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**ІННОВАЦІЙНІ ТЕХНОЛОГІЇ В СИСТЕМІ
ПІДВИЩЕННЯ КВАЛІФІКАЦІЇ ФАХІВЦІВ
ФІЗИЧНОГО ВИХОВАННЯ І СПОРТУ**

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THE PROFESSIONALLY APPLIED PHYSICAL TRAINING (PAPT) FOR THE STUDENTS OF A SEDENTARY LIFESTYLE

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Introduction. The knowledge workers such as translators, coaches, teachers, economists, lawyers and others often suffer from different diseases, caused by sedentary lifestyle. This article brings up the issue of specialists, whose occupation is rather important for our society nowadays, at the time of globalization and growing of role of foreign languages.

Aim of research: to consider the importance of professional applied physical education of students, who study at the "Translation" speciality.

Discussion. The occupations such as an occupation of translator or teacher require to stay in the same position for a long time. For example, during the working on a translation or making up lectures, people often do not pay a proper attention to how they sit, how long they stay in the same position and what they eat. Thus, the sedentary lifestyle became a norm.

Hypodynamia, osteochondrosis, cardiovascular disease, visual deterioration, minimizing muscle activity are the most common diseases, which come along such lifestyle [2]. There is a scientific-based fact, that in case of sitting more than six hours per day, the risk of death increases by 40 percent. Thus, to increase this risk, every person should make up his individual training plan of professionally applied physical trainings.

The Professionally applied physical training (PAPT) is a specifically defined set of physical activities and exercises for preparing the worker for a particular occupation. The PAPT should be individually made for each profession, and it should be already formed during the studying at the University. The exercises for translators, according to PAPT system, should be both systematic and flexible. Aerobic activities three times per week should be

included. It is necessary to set aside an hour or an hour and a half for doing exercises. In the meantime, there is no getting away from working out some specific muscle groups every training, making up a system of exercises and varying the set exercises. For example, Monday should be devoted to chest muscles and arm muscles, Wednesday – to legs and nates, Friday – to cardio activity. Physical activity should take place every other day, in order to allow the muscles to be back on full form. In addition to physical exercises, students-interpreters have to perform exercises for relaxing of eyes. The duration of a particular exercise should last 10-15 minutes, three times per day. It can prevent the visual deterioration and eyes stomatitis.

To enhance mental activity it is advised to include into a diet more products, that contain much vitamins, in particular, these are plant products such as fruits and vegetables, the most effective of them are green ones, and it is necessary to drink enough amount of water, to take a daily walk in the fresh air. For improving memory it is necessary to perform special exercises. For example, to count the steps at the entrance hall, try to remember the license plate numbers or mobile phone numbers and recall them after two hours, to be always focused on what you do, to visualize, to associate new information to the old one.

Conclusions. So, professionally applied physical training of future translators focused primarily on maintaining both physical and mental health of the student, healthy way of life, mastering of specific theoretical and practical knowledge and skills. Accordingly, each person should follow individual PAPT, oriented to the demands of the profession and lifestyle.

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