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

ТЕЗИ ДОПОВІДЕЙ
II МІЖНАРОДНОЇ НАУКОВО-МЕТОДИЧНОЇ КОНФЕРЕНЦІЇ
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BE STRONG, SMART, HAVE BEAUTIFUL AND DEVELOPED BODY AND GOOD COORDINATION

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Physical culture is an essential part of our life. The young people need to be taught how to develop their physical powers, how to preserve these powers in the best condition, and how to make them useful in the practical duties of life. Many think that these things are no part of school work or even university's work; but this is a mistake. The lessons necessary to fit one for practical usefulness should be taught to every child in the home and to every student in the schools, universities.

Without physical training we can't be exactly healthy, and can't doing our work with good mood, and without any diseases.

Of the young people who do not want to be strong, smart, have nice, developed body and good coordination.

Good physical state – the key to successful learning and productive work. Physically trained person on the shoulder any work. But not all people bestow these qualities nature. However, they can purchase, if friends with physical training and join it with childhood. Physical culture - an integral part of the general culture. It not only strengthens health, but also gets rid of some congenital and acquired diseases. Physical activity – this means systematically perform physical exercises, to respect the life hygiene, to temper the body, skillfully using the sun, air and water. Physical culture is needed for people, physical and mental labor. But it is especially necessary for children and tanagers, because at their age lays the groundwork physical development and health [2].

What we can do to be healthy?

At first, we need to systemize our day, have a mode of day. It is very important for us, if we want to live more, and as longer as we can be in good form.

In the day should be all exactly distributed: the duration of the training employment at home, walks, regular meals, sleep, work and striping rest. This is no accident claim. When a person is in compliance with the right mode, it produced conditioned reflexes and each previous activity becomes a signal followed. This helps the body quickly and easily switch from one state to another. Like this, for example, if the person goes to bed at the same time, it will falls asleep and sleeps a deep, restful sleep; regular meals, as has been said causing a certain time an appetite. It is very important how you can spend more time in the air, walk, play outdoor games, skiing, and hiking trips to make. After a long stay indoors, especially in the class where the physical properties and the chemical composition of the air, even when good ventilation change with each hour in an unfavorable direction, causes anoxia. And when the air rich in oxygen, contains no harmful impurities, it has beneficial effects on organisms: improves the blood, increased exchange substances, there is a good appetite.

During the weekend and vacation time must be as much as possible walk. Equally important is sleep. Sleep duration decreases with age: 7–8 years old, it is H 11,5 hours; 9–10 years – 10,5–10 hours; 11–12 years – 10 hours; 13–15 years – 9.5 hours; 16–18 years – 8,5 hours. Complete rest during sleep comes to roofing in if sleep is deep enough. To sleep well, you have to go to bed the same time. Before going to bed avoid noisy games [1].

So, being healthy - the natural desire of every human being. Health - is not only biological but also social. Good health - this joyful perception of life, high capacity for work.

Literature:

1. Amosov N. My system of health / N. Amosov. – Kyiv : Health, 1997. – 56 p.
2. Physical Culture and health – [Electronic resource] : <http://masaz2.ucoz.ru/index/0-14>