

SPORTS AND ACTIVE GAMES AS MEANS OF PHYSICAL EDUCATION IN UNIVERSITY FOR STUDENTS OF SPECIAL MEDICAL GROUP

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Introduction. Our society is constantly evolving, so we should improve to keep up with its pace. Modern society requires from employer to act independently, to make decisions, to adapt to different conditions of life. The future expert must have a good physical training. You can't underestimate physical activity even if you lead a healthy lifestyle and have no bad habits.

A common outcome of low muscular activity is increased risk of sickness and reduced capacity for body to adapt. Physical education in Universities should contribute to the harmonious development of personality.

Recently we can see more students, who have deviations in health. Medical examination of Ukrainian students showed not optimistic results - only 10 % belong to the category of healthy. The rest have some shortcomings in health. The reasons of this are bad ecology, bad habits, low level of interest to physical training, social-economic problems that provoke chronic stress. Adaptation of the students to the intellectual, physical and nervous activity has become an urgent problem.

According to the "Regulations on physical education of university students" all students have an annual medical examination. According to the results, the students distributed into three medical groups: primary, preparatory and special.

Tasks that are implemented in the SMG (Special Medical Group) include increasing functional capacity of organs and body systems, strengthening and correction of physical development, learning basic vital motor skills, increasing physical and intellectual capacity of students.

Aim. The aim of our work was the determination of specific methods on the classes with SMG of students and searching effective means of motivation for increasing their physical activity. One possible solution is to use such forms of sports activities which can induce interest and inspiration in students.

Material and methods. To solve this problem we have to use the following methods: theoretical study, analysis of scientific and methodological literature; methods of empirical research: questionnaire, interview, tests.

The research was attended by students of the experimental group engaged in SMG program. Many students prefer sports and active games, so as a means of physical education they were offered this particular kind of activity. Their general feature is that the key motive is not the result, but the process. The special value of

these games is the ability to simultaneously affect mental and motor scope of those involved.

Also sports and active games all time have a high emotional level and different situation that is constantly changed. Teachers have the opportunity to use those means and methods which let the most difficult exercises be performed through play and competition. That helps to take off monotony of classes, which otherwise make the process of physical education boring.

When organizing and conducting classes with sports we take into account the level of physical fitness of students and their health. Depending on this, we can use the following types of games: at rest (still), inactive (low level of physical activity) and active. Also note that games can be cyclic and acyclic, the last one should be combined with relaxation of muscles and breathing exercises.

Despite the health and rehabilitation orientation classes in special medical group, they shouldn't be limited to medical purposes only. Teachers should aspire to ensure that students of this group become quite diverse and special physical fitness improved their physical development and as a result were transferred to the preparatory group.

Results and discussion. Obtained through questionnaires, surveys and testing data show: if you choose the right sport and active games, that can have a positive effect on the cardiovascular, muscular, respiratory and other body's systems. Also increased are functional activity, dynamic engagement of the large and small muscles, mobility in joints.

Especially valuable is the sport game in the open air, because that increases the rush of oxygen, improves metabolism, creates the resistance to adverse weather factors. Depending on the intensity of play, oxygen consumption by body's tissues increases 8-10 times compared to the rest.

Also, the vast majority of students said that sports and active games enable them to restore and improve their liveliness.

Conclusion. With the implementation classes of sports and active games for the students in higher educational institutions, we can see a positive impact on the development of physical qualities, maintaining the functionality of the body and the emotional state of those involved. As a result, the students formed a positive attitude to physical training as general and during physical education at the university.

These classes comprehensively improve movement quality, reduced psychological status, develop tactical thinking, culture, communication and generally prepare for professional activity.