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FEATURES OF THE FORMATION OF HEALTH CARE COMPETENCE OF HIGHER EDUCATION STUDENTS IN THE PROCESS OF PHYSICAL EDUCATION

We have studied and outlined the features of the formation of health competence of higher education applicants in the process of physical education. We conducted a theoretical analysis of the literary sources of the phenomenon under study and determined that preserving and strengthening the health of students is a necessary task in higher educational institutions. It was revealed that the peculiarities of the living conditions of modern youth, environmental problems, the increase in the volume of harmful information on social networks, the continuous development of technological progress, the abuse of bad habits rather than choosing a healthy lifestyle, limited physical activity and stressful situations, misunderstanding of loved ones, society's rejection of a personal point vision or views affect the health of modern students. It has been proven that in higher education institutions more attention should be paid to the introduction of innovative content, forms, methods and technologies that are aimed at developing competence to improve the health of students during physical education classes. We came to the conclusion that when developing competence to improve health among students in the process of physical education, teachers should try to solve such problems as: developing an understanding of the importance health competence; assistance in improving the physical and mental levels of higher education applicants preparedness; use of innovative means of training and education; monitoring and assessing the results of students' educational activities by means of physical education; reaching a larger number of students who do not have the opportunity to attend physical education classes; organization of distance learning and training for higher education applicants; popularization and promotion of a healthy lifestyle through the use of modern digital technologies; creating opportunities for students to be involved in physical education and health activities.

Key words: *health professionals of higher education, problems, methods, solutions, health competencies, physical education.*

Гаврилова Наталія, Мохунько Олександр. Формування компетентності здоров'я у здобувачів вищої освіти з використанням процесів та методів фізичного виховання. *У цій статті ми розглянемо, дослідження особливості формування компетентності здоров'я у здобувачів вищої освіти у процесі фізичного виховання. Ми провели теоретичний аналіз літературних джерел досліджуваного явища та визначили, що збереження та зміцнення здоров'я студентів є необхідним завданням вищих навчальних закладів. Виявлено, що особливості життя сучасної молоді, екологічні проблеми, збільшення обсягів шкідливої інформації в соціальних мережах, безперервний розвиток технічного прогресу, зловживання шкідливими звичками, а не вибір здорового способу життя, обмежені фізичні активність і стресові ситуації, нерозуміння близьких, неприйняття суспільством особистого бачення чи поглядів впливають на здоров'я сучасних студентів. Доведено, що у вищих навчальних закладах необхідно більше уваги приділяти впровадженню інноваційного змісту, форм, методів і технологій, які спрямовані на формування компетентності щодо зміцнення здоров'я студентів під час занять фізичною культурою. Ми дійшли висновку, що при формуванні компетентності щодо зміцнення здоров'я в учнів у процесі фізичного виховання викладачі повинні намагатися вирішити такі проблеми, як: формування розуміння важливості компетентності здоров'я; сприяння підвищенню фізичного та психічного рівня підготовки здобувачів вищої освіти; використання інноваційних засобів навчання та виховання; контроль і оцінювання результатів навчальної діяльності студентів засобами фізичного виховання; охоплення більшої кількості студентів, які не мають можливості відвідувати пари з фізичної культури; організація дистанційного навчання та підготовки здобувачів вищої освіти; популяризація та пропаганда здорового способу життя шляхом використання сучасних цифрових технологій; створення можливостей залучення студентів до фізкультурно-оздоровчої діяльності.*

Ключові слова: *здобувачі вищої освіти, проблеми, методи, розв'язання, компетентності здоров'я, фізичне виховання.*

Formulation of the problem. The analysis and generalization of the scientific literature shows that the formation of health-preserving competence of students of higher education by means of physical education is a relevant research, since the semantic and value priority is the education of a healthy individual who possesses the necessary level of knowledge, abilities and skills for the specified category. It is impossible not to take into account the fact that the multifaceted nature of research on the problem of health-saving formation the competence of higher education students in the process of physical education has not been sufficiently studied on the theoretical and methodological levels. Therefore, in our opinion, higher education institutions should pay

more attention to the implementation of innovative content, forms, methods and technologies aimed at forming the health-preserving competence of student youth during physical education classes.

Analysis of literary sources. Methodological foundations of health care formation competences are embedded in the works of such researchers: Bubela O. [1], Voychyshyn L. [2], Karpyuk, I., Obezyuk, T., Kachalov, [3], Syrovatko Z.V., Yefremenko V.M. [4].

The health of students is the health of future specialists of various professions, defenders of Ukraine and the Ukrainian nation as a whole. In today's real conditions, the problem of formation health care competence, especially among student youth, is one of the most urgent scientific problems.

It should be emphasized once again that the peculiarities of the living conditions of modern youth, environmental problems, the state of war, growth of harmful information in social networks, constant development of technical progress, abuse bad habits as opposed to a healthy lifestyle, limited physical activity and other negative factors affect the state of health of student youth.

The scientific investigations of Bubela O. made it possible to characterize the content of "health-preserving competence" as readiness of students to independently solve tasks related to strengthening, control and preservation of their own health. At the same time, the researcher interprets health-saving competence as a complex of thorough knowledge, skills and skills aimed at preserving health in the process of educational activities, etc. [1].

Opinion is unanimous, emphasizing the importance of the formation of a health care system competence of education seekers. The researcher interprets this competence as the preservation of one's own physical, social, mental and spiritual health, which includes proper nutrition, constant physical activity, sanitary and hygienic norms, lack of conflicts, analysis of problems and decision-making, determination of life goals, self-control, motivation etc. At the same time, the scientist emphasizes that in modern conditions, the functioning of educational activities is an urgent issue increase in physical and mental fitness, reduction in morbidity of education seekers, strengthening of health, because most of the participants in the educational process have problems with health and physical activity [4].

Important for the content of this component are the works of Ukrainian scientists who believe that for introduction of new technologies for organizing the process of formation of health-saving competence of higher education graduates' education in the process of physical education, it is necessary to use innovative technologies. According to researchers, intensive computerization requires changes in the educational process, namely: the use of innovative teaching aids and education, high-quality means of methodical and didactic support for the process of physical education, use electronic educational and methodical complexes for students of higher education and others. Implementation of innovative technologies in the process of forming the health care of student youth, it should be focused on the individual, form interest and necessary knowledge, skills and abilities regarding the studied category [3]. The authors justify the content health-preserving competence as a psychological formation of an individual, which provides for the preservation of physical, mental and spiritual health of a person. This competence is characterized by the presence of a complex of formed skills that promote physical and mental health, self-control skills, etc. [2]. Also, analysis of the literature regarding formation of health-preserving competence of students of higher education in the process of physical education, allowed to establish that the acquisition of knowledge, abilities and skills of health preservation and a careful attitude towards it is achieved by performing the following tasks: the formation of knowledge about health and a healthy lifestyle and the need for physical activity in students culture; formation of students' motivation and positive attitude towards classes in physical education, training; forming a conscious desire to lead a healthy lifestyle; formation of the need for systematic sports and recreation activities and physical education with taking into account the age characteristics of higher education applicants; the ability to independently perform physical exercises, make important decisions and implement them in activities [2].

It is important to emphasize the formation of health-saving competence of students by physical means education in distance learning conditions. In our opinion, the effectiveness of quarantine experience depends on skill teachers skillfully select the content of lessons taking into account the age and individual patterns of participants in the educational process and from how students of higher education perform the tasks of teachers. Therefore, physical education teachers should adhere to such aspects as: formation of students' understanding and awareness of the importance of health care competence; taking into account the individual anatomical, physiological and psychological characteristics of higher education applicants; taking into account the individual rate of students' perception of educational material and levels of physical training; provision of the necessary video materials with a set of physical exercises for better perception and visibility; ensuring the possibility of individual communication with each student for correction of tasks and dosage load; presentation of a large volume of information along with ensuring a person-oriented approach to it use; providing opportunities for higher education students to analyze individual physical indicators development, etc.

During the training of athletics exercises, first master the main phase of the exercise and gradually move to the secondary ones, making the conditions for performing the exercise more difficult. To master the tech unique, special underwater exercises, structurally like the main ones, are used. Training in the technique of athletics exercises has a typical scheme and consists of stages. The first stage of training is to create in students a correct idea about the technique of performing the exercise. This can be achieved by; a) a verbal explanation of the exercise with an emphasis on the main requirements of the competition rules: b) a perfect demonstration of the exercise technique; c) illustrating the technique of the exercise with the help of various visual aids (illustrations, drawings, diagrams, video material), accompanying the demonstration with methodical instructions on how to master the exercise. The second stage is mastering the technique of the main link, then its details and the technique of the exercise. For this you can use a) special preparatory exercises for mastering the main part of the exercise (if the exercise is difficult); b) studying the exercise in its simplest form, focusing first on the main phase, and then on the details of the technique; c) studying the exercise. The third stage is clarification of the individual features of each student's technique and determination of the

way of its further improvement. For this: a) perform various exercise options, selecting individual techniques for mastering the technique; b) conduct control classes and competitions with evaluation of exercise technique [4].

The health status of today's youth is of particular concern. Currently, there are negative trends among the younger generation: obesity, addiction to bad habits, emotional and psychological overload, stress. The health status of young people seriously affects their social activity in all spheres of life: education, work, leisure, physical development. In this regard, the issues of popularizing a healthy lifestyle among young people become relevant [1].

Health is one of the important indicators that determines the potential of a country. The most precise definition of the concept of "health" is given by the World Health Organization: health is a state of complete physical, mental and social well-being. There is a trend in society to lead a healthy lifestyle. A healthy lifestyle is a broad concept that includes several interrelated components: physical activity, proper nutrition, giving up bad habits, sleep patterns, proper rest, and minimizing stress factors. Accordingly, a healthy lifestyle is a lifestyle that is aimed at maintaining health, preventing diseases and generally strengthening the body [4]. Propaganda plays a major role in creating a healthy lifestyle and instilling a responsible attitude towards one's health. Promoting a healthy lifestyle is a set of activities aimed at forming and nurturing the foundations of a healthy lifestyle and careful attitude towards one's health. There are three levels of formation of a healthy lifestyle: social (propaganda and educational work); infrastructure (environmental control); personal (a person's value system) [3]. To date, a whole range of measures has been developed to promote a healthy lifestyle among young people. The most common methods are oral and visual propaganda, propaganda through printed materials, and combined propaganda.

The most effective method is oral propaganda. This is due to the fact that this method is accessible, simple to organize and the least expensive in economic terms. As a rule, this method is actively used in educational institutions and is implemented through conversations, lectures, discussions, and conferences.

The formation of a healthy lifestyle is a multifaceted and complex task, the solution of which can only be successfully implemented with the joint efforts of all parts of the state and public mechanisms. To popularize a healthy lifestyle among young people, in addition to the above propaganda methods, it is also necessary to take the following measures;

1. to develop the availability of physical education classes for all segments of the population, as well as to popularize sports among young people. Sports complexes and sports grounds should be built in every city;

2. refocus social networks on promoting a healthy lifestyle, because online communities are the main source of information for young people;

3. tighten the legislative framework in the field of promoting unhealthy lifestyles;

Only the integrated use of these measures will allow the younger generation to develop a responsible attitude towards themselves, their physical and mental health, as well as popularize a healthy lifestyle among young people.

Physical culture is one of the areas of social activity of people. It is where people's social activity is realized and formed. It serves as one of the forms of manifestation of social, political and moral structure. That is, it reflects the state of society as a whole. All this suggests that physical culture is a natural part of the culture of society.

In modern society there is a demand for a healthy lifestyle. As you know, this concept includes not only giving up bad habits and proper nutrition, but also physical activity - most often in the form of physical education and sports. Among some young people, a sports lifestyle has become a fashionable, popular phenomenon.

On the other hand, modern living conditions, on the contrary, are not conducive to the development of sports - this is a sedentary lifestyle (especially typical for office workers, whose very occupation contributes to this), and the excessive prevalence of computer addiction, and the poor development of sports infrastructure in the regions.

The role of physical exercise in a person's life cannot be underestimated, because in addition to the general obvious benefits of physical education for health, it develops a person's character and promotes psychological relief. Modern scientists say that students who regularly engage in sports, including during exam periods, are 5-7% more successful in completing the session than those who ignore it. Karl Marx, a German philosopher, sociologist and political figure, said: ""Under education," Marx wrote, - we understand three things: "First: mental education. Secondly: physical education, such as is given in gymnastics schools and military exercises. Thirdly: technical training, which introduces the basic principles of all production processes and that. At the same time, it gives a child or teenager the skills to handle the simplest tools of all industries" [2]. That is, sports education was given no less importance than mental education; even now, physical education is studied in all faculties of any universities.

The results prove that students involved in systematic physical education and sports have increased vitality, self-confidence, and optimism. Physical education classes contribute to the rational distribution of free time and allow the student to actively participate in other activities [4].

Conclusions. Therefore, the educational process, among other important tasks of higher education institutions, should be aimed at formation of health-preserving competence of student youth, including in the process of physical education, since this type of activity opens wide opportunities for students of higher education to realize their own desires and needs, introduction of new content, forms and methods. It was found that during the formation of health-saving competence of student youth in the process of physical education, teachers should try to solve the following tasks: formation of students' understanding of significance health care competence; promoting the improvement of the physical and mental levels of higher education seekers preparedness; the use of innovative means of education and training, high-quality means of methodical and didactic provision of the physical education process; implementation of control and evaluation of the results of educational activities students by means of physical education; reaching more underprivileged student youth attend physical education classes; organization of remote classes, training for students of higher education (the effectiveness of the quarantine experience depends on the ability of teachers to skillfully select the content of classes taking into account age and individual regularities of participants in the educational process); popularization and promotion of a healthy lifestyle through the use of modern digital technologies; creating opportunities for students to be involved in physical education health activities (improve physical health indicators, etc.).

In conclusion, it is worth noting that health is an important component of a full life in modern society, so promoting a healthy lifestyle is very important. In this regard, the main task of the state and society should be active work to popularize a healthy lifestyle, including among young people.

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THE BODY'S REACTIONS TO STRESS, ITS CHARACTERISTICS AND MANIFESTATIONS

A modern young person reacts to stress in the same way as people in ancient times: with mental and physical tension, mobilization of energy. This is a manifestation of stress, preparing the body for fight or flight, which is a physiological unconditioned reflex. However, in this case, it does not come down to fight or flight - the relaxation phase begins. Much has changed since those distant times. There are many more reasons that cause a stressful situation - as well as information about stress. Today we already know that stress exists, we know how to identify a stressful state and how to deal with stress. Today, stress affects a person throughout the day (if not to say - around the clock), from the morning rush to the evening and even during sleep. Stress has become a natural and integral part of our daily life. Sometimes we do not even pay attention to it, and the long-term impact of negative emotions threatens with the risk of developing such psychosomatic diseases as myocardial infarction, peptic ulcer, hypertension, bronchial asthma, mental disorders, etc. Prolonged stress can lead to accidents and even suicide. Stress is our daily "companion", so (whether we like it or not) we must reckon with it and be able to coexist with it and fight it. Even if we do not feel its influence at all, this does not give us the right to forget about it and the danger it poses. In the first stage, the body's defenses are mobilized, which ultimately contributes to the recovery and development of the second stage. In this case, the body's resistance may be increased in relation to other stimuli (the so-called cross-resistance). However, depending on the circumstances, increased sensitivity may develop (cross-sensitization). In the second stage, recovery occurs. But if the action of the pathogenic stimulus continues and the body's defenses are depleted, the third stage begins – the exhaustion stage.

The starting link (trigger mechanism) of the body's adaptation to unusual conditions is fast and short-term reflex processes (protective reflexes, various vasomotor, secretory, trophic reflexes).

Key words: *student, stress, reaction, phase, problem.*

Назимок Віктор, Мартинов Юрій. Реакції організму на стрес, його особливості та прояви. *Сучасна молода людина реагує на стрес так само, як і люди давніх часів: розумовою і фізичною напругою, мобілізацією енергії. Це прояв стресу, підготовка організму до боротьби або втечі, що є фізіологічним безумовним рефлексом. Однак у цьому випадку справа не доходить до боротьби чи втечі – починається фаза розслаблення. Багато що змінилося з тих далеких часів. Існує ще багато причин, що викликають стресову ситуацію - як і інформації про стрес. Сьогодні ми вже знаємо, що стрес існує, знаємо, як визначити стресовий стан і як зі стресом боротися. Сьогодні стрес впливає на людину протягом усього дня (якщо не сказати – цілодобового), починаючи від ранкової метушні до вечора і навіть під час сну. Стрес став природною та невід'ємною частиною нашого повсякденного життя. Іноді ми навіть не звертаємо на це уваги, а тривалий вплив негативних емоцій загрожує ризиком розвитку таких психосоматичних захворювань, як інфаркт міокарда, виразкова хвороба, гіпертонія, бронхіальна астма, психічні розлади тощо. Тривалий стрес може призвести до нещасних випадків і навіть самогубства. Стрес – наш щоденний «попутник», тому (хочемо ми того чи ні) ми повинні з ним рахуватися і вміти з ним співіснувати та боротися. Навіть якщо ми зовсім не відчуваємо його впливу, це не дає нам права забувати про нього та ту небезпеку, яку він становить. На першій стадії мобілізуються захисні сили організму, що в кінцевому підсумку сприяє відновленню і розвитку другої стадії. У цьому випадку резистентність організму може бути підвищена по відношенню до інших подразників (так звана перехресна*