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

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MOTORIAL ABILITY AND SOMATIC COMPONENTS RELATING TO HEALTH BEHAVIOUR IN FEMALES STARTING EDUCATION AT UNIVERSITY

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Aethiology of morbidity has its major source in personal risk factors of which a significant part is associated with the life style. Deficiency of physical exercise considerably promotes the disease of circulatory, respiratory and loco-motory systems. They are referred to modern-civilization-generated diseases. Capable of either maintaining and advancing or degrading health are health-related components.

Childhood and youth significantly determine the adult life style. Frequent occurrence of the risky health-related behaviour in young people such as lack of adequate physical exercise, preference for a sedentary mode of living, stress, inappropriate diet, uncontrolled use of stimulants rise concern for the state of health of future generations. The appreciation of health as a value can be considered as part of health related compartments.

Understanding of the health-related compartments of children and youth should become a foreground task for the community health care. This understanding ought to constitute the basis for intervening actions targeting the areas of education, prophylaxis and promotion of the health concepts.

The aim of this study was to explore the differences between the levels of motorial efficiency, somatic components and health-related compartments of the young females graduating from various types of upper secondary schools. An attempt to determine the levels of motorial capabilities and the factors motivating health – oriented behaviour in the investigated girls was also made.

The study included 481 girls of the mean age 18 years and 10 months in the cities of Myslowice and Katowice. There were three following parts of the study: defining girls' tissue components using the "Tanita" scale, performing the physical fitness test "Euro-fit" and diagnosing girls' health compartments with the use of a questionnaire.

The results corroborated the hypothesis that depending on the type of school the differences existed in the particular health compartments, motorial fitness and somatic features. The compartments appeared to depend on the levels of motorial fitness and on some somatic components. They also depend on the acquired motorial skills and the appreciation of the health values.

In the view of dangers fostered by the contemporary world, the issue of the development of pedagogic of physical and health culture becomes of particular meaning. Incorporated into upbringing, the concepts of healthy lifestyle together with physical fitness are considered to be the optimal educational and economic investments into the campaign against the threats carried together with civilization. The concept of health as being a significant individual and social value ought to be cooperatively promoted by family, school and all social institutions. Health and sport have the potential to become priority issues in the twenty first century education.