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

ТЕЗИ ДОПОВІДЕЙ  
IV МІЖНАРОДНОЇ НАУКОВО-МЕТОДИЧНОЇ КОНФЕРЕНЦІЇ  
(Україна, Суми, 13–14 квітня 2017 року)

Суми  
Сумський державний університет  
2017

## BUILDING A HEALTHY LIFESTYLE OF STUDENTS

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**Introduction:** «Students – are the future of the country», - this phrase says, that students are a part of the population that gains higher education, which gives them an opportunity to take part in economical, political and social life of the country. So it's important to make young people healthy, because after graduation they will become a basis of society, of which the development of the country will be dependent.

**Presentation of the research material:** According to the World Health Organization, health – is a state of the full physical, mental and social welfare, but not only an absence of the diseases and physical pathologies. Theoretically there are following parts of the health: physical, spiritual, social and mental. In practice we can say, that all there 4 factors are making a complex, dynamic, integrative system, and connect between each other and the environment, which is a phenomena of the health.

If we talk about the health, we can say, that it's dependent from many factors, and, contrary to popular belief, from the level of medical services the less. Experts says, that only 10% is dependent from the state of the health system and level of the medical services, 20% is connected with heredity and ecology, about 50% – the lifestyle. So we can say, that under unfavorable health conditions (low level of the health services, predisposition to certain diseases and the devastating impact of the environment), at least a half of the health is dependent from the human and his actions.

Health lifestyle – is a complex of weights, measures and restrictions, which people use in all human's areas, and is directed to save and strengthening the health and targeted to prevention of the diseases.

The most important parts of the health lifestyle are:

– Nutrition. Food should be fresh and qualitative. Also it's important to know about portions, because eating a lot of sugars

(especially fast) can cause diabetes and adiposity; low density lipoprotein – atherosclerosis, which can cause stroke, angina pectoris and heart attack. It's important to eat enough fruits and vegetables, which are not only the source of the vitamins, but also are a source of the fiber, which normalize the process of digestion, affecting the intestinal peristalsis.

– Way of life – it's not only the quality of the house and conditions of the leisure, but also a feeling of physical and mental security.

– Working and training conditions. A great part of the life, students are in educational institutions, so it's important to make conditions safe not only to physical, but also to mental health. A presence of the stimuli and conditions for professional growth would be positive to the health.

– Motion activity helps to keep the body in good shape, during physical activity blood circulation increases (even in microvasculature) frequency and depth of the breathing increase, so tissues gain more oxygen.

– The refusal of bad habits. As they can be a reason of the development of some diseases: alcohol – hepatitis, cirrhosis of the liver; smoking – diseases of the cardiovascular system, oncological diseases of the breathing system; drugs – furthermore they have a bad influence on the nervous system and the whole body, they can be a factor of the transmission of the AIDS, hepatitis B and C and other (injectional).

**Conclusions:** The formation of the healthy lifestyle of the young people should be an important part of the social politics of the country, because it's hard or impossible to return lost health. It's important to propagandize healthy lifestyle in schools, colleges, universities and other educational institutions, because habits and skills, which are gained in childhood and youth, lasts for the whole life and it's hard to change them in the adult age. It's important to motivate young people to form healthy lifestyle, because young people are the healthy and successful future of the country. It is important to motivate young people to form healthy lifestyle, as healthy young people – healthy and successful future of the country.