

уделять физической культуре в образовательных учреждениях. Материал, данный в статье, может помочь в развитии интереса у учащихся и привлечь их к активному занятию спортом.

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METHODOLOGICAL COMPONENT OF THE DEVELOPMENT OF A SPECIALIZED TRAINING MODULE ON PHYSICAL CULTURE FOR FEMALE STUDENTS STUDYING AT A HIGHER SCHOOL

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Abstract. The article presents a methodological framework that allows to develop a special course for female students studying in non-sports specialties in a higher education institution. The development of a special course will find its application in elective classes on the academic discipline «Physical Culture», for students of the third and fourth courses of the educational institution «Vitebsk State University named after P.M. Masherov».

Keywords: approaches, pedagogical patterns, principles, methods.

To date, to preserve and strengthen the health of women is the main vector of the state policy of the Republic of Belarus. In our country, according to official data, more than 73% of women have health abnormalities during pregnancy, which is reflected in the childbearing function, and in the future also on the health of children.

The health of pregnant women, as well as the category of women who study in institutions of higher education, who have the status of «student» deserves close attention, since they perform the main task – the birth of healthy children, which means a healthy nation, the future of our state. According to analytical data, the number of pregnant female students studying in institutions of higher education is increasing annually.

The current situation shows that modern youth often lack the main values in life, a so-called new lifestyle has been formed, with concomitant chronic and acquired diseases and bad habits that negatively affect the overall health of female students.

Considering the above, we have come to the conclusion that the best counteraction to adverse factors is regular physical training, which in turn helps to restore, strengthen and preserve the health of female students.

The purpose of the study is a methodological justification for the development of a special course for female students studying in non-sports specialties within the framework of the discipline "Physical Culture".

Materials and methods. Specific pedagogical methods were used as research methods. Namely, theoretical and empirical.

Results and their discussion. Analyzing the data of literary sources we expected to increase the level of physical fitness, physical development and level of knowledge component of students for successful conception, pregnancy and birth outcomes, possibly due to the modernization of extracurricular activities on academic discipline «Physical culture» with the formation of the need for motor culture, which is possible due to the following innovations:

- development of theoretical and practical modules of a special course;
- development of the module «Organization of independent work»;
- development of a special structure and content of the methodology of classes;
- development of an educational structural model of elective classes;
- development of a system for evaluating the work of students studying a special course;
- development of test tasks to assess the theoretical level of students;
- development of semester and annual testing of students;
- development and approval of a special course of optional classes within the framework of the discipline «Physical Culture».

To develop a special course of elective classes in the academic discipline «Physical Culture», it is supposed to use the following research methods: specifically pedagogical: theoretical (analysis and generalization of scientific and methodological literature, archival materials and documents, analysis of basic concepts and terms of research, forecasting and modeling), empirical methods (observation, conversation, interviewing, questioning, methods of studying the products of students' activities, educational documentation, measurement and control methods (testing), pedagogical experiment, mathematical and statistical methods.

The methodological basis of the research will be the approaches of the general scientific level of methodology (activity and qualimetric) and the approaches of the specific scientific level (personality-oriented, differentiated, technological, axiological, program-targeted, participatory and culturological).

As well as pedagogical laws (conditionality and effectiveness) (E.V. Yakovlev, 2006) [8] and principles (general: scientific, systematic, accessibility, individualization, optimality, flexibility, manageability and development; specific: objectivity, concreteness, comprehensiveness) (E.V. Yakovlev, 2006) [8].

We have also studied works that analyze the problems of physical education in a broad philosophical and general cultural context (L.I. Lubysheva, 2004; V.A. Ponomarchuk, 2003; V.I. Stolyarov, 2012) [5,6,7].

Activity approach - will be applied in the description, explanation and design of the methodology of conducting special classes, which refers to scientific consideration from the point of view of the category of activity.

The activity approach will have three application options:

- methodological (L.P. Bueva, 1978; V.N. Sagatovsky, 1990; V.S. Shvyrev, 2001; E.G. Yudin, 1997) [8] the approach will be aimed at studying the formation of motor culture in students with an analysis of the structure and stage of occurrence;

- psychological (K.A. Abulkhanova-Slavskaya, 1980; L.S. Vygotsky, 1997; A.N. Leontiev, 1977; S.L. Rubinstein, 1976) [8] the approach will be associated with the study of psychological and emotional processes that will arise in students when mastering the theoretical and practical module of a special course;

- pedagogical (K.M. Durai-Novakova, 1983; V.A. Kan-Kalik, 1976; N.V. Kuzmina, 1970; T.S. Polyakova, 1983; V.A. Slastenin, 2000) [8] approach will be manifested in the organization of students' work in elective classes.

The qualimetric approach is a methodological aspect that makes it possible to study the structure and content of elective classes within the framework of the discipline «Physical Culture» for students studying in non-sports specialties in a higher education institution using the ideas of pedagogical qualimetry, which include methods of multidimensional statistical and correlation analysis. The qualimetric approach will be unambiguously based on measurement theory, modeling theory and mathematical statistics. The key and basic ideas of modern pedagogical qualimetry are considered in the works of domestic (S.I. Arkhangelsky, 1975; I.B. Itelson, 1968; V.P. Mizintsev, 1977; N.M. Rosenberg, 1979; A.M. Sokhor, 1974) [8] and foreign (R. Atkinson, 1969; J. Glass, J. Stanley, 1976) [8] scientists.

The personality-oriented approach in pedagogy was considered by M.A. Akopova, 2003 [1]; S.A. Amonashvili, 1996; E.V. Bondarevskaya, 1997; M.A. Vakulina, 2004; E.N. Stepanov, 2003 [3], which means and provides for the focus on the formation of the student as the main personality, his full realization of internal resources on the basis of mutual assistance, cooperation, joint interaction of the teacher and students.

A differentiated approach implies the development and application of a variety of tools used in elective classes on the formation of motor culture in order to take into account the characteristics of the medical group and professional activities in the future. The development of a differentiated approach in the field of education, namely in the field of physical culture, was carried out by V.V. Andronatiy, 2000 [2]; G. Kraus, 1987; I.Z. Unt, 1990 [8].

The use of a technological approach (V.A. Slastenin, 2000) will make it possible to switch to a significantly, qualitatively new branch of efficiency, optimality, scientific content of classes in comparison with the traditional conduct of optional physical education classes.

The axiological approach (L.V. Vershinina, 2003; V.A. Slastenin, 2000) [4] will allow us to study the content of elective classes from the point of view of the possibilities available in it to meet the needs of students in the formation of motor culture.

The program-target approach is reflected in the works of S.A. Repin, 1999; V.V. Serikov, 1994, etc., which will be a set of tools and methods for managing students' work in accordance with the developed special section.

The participatory approach was developed in the work of T.V. Orlova, 1999 and will be implemented in the joint decision-making on the methods, forms of activity, cooperation and interaction of the teacher and students in optional classes for the purpose of self-realization of participants in the process of education and training.

The essence of the culturological approach is to build the educational process of a special course of optional classes in the academic discipline «Physical Culture» taking into account cultural heritage, norms, values, the dominance of culturally significant interaction and relationships between students, i.e. the content of the special course education can be defined as a pedagogical model of social order. The work of E.S. Markaryan, 1983, is devoted to research in the field of cultural approach.

Conclusion. In general, the expediency of introducing a special section of elective classes in the academic discipline «Physical Culture» is justified by the methodological basis, namely, activity-based, qualimetric, personality-oriented, differentiated, technological, axiological, program-targeted, participatory and culturological approaches.

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INFLUENCE OF STUDENT PREVENTION ON YOUNG PEOPLE'S HEALTH

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Abstract. The article is devoted to the analysis of existing student dispensaries at institutions of higher education in the Republic of Belarus, in order to identify the level of health improvement of young people studying full-time education during their studies at a higher school. The study allows us to state that for the 2020-2021 academic year in the Republic of Belarus there are nine student sanatoriums in higher education institutions that offer a list of health-saving technologies aimed at preserving and strengthening the health of student youth.

Keywords: students; health; student dispensaries; daytime education; institutions of higher education.

The role of higher education institutions in the life of modern youth is acquiring significant importance not only as a competent specialist, but also in the formation of a harmoniously developed personality, physical and moral health, physical activity, etc.

Preserving, strengthening and improving the health of young people is one of the main tasks of the existing sanatoriums-preventorium at institutions of higher education in the Republic of Belarus.

The state of health of students is the main indicator of the future of our state. Therefore, it is necessary to clearly understand what factors determine the decline in the level of health