

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

## ON THE CONCEPT AND ESSENCE HEALTH

Semenchuk O. V., student,  
Vozniy A. P., candidate philosophy sciences, associate professor  
*Medical Institute of  
Sumy State University  
kfv@sport.sumdu.edu.ua*

«Our ideal - not castrated, deprived of physicality, abstract being,  
our ideal - a one-piece, full, comprehensive, complete and  
intelligent person. »  
Ludwig Feuerbach

Do not always get the exact definition of logic, but intuitively understood in its essential qualities of the concept of "health", in our opinion, there is a certain state of the living forces of human corporeality in which carried the full realization of natural, biological, psychological, social and spiritual functions of man and society generally at their optimum activity and disability.

In the absolute sense of health does not exist. It is characteristic of the human being both quantitatively and qualitatively, and therefore measurable and not measurable, and therefore susceptible to various theoretical interpretations. It can also be thought of as a category of transcendental, that is, as over category equal over category truth, goodness and beauty.

Even in ancient times eminent thinkers have pointed to the role of health in social conditions - lifestyle, hygienic regime, healthy diet. Hippocrates said: "What is the work of man, his habits, living conditions, so is his health." He formulated the basic rules of healthy living: "Moderation in eating and sexuality, daily exercise, daily mental stress, abstinence from alcohol and substance anesthetized, funny dancing daily." In his life, he strictly followed these principles [2, p. 30–31].

Avicenna in his writings as well focused on the need for a scientific study of the "regime of healthy people". Moral purity and life honestly considered essential attributes of a healthy

lifestyle [1, p. 33–35]. Thus the concept of health since ancient times rose physicians and philosophers as the main condition for the free activity of man, his physical and spiritual perfection.

Analyzing all the above, we can conclude that the life force of the body is a function of time. The stability of these forces is always discrete and subject to a natural destruction from the external environment: the natural and social. Human health and society in general is always relative and depends on the dynamics of the interaction of internal and external environment.

### **References:**

1. Boltaev M. N. Abu Ali ibn Sina (Avicenna) - a great thinker, scientist encyclopedic medieval East. – M. : Sampo, 2002. – 400 s.
2. Hippocrates / Aphorisms. – M. : Eksmo, 2008. – 400c.