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PRIORITY AREAS OF DEVELOPMENT OF PHYSICAL EDUCATION AND SPORTS AMONG STUDENTS THE NATIONAL TECHNICAL UNIVERSITY OF UKRAINE IGOR SIKORSKY KYIV POLYTECHNIC INSTITUTE

This article examines priority areas for the development of physical education and sports among students. The paper identifies the main challenges and areas for improving the development of student sports at Ukrainian universities. At the current stage of university sports development, there is a trend toward the emergence of new challenges in the physical education of students at higher education institutions. These challenges focus on developing university students' physical fitness, cultivating and enhancing their interest in sports, fostering healthy lifestyle values, and regularly preventing deviant behavior among students. Researchers' interest in the issue of university sports is motivated by alarming statistics on the health of future professionals, the declining value of a healthy lifestyle among today's youth, and the emergence of government requirements to meet social demands for the training of physically fit and active students. The modern state's need for heaarehy, proactive, young professionals is one of the reasons why it is essential to actively support and develop student sports among young people at universities. The following priority areas must be identified: creating conditions at higher education institutions that will be aimed at maintaining and strengthening the physical and mental health of students; exploring new forms, methods, and means of organizing sports activities, including during school breaks, aimed at improving the health and physical fitness of students; creating conditions for the functioning of sports clubs and teams at primary, secondary, higher vocational, and continuing education institutions; conducting nationwide physical fitness reviews for citizens of pre-conscription and conscription age for military service; strengthening the material and technical base, providing educational institutions with equipment and qualified teaching staff.

Based on a study of domestic and international research, we can emphasize that "physical education and sports have a universal ability to comprehensively address the challenges of improving the mental and physical health of the population, raising and educating children, adolescents, and young adults, and fostering a healthy moral and psychological climate in society." Based on an analysis of the research, we can see that, unlike other forms of leisure, sports activities include intellectual, psycho-emotional, and physical components, while the latter acts as a powerful means of influencing the developing student's body.

Key words: *sports, students, student sports, student sports, student sports movement, higher education system, physical education, physical culture.*

Качалов Олександр. Пріоритетні напрямки розвитку фізичного виховання та спорту серед студентів Національного технічного університету України "Київського політехнічного інституту імені Ігоря Сікорського". *У цій статті розглядаються пріоритетні напрямки розвитку фізичного виховання та спорту серед студентів. У статті визначено основні проблеми та напрямки покращення розвитку студентського спорту в українських університетах. На сучасному етапі розвитку університетського спорту спостерігається тенденція до появи нових викликів у фізичному вихованні студентів вищих навчальних закладів. Ці виклики зосереджені на розвитку фізичної підготовки студентів університетів, культивуванні та підвищенні їхнього інтересу до спорту, формуванні цінностей здорового способу життя та регулярному запобіганні девіантній поведінці серед студентів. Інтерес дослідників до питання університетського спорту мотивований тривожною статистикою щодо здоров'я майбутніх фахівців, зниженням цінності здорового способу життя серед сучасної молоді та появою державних вимог щодо задоволення соціальних запитів на підготовку фізично підготовлених та активних студентів. Потреба*

сучасної держави у здорових, ініціативних, молодих фахівцях є однією з причин, чому вкрай важливо активно підтримувати та розвивати студентський спорт серед молоді в університетах. Необхідно визначити такі пріоритетні напрямки: створення у вищих навчальних закладах умов, які будуть спрямовані на збереження та зміцнення фізичного та психічного здоров'я студентів; дослідження нових форм, методів та засобів організації спортивної діяльності, у тому числі під час студентських канікул, спрямованої на покращення здоров'я та фізичної підготовки учнів; створення умов для функціонування спортивних клубів та команд у початкових, середніх, вищих професійних та безперервних навчальних закладах; проведення загальнонаціональних оглядів фізичної підготовки громадян допризовного та призовного віку на військову службу; зміцнення матеріально-технічної бази, забезпечення навчальних закладів обладнанням та кваліфікованими педагогічними кадрами.

На основі вивчення вітчизняних та міжнародних досліджень можна наголосити, що «фізичне виховання та спорт мають універсальну здатність комплексно вирішувати завдання покращення психічного та фізичного здоров'я населення, виховання та навчання дітей, підлітків та молоді, формування здорового морально-психологічного клімату в суспільстві». На основі аналізу досліджень можна побачити, що, на відміну від інших форм дозвілля, спортивна діяльність включає інтелектуальну, психоемоційну та фізичну складові, причому остання виступає потужним засобом впливу на організм студента, що розвивається.

Ключові слова: *спорт, студенти, студентський спорт, студентський спортивний рух, система вищої освіти, фізичне виховання, фізична культура.*

Formulation of the problem in general form. Physical education has a significant impact on the economy, and the economy, in turn, influences the development of this cultural sphere. This interaction is constantly deepening. Currently, it is especially important to assign physical education a salutary role in the context of the destruction of Ukrainian society due to the complex lifestyles that have developed during the war. These phenomena must be countered with values such as love for family, kindness, collectivism, fairness, responsibility, and respect for others and oneself.

Analysis of literary sources. According to researchers, motives that evoke a unique sense of satisfaction from the manifestation of muscular activity, and aesthetic enjoyment of beauty, precision, and dexterity play a significant role in attracting young people to sports activities at universities: Anikeenko L.V., Bilokon V.P. [1], Syrovatko Z.V. [2], Luskan O.Yu., Kuzmenko N.E. [3], Khoruzheva L.E., Yunak V.G., Dotsenko L.Z., Vyatchanina S.V., Mykhailoenko, V.M., Zhuravlev S.O. [4].

Review of previously unsolved parts of the overall problem. Mass physical education can foster these values, positively impacting health and human development through mindful physical activity. Furthermore, physical education promotes spiritual development by fostering a habit of athletic behavior, including preparing athletes mentally for achievement.

The purpose of the study. The main factor is the increased interest in social media, which can take up a significant portion of the day. People unknowingly waste energy on activities that, in most cases, do not lead to future success. Unlike the previous generation, which spent its free time outdoors, engaging in physical activity and games such as tag, hide-and-seek, and, in winter, skiing, skating, hockey, and more,
the current generation prefers the internet. This trend is affecting the development of young people, and therefore the country needs to take measures to increase interest in sports to avoid turning into a passive society of internet addicts. This also leads to decreased physical activity and the development of various health problems, such as flat feet, spinal curvature, digestive problems, and vision impairment [3; 15].

Presentation of the main research material. Physical education and sport contribute to improving the quality of life of citizens and are an effective investment in the development of human potential. Therefore, the state must pay attention to existing trends, create mechanisms for shaping public opinion about the benefits of sport, and promote physical education and health in kindergartens, schools, and universities. To achieve this goal, it is important to organize sports competitions, relay races, and competitions that foster bonds between children and the transfer of knowledge, experience, and skills. The strategy for the development of physical education and sport should be aimed at improving health and maintaining interest in sport among young people. This is becoming one of the key objectives of government regulation aimed at addressing the demographic, cultural, economic, and social challenges of society [1;4].

An analysis of young people at Ukrainian universities suggests that graduates not only represent a foundation and reserve for society but also constitute an integral part of the country's intellectual potential. Health is not only a key indicator of athletic development but also the primary driver of happiness. Regarding the current problems associated with the mental health of the average Ukrainian living in wartime and the key indicators affecting their well-being, we can highlight such issues as physical inactivity, inactivity, and poor nutrition. These characteristics primarily apply to people aged 18 to 22, primarily students. It is important to note that student life is a special stage preceding adulthood. An analysis of data on the development of people's interest in improving their health suggests that many students use various mechanisms, such as visiting healthcare facilities that provide assistance to citizens, to achieve this goal [3;6].

Monitoring the health of university students is essential to addressing this issue, given its impact on their physical and functional well-being. It is important to note that studying at university impacts students' subjective well-being and social health. More than half of young people report satisfactory social health, but from the first to the fourth year of study, the proportion of young people with good social health declines. Significant factors contributing to the deterioration of student health include smoking, alcohol consumption, and poor hygiene. Currently, protecting the interests of Ukrainian students in developing and maintaining their social health and ensuring their quality of life is particularly pressing [3;10].

In the 21st century, it is impossible to find a field of activity that is not related to physical education, as its components, such as the Olympic movement, mass sports, and elite sport, are recognized for their material and spiritual

values. Efforts are currently underway to ensure that the current generation understands the social significance of health, physical education, and sport, as they are an integral part of the overall culture of physical education in society.

The importance of regular physical activity in students' academic life is examined. It has a positive impact on academic performance and improves cognitive function, memory, attention, stress resistance, and symptoms of anxiety and depression. The relationship between physical activity and academic performance has been extensively studied by many scientists. Their research supports the idea that regular physical activity can have a positive impact on academic performance (improving cognitive function, attention, memory, and academic performance in students). Physical activity also has a positive impact on adolescents, reducing stress, improving mood, and reducing symptoms of anxiety and depression. It can also impact academic performance. Young people who devote considerable time to physical activity associate it with self-determination and satisfaction, and participation in sports, especially competitive sports, is popular and beneficial for developing social skills, self-improvement, and lifestyle, which helps form healthy habits and skills [1;3].

An analysis of the survey results shows that most students devote sufficient time to physical activity, preferably in the gym. Difficulties and barriers to physical activity, as well as the various ways in which sports influence students' lives, were also identified. Research has shown that regular physical activity has a positive impact on students' lives: 1. It helps improve physical fitness, endurance, and flexibility, as well as overall physical fitness. 2. It improves mental performance, including memory, concentration, and problem solving. 3. Physical activity helps relieve stress, improves mood, and releases happiness hormones. 4. Sports contribute to the formation of social connections and the development of team spirit. It should be noted that most students complain about a lack of incentive to engage in physical activity.

In conclusion, it is necessary to recommend that higher education institutions improve their physical education programs for students and increase the number of competitions and events so that students have a choice in actively participating in sports. Research has confirmed the importance of physical education for students and calls for measures to further promote and develop it. However, a well-organized physical education process can become an important factor in the educational process, contributing to the development and formation of an individual's physical fitness. A key role here is played by stimulating the satisfaction of each individual's fundamental biological and social needs for movement, development, awareness, self-affirmation, and self-improvement. Having come to the conclusion that physical education serves as a powerful and effective tool for physical education and comprehensive personal development. During physical education classes, students not only hone their physical skills and abilities but also cultivate their willpower and moral qualities. Consequently, physical education, as one facet of a person's overall culture, largely determines a person's behavior in studies, everyday life, and social interactions, and contributes to the solution of various life challenges [2; 4].

Physical education and sport play a vital role in the lives of future professionals, influencing not only their professional activities but also all aspects of their future lives. They are a complex phenomenon that extends beyond physical development and has a social impact on society. Physical education and sport have health and cultural significance, playing a vital role in upbringing, education, and recreation. All life on the planet exists at a single frequency, known as the "alpha rhythm." Scientists note that at this frequency, the body recovers faster, which has a beneficial effect on human health. This frequency is typical for children. Adults, however, shift to a higher frequency, called the "beta rhythm." This frequency is associated with negative emotions, increased irritability and selfishness, as well as with the aging process and deteriorating health. In modern society, our minds exist in this unnatural physiological state. Various studies confirm that running is an effective therapeutic tool for cardiovascular and respiratory diseases. Practicing this sport improves the functioning of the respiratory and cardiovascular systems, activates metabolism, and helps maintain a healthy weight. Exercising outdoors helps saturate the blood and lymph with oxygen, which has a beneficial effect on the body. Furthermore, proper breathing improves blood flow to the brain and enhances mental performance in those who practice this sport.

The main problems in student physical education identified in research include [4]: 1. Low motivation for physical education. Many students don't see the point in sports and exercise, believing them to be necessary only for professional athletes. 2. Inappropriate organization of the educational process. Educational institutions often don't pay sufficient attention to students' physical education, don't provide them with opportunities for sports, and don't create suitable conditions for this. 3. Lack of support from educational institutions. Many students don't receive the necessary support from their educational institutions in matters of physical education and healthy lifestyle. To address these issues, researchers propose: 1. Changing the approach to organizing the educational process. Educational institutions should pay more attention to students' physical education, incorporating it into the curriculum and providing opportunities for sports. 2. Implementing innovative methods and technologies. Modern technologies can help make physical education classes more interesting and accessible for students. 3. Increasing student motivation. Educational institutions should create conditions that will foster students' interest in physical education. 4. Creating a favorable environment for physical education. Educational institutions should provide students with the necessary equipment and conditions for sports, as well as organize sporting events and competitions [1; 5].

In today's world, given the current political climate, the sedentary lifestyle of most young people is becoming an increasingly significant obstacle to maintaining health. Increased time spent in front of computer screens and mobile devices leads to a decrease in physical activity. This, in turn, leads to an increase in the incidence of diseases associated with sedentary conditions, such as excess weight, cardiovascular disorders, and many others [2; 8].

According to World Health Organization reports, the majority of young people worldwide do not achieve recommended levels of physical activity, which is a public health concern [1; 10]. The problem of declining physical activity levels is particularly acute for young people who prefer passive leisure activities. The issue of engaging students in regular physical activity is becoming increasingly important. In this context, research aimed at understanding motivation for physical education and developing innovative approaches that can encourage young people to adopt a more active lifestyle is particularly important.

Conclusions. According to researchers, motivations that evoke a unique sense of satisfaction from muscular activity and an aesthetic appreciation for the beauty, precision, and dexterity of one's movements play a significant role in attracting young people to university sports. This includes the desire to demonstrate courage and determination in complex athletic exercises, as well as to achieve specific results, prove one's mastery, and become strong, fit, and healthy. However, these guidelines and conditions are insufficient for the full and widespread development of student sports. In my opinion, today, it is also essential to implement theoretical and methodological support for enhancing the importance of sports among young people and to develop physical education pathways for future specialists during their university studies. Thus, today it is necessary to study the problems of student sports in order to identify and develop the academic aspects of organizing student sports and its priority areas for the development of physical education and sports. Modern life processes often push physical education into the background, especially for students who are busy with studies and work, which can negatively impact their health. Physical education, on the other hand, has a positive impact on performance and overall health. Students who participate in sports are active, self-controlled, and have self-control. They become more hardworking and goal-oriented, which helps them in their work and social life. At the same time, trends and prospects for the development of physical education in the educational environment during the period of distance learning were identified. One of the most encouraging trends is the integration of digital technologies and interactive content into the physical education process. The use of interactive approaches can attract students' attention and motivate them to regularly engage in sports. Recent scientific research emphasizes the importance of using innovative technologies in the field of physical education in educational institutions. Information technology opens up new opportunities for engaging young people in physical education, making the process more interactive and engaging.

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STRUCTURE AND ORGANIZATION OF INDEPENDENT STRENGTH TRAINING OF SECOND-YEAR STUDENTS AT THE NATIONAL TECHNICAL UNIVERSITY OF UKRAINE IGOR SIKORSKY KYIV POLYTECHNIC INSTITUTE

Physical education significantly impacts on students' health, being an important aspect of their overall well-being. Maintaining physical activity not only improves physical fitness but also helps them adapt to academic life. Research shows that students who actively participate in sports are more likely to report higher levels of productivity and energy, which is directly related to their academic performance. It is important for higher education institutions to create the necessary conditions for regular physical education, as this is essential for maintaining a healthy lifestyle for students. Sports have a positive impact not only on their physical fitness but also on their psycho-emotional well-being. Physical education is developing as an important aspect of general culture, encompassing both individual and collective practices. It encompasses physical education, athletic achievement, and a variety of physical activities, forming a holistic system. The key components of physical education are the development of physical qualities, health promotion, and preparation for professional activity, which underscores its importance in education. Individual physical education encompasses not only a set of physical skills but also aspects of moral and ethical preparation. It encompasses areas of knowledge and attitudes toward sports and other types of physical activity. Thus, the formation of this culture is influenced not only by physical activity but also by the environment,