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

ТЕЗИ ДОПОВІДЕЙ
ІІІ МІЖНАРОДНОЇ НАУКОВО-МЕТОДИЧНОЇ КОНФЕРЕНЦІЇ
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STUDENTS' PHYSICAL TRAINING AT HIGHER- EDUCATION INSTITUTIONS

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Physical training is an integral part of modern culture, a heritage of the whole people. It is not only a powerful means for physical and health improvement, but also a way to foster social, labor, and creative activity of citizens. Apart from exercises, sports, gymnastics, games and tourism, physical training comprises public and personal hygiene of labor, everyday life, natural-force use for cold resistance; a reasonable mode of work, rest and nutrition as well. Physical training and sports practiced regularly provide constant youth being independent of real passport age, optimistic aging without diseases, longevity and, finally, health.

Today among urgent issues one can vividly discern the problem of improving students' health which is mainly measured by physical development that gradually decreases because of unreasonable time arranging for study and rest and because of sedentary life .

Students' physical training at higher-education institutions is an integral component of education. The issue of students' training and their physical improvement are the most urgent since student age has quite favorable optimal resources and abilities to adopt training loads. The constant improvement of students' physical features leads irrevocably to enhanced demands for physical training. Within the branch of physical training one permanently searches for and develops corresponding means and methods of effective motion influence on human body.

While students attend the physical–training course at a higher-education institution, one foresees the following tasks to be completed:

- to foster students' moral, volitional and physical features on a high level as well as to foster their readiness to highly productive labor;

- to keep and fix students' health, to promote regular forming and comprehensive development of human body, to keep high ability to work during the whole term of study;
- to provide students with comprehensive physical training;
- to provide students with necessary theoretical knowledge, methods of organizing physical and sports training, to prepare students for work as public instructors, trainers and referees;
- to improve sports skills of students who often participate in sports competitions.

The study process is arranged depending on students' health state, readiness and sports qualification.

Mass health-improving, physical-training and sports events are aimed at broad engagement of students into regular practicing physical exercises and sports, into fixing health and into improving physical and sports readiness of students. They are organized at out-class time, on days off and holidays, in health-improving and sports camps, during study practice and camp meetings, in students' building units. These events are held by the sports club of the higher education institution including a broad students' initiative under methodical supervision of the physical-training department and under an active participation of the university trade union [1].

Thus, students' physical training and study consist of theoretical, practical and test periods that are defined according to the studying concept and methodology used in the given higher-education institution.

Література:

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