

Role of physical education on the formation of a healthy lifestyle outside of school hours.

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Published online: June 25, 2016

(Accepted for publication April 25, 2016)

DOI:10.7752/jpes.2016.02054

Abstract

The paper formulates the mission of modern physical education. Generalizing the data about conditions of physical fitness for students, while highlighting the components of a healthy lifestyle. On the basis of the existing system, skills for a healthy lifestyle, and innovative opportunities for their efficient formation are also identified. There is a contradiction in the case of modern physical education in schools: On one hand, students do not show proper interest in the lessons of the physical education culture. On the other hand, they are ready to engage in popular sports today. Thus, the goals of the modern physical education for students exist in the spheres of: Diversity in educational content and methods of the physical education lessons.

Formation of the skills for a healthy lifestyle, can be made through the activities of: Sports clubs, voluntary sports associations, competitions and tournaments, training at youth sports schools, tourist groups and others. An effective way to achieve this is the usage of: Interactive forms and methods of education: meetings with athletes, nutritionists, and advocators for a healthy lifestyle. Along with presentations of complex health exercises, training, holding the talk shows, workshops, situational "role playing", intellectual "debates", and slideshows or informational/educational films. To consolidate students' knowledge about healthy lifestyles, it is advisable to use appropriate algorithms, instructions, and guidelines that are developed and presented in the popular scientific form. Today, certain guidelines and rules are feasible when concentrated in simple and understandable forms.

Keywords: physical education, healthy lifestyle, healthy living skills, the role and place of physical education.

Introduction

Problem in general. Since ancient times, mankind's physical education has been considered an important and integral part of the process for the formation of a fully developed and harmonious personality. This, in particular, is confirmed by views of ancient philosophers: Plato, Aristotle, Socrates and others who believed that proper training of a person can be done through a combination of moral, mental and physical development (Tkachov 2012, 27-28), and a person's health. This is clear from the Hippocratic Oath. (Avramenko 2014).

In modern conditions, the physical education as a sociocultural phenomenon acquires its exclusive significance and it is called to perform (fateful) mission - to save humanity from degeneration and degradation (Hertsyk 2005; Electronic resource). The reality of such a threat is not only caused by the spread of unhealthy habits (smoking, alcoholism, drug addiction) or an unhealthy diet. The rapid development of computer technologies in the last decades have significantly improved the communication process in society, and has also created some unwanted effects regarding physical health and exercise.

An opportunity to access all and every necessary information, exchange data, and communicate via the internet (without leaving your apartment or office), negatively affects the character of our human existence. One of the dangerous consequences, is a sedentary lifestyle. This is especially true for children and young people using the opportunity to socialize, have fun and get necessary information on the Internet. Filling their every day with many hours (and an inactive lifestyle) living in the virtual space, which is contrary to the natural needs of this age. At this stage of life a person should actively move and acquire social experience in real dialogue and interaction with the environment.

Connection with scientific researches and practical tasks. The coverage of the issue in this article reflects the needs of the present, and is connected with such modern tasks of physical culture and sports, such as:

- Necessity of ongoing improvement with the level of health, physical and spiritual development of the population, and promoting economic and social progress of society (the Law of Ukraine "On Physical Culture and Sport" 1993);
- The use of physical education as an important component for the full development of personality and as an effective means of disease prevention, preparation for effective work, homeland's defense, and providing creative longevity (National Doctrine of Development of Physical Culture and Sports, 2004).

Physical education in the context of specifics regarding modern life, acts as a crucial component of a harmonious personality. Because it provides mobilization of a "healthy spirit" of the person, improves self-organization, promotes self-education, and is incompatible with bad habits. Thus creating the need for a healthy

and balanced nutrition. Physical education is a critical key for the formation of a healthy physical culture. Students have a circle of knowledge related not only with the ideas about standard moving exercises and strengthening exercises, but also with views about the importance of hygiene and a balanced healthy diet. In other words, physical education ensures the formation of health conscious mindset within the individual. From this perspective the second component of its overall culture develop. "Life principles" grow and become the basis from which the daily life of student is built (Hertsyk 2005, 15).

Among the main components of the physical culture (values, knowledge, abilities, skills, importance of vital activity) skills have a crucial meaning because due to their mechanism of forming (motivation, assimilation of knowledge, development of competencies, formation of skills as acquired at an automated level of actions) are becoming enough strong, stable and deeply personal property that provides formation of definitive rules, algorithms, guidelines or templates that allow to realize a healthy lifestyle in practice (Hertsyk 2005, 14).

Analysis of recent researches and publications. As it is evident by the works of national scientists (L. Serhiyechko, 2001; A. Yelchenko, 2003, A. Rovno, 2004 and others) at the beginning of the XXI century from 50% to 80% of pupils had low level development of motor skills, which became one of the factors for the formation of a stable tendency to deteriorating health of the younger generation - now, almost healthy are only 27% of children of school age, only 65% of younger school age and 60% of adolescents. (V. Platonov, 2006; S. Marchenko, 2008; M. Makarenko, 2011; A. Cook, 2011; Alexander Smolar, 2011).

General unfavorable condition of physical development of pupils is confirmed by the results of scientific research staff of the chair of theory and methodology of physical education at Kharkiv State Academy of Physical Culture. Generalization of compiled data received by I.Maslyak (2007), T. Balo (2013), I. Kuzmenko (2013) (Aghyppo 2013; Lapayenko 2000), allows us to determine the following:

- The level of development of physical qualities of pupils at the age of 7-9 according to the evaluation scale in the "State tests and norms of assessment of physical training of the population of Ukraine", corresponds to "satisfactory" (speed - below 2 points evaluation, coordination abilities - 3 scores, flexibility - lower than 2 points, strength - 4 points).
- Indicators of motor preparedness of pupils at the age of 10 - 15 show that the level of their physical qualities is also "satisfactory" (flexibility - 2 points, coordination abilities - 3 points, endurance - 2 points, strength - 3 points). "Satisfactory" assessment of the level of physical development is inherent to older students that leads to the need to improve physical education of pupils in a modern comprehensive school. Hence, there is a need to improve pedagogical activity of the specific orientation both in quantitative and qualitative ratio. One of the first steps in the defined direction can be increasing of the number of physical education classes in schools, but this innovation is perceived ambiguously in students.

For example, according to the research of T.S Balu, almost half of the pupils - 49% (27% of boys and 22% of girls) have a negative attitude to the lessons of physical culture, 26% - indifferent and only 25% (15% of boys and 10% of girls) - positive. Among the latter, 13% of pupils (7% of boys and 6% of girls) expressed satisfaction of set state standards as for quantity of classes (3 times per week), while the rest showed a desire to increase their number up to 5 times per week.

It was also identified that classes of physical culture are not interesting enough for pupils (75%) as their training content is monotonous and the number of necessary equipment is limited (72%). However, all pupils wish to go in for modern kind of sports, namely:

- 25% (21% of boys and 4% of girls) - eastern martial arts;
- 20% (2% of boys and 18% of girls) - shaping;
- 18% (only boys) - athleticism;
- 15% (3% of boys and 12% of girls) - fitness;
- 16% (11% of boys and 5% of girls) - swimming;
- 6% (only girls) - belly dancing (Bala 2013).

Thus, based on the mentioned information, it must be emphasized that in the matter of physical education of pupils, there is a contradiction: On one hand, children do not show proper interest in the lessons of physical culture. On the other, they are ready to engage in popular sports today. Therefore, it can be stated that the goals of the physical development of the modern younger generation are primarily in the areas of diversification of educational content and methods of physical culture lessons.

It should be noted that these classes are sufficiently regulated by the content and schedule. Hence, the desire of pupils to engage in popular sports today should be increased by improving the sports and pedagogical work. And, by its nature, would be a continuation of classes of physical culture that would aim to achieve the priority goal – acquiring individual skills for a healthy lifestyle. In this sense, physical education takes its leadership role because it is a specially organized process of comprehensive development of physical, moral and volitional qualities, vital motor skills, and human skills (Maslyak 2013; January 4)].

Accentuation of unsolved parts of investigated problem. Therefore, in view of the fact that we mentioned above. Fundamental restructuring and organization of physical education for pupils is needed. Creation of a "healthy microenvironment" should be created in the education of pupils, in which physical education plays a leading role. This requires the commitment of the education system, family, as well as the public to ensure the

physical development of the younger generation. Coaches, sports teachers by their own example should continually demonstrate the importance of physical education and healthy lifestyle.

The purpose of the given article is to determine the role and place of physical education of pupils in the formation of healthy lifestyle outside school hours.

The main material. The primary step to use health preservation potential of physical education in pedagogical work with pupils outside school hours. It is necessity to reduce reproductive studying, which today is still prevalent in a secondary school. It should be expected that using such a path for pupils can be done by set of education load per week within 24-30 hours, which will increase opportunities for physical culture and sports.

The next step is to change the basic approach to organization of physical and sports-educational work in school - it must be a form of active recreation, strengthen health and meet the physiological needs of pupils.

Also urgent task in improving condition of health and physical preparedness of children is some modernization of physical education and sport in schools, which should be done in the following aspects:

- Improvement of material and technical basis of classes of physical training;
- Planning and implementation of the system work on physical education of pupils: the cultivation of healthy living style, functioning of free school sports sections of modern sports (shaping, athleticism, fitness, cheerleading, bodybuilding, etc.)
- Sports competitions, meetings with famous Ukrainian athletes, attendance of sports events;
- Updating the content and methods of physical culture classes at school through improvements in high school training of sports specialists and educational activities;
- Formation of an effective system of increasing qualifications for trainers and teachers in the sphere of physical education and sport;
- Implementation in practice, advanced techniques of physical education (on the basis of dissertation researches) within the permanent seminars for school teachers;
- Realization of the idea of a healthy lifestyle and popularization of physical education and sports through meetings with parents within the event "family lectures" (that is inviting children, their parents and their families).

The process of forming healthy lifestyle skills for pupils can be submitted for the following blocks: he concept of healthy lifestyle and integrity of its components, a system of appropriate skills, ways of implementation in practice (Aghyppo 2013, 162-163; Biletska 2008;, Goloborodko 1997; Lapayenko 2000), which are specified in a following way.

The concept of a healthy way of life and the integrity of its components. Healthy lifestyle – is everything (values, principles, tools, behavior and action), that a person uses to maintain and strengthen his health in educational or professional activity, everyday life and the rest. The main components of a healthy lifestyle are acknowledged as elements that are interconnected and are reflected in the spiritual, social, psychological and physical sphere, which in turn determines the integrity of its perception and understanding.

The system of appropriate skills. National educators define some general groups of skills that provide healthy lifestyle. The first group includes those that promote physical, the second - social, third - spiritual and mental health. Each of these groups is specified according to a particular purpose.

For example, the first group includes skills of hygiene (personal hygiene, performance of hygiene procedures, skin care, teeth and hair care, etc.), rational nutrition (compliance of regime and diet, taking into account the real possibilities, benefits and needs), physical activity (performance of morning exercises, physical education classes, motor games and physical labor). The second involves skills that contribute to the preservation of social health and well-being: effective communication (active listening, clear expression of thoughts, feelings and adequate response, the capacity for compassion, constructive attitude to criticism, possession of non-verbal means of communication), solving conflicts (definition of essence, constructive ways of solving), social interaction and collaboration (ability to work in a team, correct assessment of own contribution and achievements of others, performance of different roles, dealing with violence). The third group summarizes the skills of preservation and development of spiritual and mental health, self-esteem and self-control (adequate assessment and self-esteem, positive attitude towards life and people, control of own condition, overcoming of anxiety, failures), the set of life priorities, goals and programs (awareness of needs and capacity; planning of stages and means; analyze of the achievements and adjustment of future plans).

Ways to implement this practice. In practice, a healthy lifestyle is realized through a balanced diet (consumption of safe quality water, the necessary amount of vitamins, microelements, proteins, fats, carbohydrates, special products and food additives, etc.), proper organization of everyday life (quality of housing conditions for passive and active recreation, the level of mental and physical security in the territory of life), the establishment of appropriate working conditions (security of the physical and mental aspects, availability of stimuluses and opportunities for professional development), physical activity (classes in physical culture and sports, "active" recovery of physical condition after physical and mental stress, "pedestrian" way of movement, etc.). In work (outside school hours) the usage of health protection potential of physical education and healthy lifestyles for pupils can be made by the already tried and tested forms: activity of sections, voluntary sports associations, realization of competitions and tournaments, classes at youth sports schools, tourist groups and others. But our time requires more motivation, various sports and educational work, based on combination of

efforts by teachers of physical education, coaches, sports teachers and professors of universities of physical education and sports profiles. Hence, starting the process of forming these skills should be taken into account. Not only the generalization of necessary basic information for pupils (relying on the knowledge they received at classes in subjects "Biology, man and nature" and "Basics of the Health") but implementing more sophisticated forms and methods of physical work. For example, to focus attention on the usage of interactive forms and methods of education outside school hours: hold meetings with athletes, nutritionists, advocates of healthy lifestyle, not in traditional, but more diverse form. For example, when there are demonstration performances or complex health exercises is presented. Trainings are held, slides or videos are shown, which are accompanied by "live" comments or discussions (such as talk shows, workshops, situational "role playing", intellectual "debates" and others). One of the possible options for further education of pupils in the defined direction is; the development of posters both in traditional and electronic forms - visual exhibition of posters, placement on Internet commercials, design development, etc., connected with a healthy lifestyle. To consolidate pupils' knowledge about healthy lifestyles it is advisable to use appropriate algorithms, instructions, guidelines that are developed and presented in popular scientific form.

One of these options is general instruction for those who wish to develop skills of healthy lifestyle:

- by understanding the value of health in relation to their harmful habits;
- keeping oneself in good shape physically by means of active physical culture training and sports;
- harden the body and will; eat healthy foods; achieve psychological comfort of living conditions; establish clear principles of life

To implement in practice the above mentioned instructions it is advisable to follow certain rules:

- Love yourself, nature and other people.
- Take care about own future and remember that "movement is life".
- Eat more fruits and vegetables.
- Don't tempt to harmful habits.
- Make your day organized and active.
- Don't "get hung up" on bad things, think and live "positive".
- Make friends with "healthy" people. (Electronic resource)

Using existing sport and technical basis of the place of residence of pupils for educational work, the possibility of self-study of pupils in physical education should not be ignored, which is necessary to create the necessary prerequisites. In this sense, it is advisable to use such innovative approaches that allow to draw the interest of pupils to physical education and to equip them with certain abilities and skills in physical education. For example, organize competitions or contests on a motion basis that can be implemented in the next version. Teams of pupils in sport uniform overcome certain stages, during which it is proposed to perform various physical activities (e.g., running, walking, swimming, elements of football, basketball, etc.) And at the end - to answer the test questions associated with clear ideas and knowledge about healthy lifestyle.

Innovation means of developing skills of pupils as for healthy lifestyle are such kinds of extracurricular activities, which are based on the idea of a combination of physical education with historical reconstruction, and perhaps as a reflection of the Olympic movement, knightly tournaments, sports competitions of the past. In this case, pupils act as famous Olympians, athletes or characters and in their images specific events are played out (battles, campaigns, and competitions). This in turn requires the pupils to know the history, and specific kinds of sports that allow creation of a healthy lifestyle by combining physical to spiritual. The validity of the above mentioned is confirmed by samples related to creative search of life and creative activity of such prominent theorists and advocates of healthy lifestyles, as Paul Bragg and Shelton Herbert (nutritionists, initiators and authors of books on health food), Mykola Amosov (surgeon - cardiologist, author of works on gerontology and "social engineering" - rational planning of social life), Semenov Sergey (doctor poet, philosopher, spiritual and public figure), Porfiriy Ivanov (creator of health system through hardening and usage of natural forces), Vladimir Zhdanov (active propagandist of health lifestyle) and others.

Conclusions. On the basis of studying the concepts, components, systems of skills of healthy lifestyles and presentation of innovative ways of forming health lifestyle skills for pupils outside school hours. It should be emphasized that the solution of this problem, physical education plays a crucial role. In terms of the dynamic development, the informational physical education society for pupils is designed to deprive them of a sedentary way of life and of isolation, as well as limitation of interaction with their environment. Which is necessary because of full personal development, including formation of skills of a healthy lifestyle, which is held in the process of activity and communication. As for place of physical education of pupils in the formation of healthy lifestyles outside school hours? It acts as an integrating tool that, in practice ensures a combination of all elements of healthy lifestyle, a result of which is an opportunity for harmonium and comprehensive development and personal realization in today's society.

Prospects for further developments in this direction. The problem chosen for study is multidimensional. Its systemic solution is within the sphere of the creation of "healthy" microenvironment, which today can be achieved by various means (Pidkopay 2015, 130,157), so it should be turned to the study of such important question as how to improve social and organizational conditions, psychological and pedagogical provision of

effective cooperation of family, schools and the community in the formation of skills of healthy lifestyle at pupils during outside school hours by means of physical education.

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