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**PHYSICALCULTUREINMODERNCONDITIONS**

Life is changing so rapidly, that sometimes society fails to keep pace of the rush times. Changes are taking place in science and technology and it the social environment itself. In such a situation, it is important for the eternal human values, like spiritual and physical health, following man all his routine life long, to be inviolable. Such life phenomena as physical culture and sport are moving into first places in formation of the next generation.  Generated and used by society for physical and intellectual development of human abilities, to improve his motor activity and form healthy way of life, social adaptation via physical development. Education, from kindergarten to university, takes a special place in the system of citizen’s formation, where a member of society, the national future, is being formed. The modern educational process must reflect all the events and phenomena-taking place in the country.

Physical culture is one aspect of the general culture of society. It is a sphere of social activity intended to strengthen personal health, develop one’s physical capabilities, and apply the population’s physical skills to the service of society. The basic indicators of the level of physical culture in a society are the population’s health and physical development and the role of physical culture in upbringing and education, production, everyday life, and the structure of free time. Other important indicators are the quality of physical education, the organization of amateur sports, and the winning of major athletic competitions.

The major forms of physical culture are physical exercise, series of physical exercises and exercise competitions, hardening of the body, occupational and everyday hygiene.Sports, a component of physical culture, are important in physical education.

 In 1976, more than 30 sports newspapers and magazines were published.

Physical recreation activities of a Physical Culture teacher involve implementation of physical recreation, sports, health saving, recreational and rehabilitation methods into the educational process, which contribute to strengthening, repairing and developing of school students’ health, increase of the level of physical fitness and are focused on the formation of physical recreation environment. The following components of training have been determined:

- motivational, content, technological, reflexive.

- physical recreation criteria (axiological, cognitive, organizational and activity, assessment and monitoring, physical and behavioral).

- levels of maturity (high, sufficient, basic, primary).

The training process involves the following pedagogical conditions:

- formation of motivation to perform physical recreation activities.

- interdisciplinary bonds of physical recreational education and humanities, disciplines of social and economic sphere.

- implementation of interactive teaching methods into the educational process.

- involving students in physical recreation activities.

The developed model of preparing future Physical Education teachers for physical recreation activities provided gradual implementation of the above mentioned pedagogical conditions. At the cognitive-formative stage students acquired knowledge about modern teaching methods and techniques concerning education of movements culture, health culture, personal and group hygiene, about the main concepts of physical culture and sports. At the reproductive and activity stage, students mastered applied skills of physical recreation activities. The creative professional stage involved creative development of project, plans, sets of physical exercises, physical recreation teaching technologies.

On modern stage of technical progress, high rates of industrial production, market economy and great competition on labor market future specialists should have high level of physical conditions, sound health and high workability. Workability of future specialist, both physical and mental, is determined by his resistance to different kinds of tiredness and is characterized by duration of work’s fulfillment with good quality. However, researches of recent years show that physical conditions, psychic stability and health of modern youth are sharply worsening from year to year [4, 5]. Besides, interest and motivational aspects for systemic physical culture trainings and sports at higher educational establishments, for healthy life style, are also reducing. Such modern youth’s negative attitude to physical culture can be changed with the help of new sport-oriented technologies at higher educational establishments (HEE) of Ukraine. Sport-oriented technologies, as special branch of physical culture, are directed at strengthening of health, progress in study, durable creative activity and life activity of modern students. They facilitate growth and perfection of comprehensive and harmonious development and using of acquired motion skills in future labor, domestic and social activity [2, 3]. The purpose of the research is to theoretically ground and experimentally test effectiveness of students’ physical education on the base of sport-oriented technologies.

Results of the researches recent years demand in highly qualified specialists has been growing. With it, requirements to physical conditions, health, mental workability, psycho-emotional stability, general endurance, which are necessary in professional activity of future specialist, are also increasing [1]. With it, the foundation of physical condition, health, mental workability, shall be developed exactly in students’ period of life, when conscious reconstruction of all consciousness take place. And the most effectively, these directions can be developed at physical culture trainings with the help of sport-oriented technologies [1, 4]. Sport-oriented technologies are one of means of personality’s comprehensive formation, directed on health improvement and increasing of future specialists’ physical conditions.

Sport-oriented technologies facilitate formation of students’ feeling of collectivism; persistence, decisiveness, purposefulness, control over emotions, development of physical conditions. Sport-oriented technologies are one of the most effective educational means.

Preparation of healthy, physically conditioned, educated and intellectually developed future specialists for professional activity is the task of first priority of students’ physical education system in HEE:

- analysis of pedagogical literature of domestic and foreign researchers points at positive role of physical education on the base of SOT in health improvement, development of physical conditions of future specialist, increasing of student’s interest and motivation values for systemic physical culture and sports practicing, for healthy life style.

- theoretical study and mathematical processing of test results show at effectiveness of students’ physical education on the base of SOT in development of physical conditions, skills and abilities, which would be required in his future labor activity.

Also urgent task in improving condition of health and physical preparedness of children is some modernization of physical education and sport in schools, which should be done in the following aspects:

- improvement of material and technical basis of classes of physical training.

- planning and implementation of the system work on physical education of pupils: the cultivation of healthy living style, functioning of free school sports sections of modern sports (shaping, athleticism, fitness, cheerleading, bodybuilding, etc.).

- sports competitions, meetings with famous Ukrainian athletes, attendance of sports events.

- updating the content and methods of physical culture classes at school through improvements in high school training of sports specialists and educational activities.

- formation of an effective system of increasing qualifications for trainers and teachers in the sphere of physical education and sport.

- implementation in practice, advanced techniques of physical education (on the basis of dissertation researches) within the permanent seminars for school teachers.

- realization of the idea of a healthy lifestyle and popularization of physical education and sports through meetings with parents within the event "family lectures" (that is inviting children, their parents and their families). The process of forming healthy lifestyle skills for pupils can be submitted for the following blocks: his concept of healthy lifestyle and integrity of its components, a system of appropriate skills, ways of implementation in practice, which are specified in a following way[1].

Healthy lifestyle – is everything (values, principles, tools, behavior and action), that a person uses to maintain and strengthen his health in educational or professional activity, everyday life and the rest. The main components of a healthy lifestyle are acknowledged as elements that are interconnected and are reflected in the spiritual, social, psychological and physical sphere, which in turn determines the integrity of its perception and understanding.

Using existing sport and technical basis of the place of residence of pupils for educational work, the possibility of self-study of pupils in physical education should not be ignored, which is necessary to create the necessary prerequisites. In this sense, it is advisable to use such innovative approaches that allow to draw the interest of pupils to physical education and to equip them with certain abilities and skills in physical education. For example, organize competitions or contests on a motion basis that can be implemented in the next version. Teams of pupils in sport uniform overcome certain stages, during which it is proposed to perform various physical activities (e.g., running, walking, swimming, elements of football, basketball, etc.).

Innovation means of developing skills of pupils as for healthy lifestyle are such kinds of extracurricular activities, which are based on the idea of a combination of physical education with historical reconstruction, and perhaps as a reflection of the Olympic movement, knightly tournaments, sports competitions of the past. In this case, pupils act as famous Olympians, athletes or characters and in their images specific events are played out (battles, campaigns, and competitions). This in turn requires the pupils to know the history, and specific kinds of sports that allow creation of a healthy lifestyle by combining physical to spiritual.

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