

Міністерство освіти і науки України
Управління молоді та спорту Сумської обласної державної адміністрації
Національний університет фізичного виховання і спорту України
Сумський державний університет
Тираспольський державний університет імені Т. Г. Шевченка (Молдова)



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

ТЕЗИ ДОПОВІДЕЙ
II МІЖНАРОДНОЇ НАУКОВО-МЕТОДИЧНОЇ КОНФЕРЕНЦІЇ
(Україна, Суми, 16–17 квітня 2015 року)

Суми
Сумський державний університет
2015

PHYSICAL EDUCATION, AS A SOCIAL PHENOMENON IN HUMAN LIFE

Levkovets O. G. teacher
Sumy State University
kfv@sport.sumdu.edu.ua

Physical education - the kind of culture of the society and people. This activity and its results from the formation of physical readiness for life; on the one hand, the specific process, on the other - the result of human activity, and the means and manner of physical perfection people. In relation to culture a person acts in three ways: it develops its (consumption) is the carrier of culture and creating new cultural values. The development of "consumption" physical culture manifested in the results of this activity – in mastering knowledge of physical properties and motor abilities, "owner" of which he is [1, 3].

Physical education, solving the problem of human physical abilities play an important part of the culture of society as a whole. On the one hand, the spiritual culture of the society it receives and processes the ideological and theoretical scientific and philosophical information. On the other – she enriches culture, science, art, literature values in the form of special theory of scientific knowledge, methods of physical and sports training.

Activities in the field of physical culture and has tangible Duck and spiritual values. Tangible assets are the results of physical training of its impact on the biological side of man – physical qualities mobility. By the wealth of physical training also includes sports facilities, sports facilities schools, sports and medical facilities, educational institutions that train specialists of physical culture and sports, research institutes [2, 4].

By the spiritual values of physical training include works of art dedicated to physical culture and sports - painting, sculpture, music, movies, management system of physical activity in the country; the science of physical education. Overall spiritual values embodied in the results of scientific, theoretical, methodological activities.

Therefore, physical culture – is a complex social phenomenon that is not limited only solution to problems of physical development, and performs other functions in the field of social policy, morals, ethics and aesthetics.

Physical training stimulates the development of spiritual and material, as it creates social needs and encourages the search for discoveries in science, new techniques, new technical means. It increases the public's demand for construction material and technical facilities, leads to the creation of appliances, construction and improvement of equipment and machinery. It thus contributes to the creation of new material and spiritual values[1].

Physical education enriches society culture unique information on human exposure to limiting physical and mental stress (in sport, space), features adapt to them, biological reserves of the body. This information may be used and is used in related sciences - physiology, biochemistry, and so on.

In social life, education, education in the field of work, life, and wholesome recreational physical activity shows its educational, educational, health, economic and general functions, contributes to social trends such as gymnastic movement that synergy people use , expansion and enhancement of values of physical culture.

References:

1. Dembo A.G. Vrachebny control in sporte. M .: Medicine, 1988.-288 p.
2. Psychological and pedagogical problems of improving the educational process. / I. Popescu, A. Mahlovanyy, I. Besklubenko, I. Fostyak. – Lviv, 1998. – 59 p.
3. The efficiency of students: assessment, correction, control / Mahlovanyy A. V., Safronov G. B., Halaytatyy G. D., Belova L. A. – Lviv, 1997, – 126 p.
4. Rudnychenko N. M. Fitness value of motor activity students and schools / Actual problems of physical education students and pupils. – Lviv, 2001. – P.56–58.