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PHYSICAL ACTIVITY OF STUDENTS. I HAVE FLOWN TO THE CAMP IN GOOD HEALTH

Regular physical activity is essential for maintaining health and living a healthy, active life. Let's explore what physical activity is, how it affects the body, and why it's so important. Physical activity is any movement and physical work of our muscles. What is human physical activity? It can be defined as the sum of all the physical exercises and movements we perform daily.

Physical activity, physical education, and sports are effective means of maintaining and improving health, promoting harmonious personal development, preventing disease, and are essential for a healthy lifestyle. The concept of "physical activity" encompasses all movements performed by a person during their daily lives. It has a positive effect on all body systems and is essential for everyone.

Physical activity is defined as any bodily movement produced by skeletal muscles that results in energy expenditure above resting levels. This is a broader concept than sports, which are practiced by a limited number of people. You don't have

to be a "professional athlete" to benefit from physical activity. Basic physical activity includes regular daily physical activity, such as walking, swimming, cycling, walking in the park, dancing, and housework.

Regular physical activity is one of the main components of cardiovascular disease prevention, which in turn helps reduce mortality and loss of the working population. In healthy individuals who regularly engage in physical activity, all-cause and cardiovascular mortality are reduced by 20-30%. Moderate aerobic physical activity for two hours a week reduces the risk of coronary heart disease and stroke, hypertension, depression, and osteoporosis. Aerobic exercise is a form of physical activity performed rhythmically, activating muscles for a set period of time. This includes running, brisk walking, cycling, various sports, dancing, and swimming. Furthermore, physical activity improves mood and helps combat stress, anxiety, and depression. Active people sleep better and have more energy and performance.

Key words: *Students, physical activity, indicators, absence, health, movement.*

Хоружева Л.Є., Юнак В.Г., Доценко Л.З., Вятчаніна С.В., Михайленко В.М., Журавльов С.О., Рухова активність студентів, її вплив на загальний стан здоров'я. *Регулярна фізична активність є важливою для підтримки здоров'я та здорового, активного способу життя. Давайте дослідимо, що таке фізична активність, як вона впливає на організм і чому вона така важлива. Фізична активність - це будь-який рух і фізична робота наших м'язів. Як позначається фізична активність у ритмі життя студента? Її можна визначити як суму всіх фізичних вправ і рухів, які студент виконує щодня.*

Фізична активність, фізичне виховання та спорт є ефективними засобами підтримки та покращення здоров'я, сприяння гармонійному особистісному розвитку, профілактики захворювань і є важливими для здорового способу життя. Поняття «фізична активність» охоплює всі рухи, що виконуються людиною протягом повсякденного життя. Вона позитивно впливає на всі системи організму та є важливою для кожного.

Фізична активність визначається як будь-який рух тіла, що виробляється скелетними м'язами, який призводить до витрат енергії вище рівня спокою. Це ширше поняття, ніж спорт, яким займається обмежена кількість людей. Студентові не потрібно бути «професійним спортсменом», щоб отримати користь від фізичної активності. Базова фізична активність включає регулярну щоденну фізичну активність, таку як ходьба, плавання, їзда на велосипеді, прогулянки в парку, танці та робота по дому.

Регулярна фізична активність є одним з головних компонентів профілактики серцево-судинних захворювань, що, у свою чергу, допомагає знизити смертність та втрату працездатного населення. У здорових людей, які регулярно займаються фізичною активністю, смертність від усіх причин та серцево-судинна смертність знижується на 20-30%. Помірна аеробна фізична активність протягом двох годин на тиждень знижує ризик ішемічної хвороби серця та інсульту, гіпертонії, депресії та остеопорозу. Аеробні вправи - це форма фізичної активності, яка виконується ритмічно, активуючи м'язи протягом певного періоду часу. Вони включають в себе біг, швидку ходьбу, їзду на велосипеді, різні види спорту, танці та плавання. Крім того, фізична активність покращує настрій та допомагає боротися зі стресом, тривогою та депресією. Активні студенти краще сплять, мають більше енергії та працездатності. Здають сесії та мають час активний відпочинок.

Ключові слова: *Студенти, рухова активність, показники, відсутність, здоров'я, рух.*

Formulation of the problem. Low physical activity among today's students is a serious problem with significant implications for the health and well-being of future generations. It is the result of a number of interrelated factors, and its scale is constantly growing. Its consequences include not only health problems but also reduced academic performance, poor mood, increased stress, and the development of psychological disorders. Numerous factors, including a sedentary lifestyle due to studying, low social interest in maintaining health, and the digitalization of everyday life, contribute to this phenomenon. Therefore, addressing this problem requires a comprehensive approach, including promoting a healthy lifestyle, creating accessible and convenient sports facilities, integrating physical education into the educational process, and encouraging an active lifestyle at the university and community level. This is the only way to ensure healthy and active individuals for the future generation.

Analysis of literary sources. Such authors looked deeply at the topic of healthy students in the daily rhythm of life and the world: Anikeenko L., Bilokon V. [1], Luskan O., Kuzmenko N. [2], Zubko V., Garnusova V., Shyp L. [3], Yefremenko V., Syrovatko Z. [4].

In our work, it is important to highlight not only the signs of low physical activity and the reasons for their occurrence, but also to provide some recommendations for improving the situation. Modern research shows that 60% of adults and 75% of young people suffer from the consequences of reduced muscle effort [3]. Before discussing the problem in detail and proposing solutions, it is important to note the signs of physical inactivity. Scientists identify the following characteristics: excess weight gain; problems with the cardiovascular system; deterioration of the respiratory system; decreased muscle mass and dystrophy; impaired cerebral circulation: weakness, headaches, insomnia, decreased mental activity; and the development of gastrointestinal problems [1].

Researchers note the significant impact of schoolwork and its complexity on the decline and reduction of physical activity year after year, which is in no way offset by the promotion of a healthy lifestyle on social media. This leads to the partial conclusion that it is necessary to study the feasibility and content of promotional activities in the field of healthy lifestyles and to conduct experimental studies on further changes in the activity level of young people and students [4].

Physical inactivity can also increase stress and anxiety levels, limiting a student's ability to cope with everyday stressful situations. Furthermore, a lack of physical activity can increase the risk of developing psychological disorders such as

depression and anxiety. Importantly, physical inactivity can also negatively impact a student's cognitive functions, including memory, concentration, and overall cognitive performance [1].

Thus, a lack of physical activity has a complex and significant impact on a person's mental state. This impact on the psyche includes a worsening emotional state, increased stress and anxiety levels, and an increased risk of developing various psychological disorders.

Given these facts, it becomes clear how important it is to incorporate physical activity into your daily routine to maintain mental and physical well-being. Regular exercise and an active lifestyle significantly contribute to improving emotional well-being, maintaining cognitive performance, and preventing various mental disorders and physical illnesses.

However, exercise alone is not enough. First, it is necessary to change your daily routine and establish and restore your sleep patterns. On average, a student needs 7.5-8 hours of sleep for proper rest. Establish a proper diet. For sports, it's essential to maintain a calorie-dense diet. On average, a student needs 1400-1600 calories; during training, this figure increases to 3500-4000 calories. Maintain personal hygiene and exercise. Limit, and then completely eliminate, unhealthy habits. Smoking and alcohol almost completely negate the beneficial effects of sports [4].

By adhering to an established and effective routine, a student adapts better to basic physiological processes. If our adaptive reserves are depleted, we begin to feel discomfort, fatigue, or even illness. Therefore, it's important to maintain a well-organized lifestyle and adhere to a consistent schedule for studying, rest, eating, sleeping, and exercise. By repeating a daily routine, a connection is established between these processes, which is reinforced by a chain of conditioned reflexes. Thanks to this physiological mechanism, the previous activity becomes a kind of impetus for the next one, preparing the body to quickly switch to a new type of activity, which contributes to its more successful implementation.

Some researchers, when analyzing the student training process, propose a differentiated approach during classes, meaning separate workouts for each muscle group [3]. We can draw on this method and exercises in the planning of assignments, as students' academic workloads prevent them from devoting sufficient time to all muscle groups during training.

For males, the exercise program includes training, for example, the deltoids (shoulders), pectorals, trapezius (upper back), and latissimus dorsi. For the shoulders, alternate dumbbell curls, pull-ups, and dumbbell lateral raises are suggested. For the pectorals, seated and lying dumbbell presses, as well as dumbbell curls [3] are recommended.

The exercise program for females is primarily aimed at developing flexibility. It includes exercises for the shoulder girdle: shoulder stretches using one hand to stabilize the other, deltoid stretches by holding the arm in different positions, and shoulder rotations with bent elbows. Moreover, all exercises are aimed at increasing the strength of different muscle groups [3].

Therefore, even small but regular physical training sessions, tailored to students' needs, not only help restore motor activity but also contribute to the improvement of key physical qualities such as strength, endurance, flexibility, and coordination, the development of basic motor skills, increased physical and mental performance, and improved health and conditioning. Furthermore, physical activity helps reduce stress, improve sleep, boost self-esteem, and foster a healthy lifestyle. A personalized approach to training, tailored to each student's needs, will ensure optimal results and minimize the risk of injury. Systematic training promotes better adaptation to academic workload and improved academic performance.

Human motor activity is any physical movement and exercise that must be performed regularly to maintain health. What's important isn't professional athleticism, but consistency. Moderately intense exercise for 30 minutes to an hour several times a week is sufficient. This provides the maximum benefit to the body [4].

The benefits of physical activity for different body systems. Cardiovascular system. Active students are less likely to suffer from cardiovascular disease. They have a lower risk of developing hypertension, heart attacks, and strokes with age. Regular exercise increases the size of the heart muscle and strengthens contractions. The heart becomes more resilient and efficient.

Respiratory system. Physical activity trains the respiratory muscles and increases the vital capacity of the lungs. Ventilation and oxygenation of the blood are improved. This is especially important for the prevention of lung diseases. Musculoskeletal system. Physical exercise activates the muscles, joints, and ligaments. This strengthens the musculoskeletal system and prevents osteoporosis, arthritis, and arthrosis.

Psychological effects. Physical activity for students is not limited to physiological processes. It also has a pronounced psychological impact. Firstly, physical exercise stimulates the production of "happiness hormones" – endorphins, serotonin, and dopamine. These are natural antidepressants that improve mood and well-being. Secondly, physical activity helps relieve tension, stress, anxiety, and irritability. Many students use sports as a way to unwind after a tough day of school [1].

Everyone knows that a lack of physical activity negatively impacts a person's health. However, many students continue to lead a sedentary lifestyle: spending long periods of time at the computer at university and at home, relaxing on the couch, and completely ignoring any exercise. As a result, they develop a number of health problems over the years. Essentially, a sedentary lifestyle is characterized by minimal or no physical activity. Unfortunately, this behavior is common not only among those with sedentary jobs but also among young people, particularly students. A sedentary lifestyle is generally defined as a lack of walking, running, active play, rest, and much more. Without active movement, muscles gradually atrophy, lose tone, blood vessels become less elastic, blood circulation slows, oxygenation of the brain decreases, and brain function deteriorates. And these are far from all the consequences of a lack of physical activity.

Conclusive.

Advances in science and technology have led to a decline in student physical activity. The internet, a plethora of gadgets, cutting-edge home appliances, interactive toys, and more have emerged. All this makes students' lives easier and encourages them to adopt a sedentary, passive lifestyle. Furthermore, few walk to class or take the stairs. Most use public or private transportation and elevators. These students are too lazy not only to go to the gym but even to exercise at home. The result of a lack of physical activity is muscle degradation, deterioration of all organ and system function, and obesity.

A lack of physical activity leads to students developing many serious and chronic illnesses that were previously confined to the elderly. The most frightening thing is that treatment often yields no results. These include obesity. With decreased physical activity, metabolism slows, calorie expenditure decreases, and excess calories are converted into fat. As a result, the body becomes less elastic, its volume increases, and diabetes develops, along with heart, vascular, and skeletal problems, among others. Cardiac dysfunction.

Even abstaining from even the most basic exercise leads to circulatory problems. This results in poor blood composition, deposits on the vessel walls, which often leads to heart attacks and atherosclerosis. Musculoskeletal disorders. A decrease in physical activity leads to poor posture, osteoporosis, arthritis, arthrosis, osteochondrosis, radiculitis, intercostal neuralgia, and much more. Diabetes. Even the most basic physical activity and simple gymnastic exercises can lower blood sugar levels.

Aging. A sedentary lifestyle alters the structure of chromosomes, shortening them. As a result, signs of aging appear prematurely. Recent medical observations have shown that biological aging has become younger.

Mental disorders. As illnesses progress, well-being deteriorates, excess weight appears, body size increases, and self-esteem declines. This can lead to depression, anxiety, and mental disorders. Development of digestive diseases. A sedentary lifestyle and prolonged sitting can lead to congestion and impaired intestinal motility.

Ways to increase activity and the benefits of physical exercise. Regular exercise or at least basic gymnastics can help prevent the development of all of these problems. Even with sedentary work, you can take short breaks by getting up and walking around the classroom, sitting on a fitball instead of a chair, and doing exercises for the limbs, back, and neck. In addition to exercise, additional physical activity is beneficial for the body. It's recommended to walk more outside the university, go for bike rides, and take the stairs instead of the elevator.

Results can be seen within a month: improved circulation will reduce swelling, weight loss will occur as a result of burning calories, productivity will increase, brain function will improve, stress will be reduced, and muscle tone will be enhanced. Your overall well-being and mood will improve, and you'll have additional energy for continued healthy living.

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