

PLANNING AND MANAGING OF SELF-STUDY OF STUDENTS-PHARMACISTS

Korolinska S.V., Nasralla H.

The National University Pharmacy, Kharkiv, Ukraine

hydrov.nas@gmail.com

Humanitarian significance of physical culture is to create sustainable motivation for a healthy lifestyle, developing students' needs for physical self-improvement. The contribution of physical education in higher education should be providing students with all aspects of knowledge about the scientific foundations of physical culture and healthy lifestyle, as well as in mastering the system of practical skills, ensuring the preservation and strengthening of health, mental wellbeing and improvement of its psycho-physical abilities and personal qualities.

Self-study, physical exercise, sports; tourism should be an obligatory component of a healthy lifestyle of students. Independent study students contribute to better assimilation of educational material, can increase the total time of exercise, accelerate the process of physical perfection, are one of the way to promote physical culture and sports in the life and leisure of students.

Self-study can be carried out in all conditions, at different times and include tasks carried out by the teacher or self-made program. This form of training each year is becoming more popular. Specific directions and organizational forms of self-study depend on gender, age and health status, level of physical and functional training involved. There are **three basic forms** of self-study: morning hygienic gymnastics, exercises during the study day, separate training sessions.

Students in the planning and conducting self-study should be remembered that during the preparation and passing tests and examinations intensity and amount of self-study should be somewhat reduced, giving them, in some cases the form of leisure. With planning separate training session's total training load, varying with the waves of mental stress on training sessions throughout the year, every year must have a tendency to increase. Manage self-study sessions is to determine the state of health, level of fitness, sports readiness involved at each time interval training and in accordance with the results of this determination to adjust various aspects of employment in order to achieve their maximum efficiency.

Objective assessment of the state of working gives the application of various tests.

The final accounting is carried out at the end of the period or at the end of the annual cycle of training sessions. This account involves compiling data of health and fitness, as well as data volume training work, expressed in the time taken to perform the exercises and the number of miles runs track and field, cross-country skiing and swimming varying intensity with the results shown in sports. On the basis of this comparison and analysis adjusted plans training sessions for the next annual cycle.