation) and anthropometric indicators;
- instrumental (according to the records of physicians specialists in functional studies);
- clinical-laboratory and biochemical (according to the records of a doctor or biochemist);
- functional trials and tests.

When choosing methods for assessing the functional state of the cardiovascular system, one should proceed from the following: a functional

test or test should evaluate the response of the cardiovascular system to physical activity and overall physical performance.

To clarify the functional state of the cardiovascular system, you can use pedagogical and psychological tests or tests of a different orientation.

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